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## INTRODUCTION

The proposal is made that we humans have a natural dynamic capacity for psychological and physical resolution and self-healing.

Furthermore, if all four states of consciousness (Waking, Sleeping, Sleeping Dreams, Waking Dreams) are harmonized, this dynamic capacity will enable us to fluidly resolve many of our psychological and even physiological challenges. Lastly, this harmonized dynamic is the actual hidden enabling influence of many applied techniques and therapies.

The key position in this paper is that because of modern lifestyles, we commonly lack the Lucid Visions/Fourth State of Consciousness (Waking Dreams) and consequently have an inadequate natural response in trauma resolution.

## NEUROVIZR® BODY SCAN METHODS:

The NeuroVizr® Body Scan concept has three basic versions:

- **Simple Body Scan** (derived from Benson "Relaxation Response");
- **Active Body Scan** (derived from Jacobson "Progressive Muscle Relaxation");
- **Dynamic Body Scan** (derived from Schultz "Autogenic Training").

**THE RELAXATION RESPONSE IS A PHYSICAL STATE OF DEEP REST THAT CHANGES THE PHYSICAL AND EMOTIONAL RESPONSES TO STRESS... AND THE OPPOSITE OF THE FIGHT OR FLIGHT RESPONSE.**

**Herbert Benson**

