

Self-Session Guidelines

The QE Self-Session

- The Nothing Technique
- The Eufeeeling Technique

The Kinslow Happiness System Self-Session

- The Nothing Technique
- The Eufeeeling Technique
- The KS Body Scan
- EuDreaming

Beginning Your Self-Session

The Self-Session should always be *easy* and *uplifting*.

Playing in the field of Eufeeeling releases healing, harmony, and the "inner" happiness that reorganizes and enriches your "outer" happiness of everyday living. As your Self-Sessions continue, delightful expressions of healing and happiness will show up in the most enjoyable and surprising ways. You don't have to look for them. You'll know them when they arrive.

Following are general suggestions for a successful Self-Session:

- Sit comfortably away from any significant distraction like children, animals, phones, and the like.
- Close your eyes and let your mind wander for 15-30 seconds.
- Easily become aware of what you are thinking, just watching your thoughts flowing easily across the screen of your mind. It's a little like watching a movie. You are not concerned with the content of your thoughts - only watching easily without becoming involved. If you find yourself judging your thoughts, don't try to stop judging, just watch the process unfold like any other thoughts.
- Now, begin your Self-Session as it was taught to you.

Ending Your Self-Session

How you end your Self-Session is *very* important! If you ignore these simple guidelines, you may experience some discomfort, some headache or irritability, or other distracting symptoms. During your Self-Session, you will experience the deepest level of mental and physical relaxation possible, even more, profound than deep sleep. It takes time to go from that deep level of rest to a normal activity level. I will make general suggestions, but your reentry times will vary. Okay? Here we go... As soon as you are finished doing your Self-Session...

With eyes still closed, stop doing your Self-Session and just let your mind wander wherever it wants to go, no conscious control. Continue to sit with your eyes closed for 2-5 minutes or longer if needed – your reentry procedure will depend on what you do during your individual Self-Session and how long you do it.

- *You may feel that you just want to get up and go. Your refreshed mind may be ready to go, but your deeply relaxed body needs time to adjust. To help with reentry, you can slowly move your fingers, take slightly deeper breaths, or stretch your arms while your eyes are still closed.*

After 2-3 minutes, open your eyes slowly. Start with quieter activities and work up gradually to more vigorous ones.

General Guidelines

QUESTION:

How do you know you have had a successful KHT Self-Session?

ANSWER:

When you answer "yes" to both these questions...

- *"Was the session easy?"*
- *Immediately after the session, "Do I feel some relaxation, some good feeling?"*

Don't be guided by your feelings during your Self-Session. Measure the success of your Self-Sessions by how your life improves, not how you feel during any Self-Session.

Other Suggestions:

- Always go your full Self-Session time, even if you have many thoughts and sensations. No matter what your subjective experience, you are making great strides with each session. Stay until your time is up.
- If you get lost in thought, that's just fine. Thoughts are a valuable part of your Self-Session. They will always be there. When you realize you are thinking, just let your awareness return to what you were doing before thoughts began.
- We consider thoughts as any of the following; thinking, body sensations, noises, images, emotions, etc. Anything that is not "nothing" or Eufeeeling is considered thought.
- You will sometimes have Self-Sessions, which are mostly thoughts, and this is just fine. It is an indication that a great deal of healing is taking place.
- Straining to remove thought or hold onto Eufeeeling/nothing will stop the benefits of your Self-Session and create more discomfort. Remember, whatever happens, thoughts, Eufeeeling, or "nothing" is okay. Your job is to simply become aware of Eufeeeling, or nothing, and then just watch to see what happens. At the end of every Self-Session, you will always feel better than when you started.
- Falling asleep during your Self-Session is not uncommon. It just means you need more rest. When more profound healing takes place, your body will require you to sleep in order to generate deeper healing of that disorder.
- Sleep during a Self-Session is different from a nap. It won't last long, and when you awaken, you will feel revitalized and alert.
- Sit comfortably erect during your Self-Session. It's best not to slouch, and standing is reserved for the outer-directed QE & KHS techniques. Lie down only if you absolutely cannot sit.
- It's best *not* to eat right before your Self-Session. Digesting your food is an activity, and your Self-Session works by significantly reducing activity.

- If possible, take any psychoactive medication (stimulants, depressants, narcotics, hallucinogens) after your Self-Session. This includes caffeine, which encourages an overactive mind, the opposite of the non-moving mind aware of Eufeling and nothing. To be sure, you may not even need that caffeine jolt after your Self-Session.
- If you want to adjust your Self-Session time, add or subtract 1 minute a day until you reach your target time.

Remember: there is no "bad" Self-Session. Something worthwhile is always happening, and you will still be healthier and feel better than when you started.

NOTE: To experience the maximum results from your Self-Session, read these Self-Session Guidelines through several times during your first month.