

Koi Carp Lake:

How to Relax and Talk with your Subconscious

Courtesy of The Rea Centre, London, England

<http://www.chetday.com/rea/reacentre.htm>

This exercise in visualization is sometimes called “the Best Friend,” and the easiest way to describe it is as a “bridge” between your subconscious mind function and your conscious mind function. This fascinating visualization provides a link that allows two-way traffic in absolute safety between your conscious and subconscious. It is a perfectly safe exercise since you cannot possibly stir up any hotspots or disturb skeletons in closets. (There is a built-in, protective system in your subconscious, which does not allow bad memories to surface. The protective system can only be bypassed by those who know how in a professional therapeutic setting. Solo explorers like you are perfectly safe at all times).

Sometimes we need access to the database of accumulated learning that we each have stored in our minds -- but we don't know how to access all these facts and details and memories. Indeed, many people don't even know they have this wonderful resource available to them. In actuality, the memory systems normally inaccessible to conscious recall represent the world's most gigantic neurological junk heap! A landfill without an index. So there's just too much for us to access, if we try to look without some help.

Sometimes we have a problem that drives us up the wall, a problem that requires skilled assistance. Sometimes there's a need to bounce ideas around, or to ask some questions and have them expanded. And, quite often, there isn't anyone suitable, either because the matter is too personal or because the most suitable person may be involved. You could try looking for professional help, but what discipline would you choose? And would that help be the most applicable? Or perhaps you simply shudder at the idea of outside professional agencies.

Bottom line? You need a best friend who is totally trustworthy, who keeps their counsel, and who knows you as well as you know yourself. An impossible set of criteria. Or is it?

Happily, you have that best friend in yourself, but not one person in a thousand knows it, or knows how to utilise this aspect of him/herself. So what to do? And, by the way, your stress levels have the needles inching into the red, and you could do with a bit of margin there as well.

So, here is a potential answer, and it's virtually foolproof. It may look like a self-hypnosis exercise, and, in some ways it is, but that isn't a downside. The exercise has elements from elsewhere woven in, and the only proviso to really get the best from it is that you should have some visual ability, i.e., you need to be able to picture things in your mind

without too much difficulty. That and the willingness to take the leash off your imagination for a few minutes and let it play on the grass.

This exercise is totally safe, and, without going into the technical side and the theory, by following the steps, you utilise a process called fractionation to build a gorgeous bridge between your subconscious and your conscious mind with a two-way communication link.

Additionally, the exercise will de-stress you amazingly in a short space of time. So it's a great technique for insomniacs to lull themselves into a super night's sleep. Remember, there are **NO RISKS** involved in using the Koi Carp technique. At a very simple level, it is a little like getting totally wrapped up in a gripping book or film so everything around you fades back and your attention is completely engrossed on the film or book.

All the resources needed are stored in the neurological junk heap, and your imagination simply roots around and puts what is needed together like a sort of Lego construction set of the mind. The first time you do the exercise, you build and learn. Thereafter, you simply zip in and out as often as you wish. Some folk (rightly) deduce that being able to use their subconscious power and resources so easily is a great way to zip up other areas of life such as work, relationships, etc, etc. Other people just use it as a gorgeous way of relaxing and unwinding after a stressful day.

How to Visit Koi Carp Lake:

The Mechanics of the Exercise

You need to have a quiet spot to sit comfortably, without a massive amount of noise around unless you can cope and switch it out. And no interruptions!

Once you have your quiet spot, read the instructions through until you are familiar enough to lay the directions down and to close your eyes and repeat the steps without having to refer back to these pages. You can change any detail if it doesn't appeal or if you simply wish to add more detail or colour. And don't force it. The bare framework is enough.

With your eyes closed, imagine you are entering your idea of a perfect garden with lots of grass stretching away to a PINE wood in the distance. Your idea of a garden may differ from mine so just imagine what your idea of perfection is. Very formal and stark, wild and bushy, lots of flower beds or trees or whatever appeals to you.

You may have been in such a garden in the past and wished you owned it or had regular access. But stay in the grass -- which can be trimmed short or growing at meadow length. Kick off your shoes so you can walk on the grass and feel the sensation of the cool grass and the soft earth under your feet.

Take some time out to wander around, looking at the places in your garden that appeal and if they aren't there straight away, just imagine the roses in bloom or the sunflowers soaring or... your choices entirely.

Smell the flower scents, touch them if you wish, feel the heat of a beautiful summer day, look up at the sort of clear blue sky you haven't seen since childhood.

Feel the heat of the sun coming down and surrounding you like a bubble of warmth and golden light as you stroll.

Listen to the bees humming, the birds twittering, grasshoppers rustling in the grass.

Maybe a plane thousands of feet up with a faint drone and a silver cloud trail across the sky.

Feel all the textures and simply enjoy being in your perfect garden.

And then stroll down towards the pine wood. You will soon see a path leading into the trees, and it is ABSOLUTELY safe to walk into the wood. As you do so, the sun lies behind now.

It's cool and dim inside the tree line, with the path winding through.

Walk along, feeling and hearing the carpet of soft pine needles under your feet. Smell the wonderful scent of pine oils.

Notice something else: in your pine wood, for some unknown reason, there is almost total silence. No birds singing and twittering. Just perfect peace and stillness, dim and cool and comfortable on the skin. And a good feeling too. Relaxed and comfortable. At ease and feeling absolutely safe.

There might be the odd rabbit eating some grass or maybe even a deer if you are lucky and, if so, in this special wood, they know they are safe and that you represent no harm so you can walk over and pet them if you wish.

Then move on, through the wood, until, turning a corner, you see sunlight glinting ahead.

As you walk out of the wood into the bright sunshine, you realise that you have come out into a huge clearing with a lake in the middle, surrounded by the trees. The sun high above is reflected off the water surface, and the warmth and golden light are totally gorgeous and relaxing and comforting after the coolness of the woods.

The lake is big and so deep that the water looks almost black. There are lilies floating on the surface with huge pink or white flowers drifting among the dark green leaves surrounding the flowers. A gorgeous sight.

Walk over to the bank of the lake -- you cannot fall in. As you look into the water, notice something else. The lake is absolutely teeming with orange gold Koi carp, the most beautiful golden fish you've seen and they KNOW that you have arrived so they flock towards the bank, because they are quite sure that you have something for them.

You do have something for them.

Right back in the garden, through the woods, out to the bank side, you probably failed to notice that you were carrying a loaf of bread, and each time you visit the lake, you will come holding bread. Sit yourself down and start to break bits off and drop them into the water. Watch with pleasure as the fish swim up, grab a morsel and float off down with their prize. First the smaller fish, and then the huge, ancient slow-moving and beautiful carp.

These old ones will swim up close, and they'll take bread from your hand. They, too, know that you are no threat, and they'll happily let you touch them if you wish, feeling their cool scales, and holding out the bread to them. And as the last fish has its piece of bread and you dust the crumbs from your hands, you become aware of something else.

Not a bad sensation, quite the reverse, a very warm, secure, expected feeling that you are not alone by the lake, and it is utterly safe that you are not alone.

Look back to your left or to your right, and behind you, sitting back against a tree, watching your antics with pleasure will be someone.

You will have the sensation that this is someone you know, but cannot recall, but someone who is your dearest and best friend, someone who is 100% to be trusted and someone who knows more about you than you do yourself. It might be a man or a woman or indeed a child. Perhaps very old, perhaps young, perhaps that quality which is ageless, but the sense of security and empathy emanating towards you is so total that you feel this is instinctively the best friend you ever had or ever will have.

So, walk over and sit down beside the friend. Still you can't recall their name, so without embarrassment, introduce yourself and ask for their name in return. And then feel as if a floodgate opens and you can talk freely about ANYTHING, and this is the most absorbing conversation of your life, and you feel completely at ease and completely eloquent, even if you normally are not.

Then, you can remember that you need insights into a problem, you need to know the answers to a question that has been troubling you, you want to bounce some ideas around -- there are NO limits on the matters you can bring to the lake (except the winner of the state lottery!), and you will hear and feel the answers as perfectly applicable and right to the situation. Or maybe, you just feel like sitting in companionable silence and soaking up the beautiful atmosphere, and this is fine too.

And then you feel that it is time to leave and return to the garden, so bid your friend goodbye for this occasion, get up and walk back into the wood.

Follow the path back to the garden, and back to the point where you entered the garden.

Then just open your eyes, with perfect recall of the conversation you just had. Or if you want to drift off to sleep, because it's night time, then find a suitable comfy spot in the garden, lie down, and let the warm sun lull you off to sleep.

This purity of sunlight is completely safe and cannot cause sunburn because it adjusts to your perfect comfort level automatically, and there are no UV elements in it. If you do choose to sleep in the garden, you will awake at your normal time, feeling like a million dollars, in your own bed as usual.

Footnote: There is only one proviso to this exercise. If the figure generated spontaneously by the subconscious biocomputer is an actual power figure in your life -- a parent, spouse, authority figure from whatever time of life -- then the term for this is "false friend." Not because they are hateful or hurtful, but because the database attached to this person will be limited and may run old patterns when you wish for new ones and new insights from different perspectives. In this case, make your choice. You can keep the figure with you if useful or you can simply say to the figure, "Please go now and send me another," and he or she will courteously walk into the woods and leave you, and almost simultaneously someone else will stroll along and greet you.

This event is actually quite uncommon, but it can happen. The Koi Carp Lake exercise was developed in the 1980s at the Rea Centre, has been used many, many thousands of times, and is also now in use at a London Hospital where it is utilized by the medical staff with some patients to discover ways of lessening the side effects of chemotherapy or managing dosage levels. The exercise is that trustworthy and accurate! It's also, quite simply, the most relaxing exercise imaginable in its own right.

So use it as often as you wish, not just if something is bugging you. Remember, there is no requirement to converse with the best friend. You can simply sit and enjoy the scene together. Each time you go to the lake, the same friend will be waiting, sitting quietly until you have fed your fish. Sometimes, the answers to a question may be less than direct, and you'll need to think about the response later. In most cases it will hit you like thunder that the answer was perfect at the time for your situation.

Please enjoy this exercise to the full.

If you want to know how the mechanisms actually work at the basic level, visit the Rea Centre web page at <http://www.chetday.com/rea/reacentre.htm> and download their free eBook, E1. Then read, paying special attention to the Marylebone diagram and explanation in that book.