

Psychotherapy Guidebook

# MEDITATIVE THERAPY

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# **Meditative Therapy**

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# Meditative Therapy

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## DEFINITION

Meditative Therapy is an eyes-closed method wherein the participant enters a naturally occurring altered state of consciousness and allows an "inner Source" to engage in its curative process. Meditative Therapy is an inner-directed, self-unifying or self-healing approach conducted in an altered state of consciousness. This means that the person involved in the process closes his eyes and describes the events taking place throughout one's entire being. As the inner workings unfold, they treat the whole person. The Inner Source deals with mind, body, and spirit adjustments that may need attention. There is a part of us that seems to know everything about us and knows what to do to allow us to go beyond our present state of being, to transform our whole self mentally, physically, spiritually.

There is inside each of us a powerful source of knowledge, a self-contained system of help, an Inner Source. This inner wisdom is a natural, inherent, inborn process that some feel is God directed and others feel is brain directed. It has been given many names throughout the ages: the deeper self, the buddhi, the superconscious, the higher self, the biological wisdom,

the subliminal self, the God-within, the oversoul, the not-self, the Christ consciousness. The derivation of its power and the actual name given make no difference, because the Inner Source will work automatically to help us reach our full potential in spite of what we call it and where it comes from.

## HISTORY

Meditative Therapy is most closely aligned with the current methods of Autogenic Abreaction from the work Autogenic Therapy by Schultz and Luthe. For centuries, there have been natural methods in existence that are similar in nature to Meditative Therapy. These methods are mostly found in one of the basic forms of meditation — mindfulness meditation — as discussed in the ancient Buddhist text The Vissud-dhimagga.

## TECHNIQUE

There is no specific technique that the therapist employs in Meditative Therapy. The Inner Source is in charge of helping the individual. The therapist's role is to be a nondirective guide and help the individual to patiently allow the inner-directed process to unfold. To begin Meditative Therapy the client simply lies down, closes the eyes, and begins watching and describing out loud any type of experience taking place. The person is to focus on bodily reactions, visual images, and thought processes, allowing the Inner

Source to proceed. Within the atmosphere of a patient and noninterfering attitude, the Inner Source will unfold a wide variety of intricate, often beautiful, workings to help the individual.

These curative workings have been catalogued under the name of autogenic discharges by Schultz and Luthe. A wide variety of responses can take place, including tastes, smells, dizziness, floating sensations, colors, patterns, trembling, twitching, singing, heaviness, warmth, anxiety, fear, depression, thoughts, memories, etc. Each Inner Source is unique and will employ these reactions in various combinations to help the client.

Meditative Therapy is conducted once a week for a session of from thirty minutes to two and one-half hours. The Inner Source will begin the session on its own, once the eyes are closed, and will also finish on its own. For this reason, no preset amount of time can be determined for the session to last. For most clients, the main part of therapeutic outcome will take place in five to ten therapist-facilitated sessions, after which the person can be taught self-Meditative Therapy.

Meditative Therapy has the potential to produce dramatic, sometimes frightening, results in a short period of time. For this reason, no one should attempt to use the method on oneself or others without reading the references at the end of this article.

## APPLICATIONS

By patiently allowing the Inner Source to work, one may experience a wide range of positive outcomes. Potential results that often take place are as follows:

1. Relief from psychosomatic complaints
2. Resolution of childhood conflicts
3. Regulation of sleeping patterns
4. Increased ability to relax
5. Lessening of tension and anxiety
6. Reduction of habitual fear responses
7. Greater self-confidence
8. Decreased physical pain
9. Closer alignment to a Spiritual Source
10. Increased tendencies toward inner direction
11. More satisfying interpersonal relationships.

The reason that these results are given only as likely outcomes is because each person has his or her own unique set of outcomes, depending



upon what areas of one's life may need help. Generally speaking, the full range of neurotic disorders can be treated employing Meditative Therapy. At this point, there has been no application of the method to the psychoses.

The Inner Source produces its outcomes naturally through the above experiences. The results of Meditative Therapy are not largely based on either client or therapist insight or interpretation of ongoing and resulting psychic material.

In summary, although Meditative Therapy is not a cure-all, the method has the ability to produce significant positive changes in a relatively short period of time. Follow-up data, ranging between three and eighteen months, document lasting results on a number of clients for a variety of complaints.