

## Relaxation Transformation and Timeline

- **Relaxation Processes**

1. Anxiety Reduce
2. Deep Relaxation
3. General Balance
4. Inner Peace
5. Profound Relaxation
6. Relaxation
7. Stress reduction
8. Tranquility
9. Well-Being

- **Exploration Processes**

1. Childhood Awareness
2. Creative Insight
3. Creativity
4. Explore Unconscious
5. Imagery Stim
6. Introspection
7. Memory Stim
8. Receptivity

- **Inner Self Processes**

1. Inner Awareness
2. Inner Wisdom
3. Inner Guidance
4. Unity with all

- **Behavior Processes**

1. Attitude Change
2. Behavior Change
3. Fear Reduction
4. Mood Elevation
5. Reduce Anger
6. Reduce Irritability

- **Brain processes**

1. Addiction Reduction
2. Circadian Stabilize
3. Clear Energy Field
4. Cortex/Thalamus Sync
5. Endogenous Opiates
6. Enkephalin Stim
7. Hi/Lo Brain Sync
8. Nicotine Withdrawal
9. Serotonin Stim
10. Tri-Thalamic Entrainment

- **Mystic Processes**

1. Ascendance Stim
2. Astral Projection Stim
3. Clairvoyance Stim
4. ESP Stim
5. Euphoria Stim 1
6. Euphoria Stim 2
7. Fantasy Stim
8. Lucid Mental Stim
9. Meditation Stim
10. Mystical Stim
11. Past Life Stim
12. Past Life Regression
13. Pleasure Stim
14. Shaman State Stim
15. Transcendence Stim

- **Solution Processes**

1. Alertness Stim
2. Conflict Resolution
3. Creative Visualization
4. Inspiration Stim
5. Intuition Stim
6. Positive Thought
7. Problem Stim
8. Solution Finding

- **Body Centered**

1. Body/Mind Integration
2. Centering
3. Fatigue Reduce
4. Mind/Body Unity
5. Qi Gong Stim
6. Revitalize Stim
7. Will to Live Stim

- **Focusing Processes**

1. Arousal Awareness Stim
2. Attention Stim
3. Concentration Stim
4. Focused Attention
5. Intelligence Stim
6. Learning Stim 1
7. Learning Stim 2
8. Logic Stim
9. Mental Energy Stim
10. Relaxed Focus