

# PSYCHO-CALISTHENICS

A 30-day "how to" program of mental exercises  
to help you get your head together  
and achieve your goals.

Combining  
the best techniques  
of Meditation, Yoga,  
Psychoanalysis, Primal,  
Transactional Analysis,  
and many others.

by **Steven West**



includes a unique detachable  
record to guide you into  
the alpha state of meditation



# **PSYCHO-CALISTHENICS®**

**A COMPLETE PROGRAM FOR PERSONAL GROWTH,  
SELF-IMPROVEMENT AND HAPPINESS**

**STEVEN WEST**

**McDonnell-Winchester Publishers**

**Distributed by**

**The John Day Company**

**New York, New York, ~~10019~~**



*Give Light and the people will find their way.*

**CARL MAGEE**  
(slogan for Scripps-Howard Newspapers)

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For information, address  
McDonnell-Winchester Publishers  
112 Central Park South, Suite 11F  
New York City, New York 10019  
(212) CI-7-7900

ISBN: 0-381-90016-9

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TO JANICE—WHO TAUGHT ME TO LOVE.

TO MY PARENTS—WHO TAUGHT ME THE PRACTICAL SIDE OF LIFE.

TO HERMAN—WHO TAUGHT ME ETHICS.

TO SHELLY—WHO HELPED ME TO WRITE THIS BOOK.

Photography by Stan Patz



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## CHAPTER

# 1

## INTRODUCTION

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There is a vast amount of untapped knowledge in the world which can help you live a happier, healthier, more exciting, successful life. But only a handful of people who operate generally outside the confines of accepted society are in possession of this information.

As you read this, no fewer than 50 important human potential, mind science, and psychology groups are pioneering and expanding the horizons of human knowledge and capacity.

A group in a small Texas town is studying and perfecting the use of Alpha Brainwaves and their practical application to achieving healthier and more productive lives.

A renovated castle in a little country village in England serves as headquarters for a group working on techniques in mental health and communication skills emphasizing survival as the dominant drive in human existence.

Near the Berkeley campus, a warm, loving man sits in his wheelchair and teaches Consciousness Focusing, a method of replacing our addictions and robot-like behavior with happiness, inner peace, and tranquility.

Further south in Beverly Hills the Primal Technique began with methods designed to free people from their early painful "primal experiences" which are a major cause of neurotic behavior.

*There is nothing permanent except change.*

HERACLITUS

## **MY ROLE AND THE ROLE OF PSYCHO-CALISTHENICS®**

An Italian psychiatrist has developed a technique called "Psychosynthesis," a new approach to release your hidden energy through a series of exercises and techniques. The Psychosynthesis theory recognizes the importance of superconscious energy.

All over the world there are groups exploring and developing new techniques. These groups share certain general characteristics. They are sincere, dedicated, and interested in the well-being of their fellow human beings.

However, these groups are often unaware of each other's work. It is as if many separate, distinct cultures were developing, coming into contact with each other only when an occasional traveler goes from one group to another.

As I traveled on my own voyage of self-discovery seeking truth, personal growth and the solutions to my problems, my role in life began to come into sharp focus. Suddenly it dawned on me that for my life to be meaningful I would have to study the different philosophies and bring together all the data, techniques, and programs developed by these groups in an innovative manner. I wanted to weld these techniques into a combined mind science which everyone could utilize to achieve their fullest potential, by drawing upon the strengths and philosophies of each of these groups.

Some of the techniques and theories I considered in evolving Psycho-Calisthenics include, in alphabetical order: Alpha Mind Control; Arica; Berne; Bio-Feedback; Body





Chemistry; Body Language; Dale Carnegie; Edgar Cayce; Consciousness Focusing; Dream Analysis; Encounter Groups; Esalen; E.S.P.; E.S.T.; Freud; Genetics; Gestalt; Napoleon Hill; Hypnosis; Jung; Irene Kassorla; Meditation; Nutrition; Parent Effectiveness Training; Para-Psychology; Positive Thinking; Primal Scream; Psychiatry; Psycho-Analytical Theory; Psycho-Cybernetics; Psychosynthesis; Silva Mind Control; Scientology; Self-Hypnosis; Transactional Analysis; Transpersonal Psychology; Yoga and Zen.

As I tried to find a workable format for combining these disciplines, I realized the limitations of conventional psychotherapy. These included the years of analysis required, the cost - averaging \$50 per hour, and a comparatively low "cure ratio", as well as the possibility of dependence upon the analyst.

I also recognized the limitations of many of the "hip culture" movements. Often techniques and personalities in these movements ran counter to the values and opinions many of us hold. Since values and opinions may indeed be a limiting factor in accepting a discipline, many hip movements accordingly worked against their own success. No matter how liberated American society purports to be, men with flowing white robes and hair down to the middle of their backs are not prime candidates for support and sponsorship by the local PTA and the bank president. I knew my format would have to be reasonable, short-range and effective.

## WHAT THIS BOOK IS AND IS NOT

This book was written for you so that I might share with you what I consider to be the most meaningful and effective techniques for personal growth and development. This book is not a cure-all. It is merely a first step on a long, exciting journey. Neither is this book a challenge to the many human potential, mind science and psychological groups. It is rather an invitation to share, love, create, and hopefully to open up lines of communication among the diverse disciplines. We all share a common goal: to make our world a better place in which to live for all of mankind.

This book is not composed of excerpts from some academic quarterly with confusing footnotes and bibliographies. I have no ax to grind nor am I pushing any or all of the techniques.

This book was written for you, who like myself, are secretly afraid, searching for answers and tired of not knowing what questions to ask.

In general, this book is not meant for children and yet it is for children of all ages who have deep within themselves, *the child*, always fresh, alive, excited and loving.

Read and reread this book. Underline it. Write in the margins. Make it your dog-eared friend. This book outlines a 30 day starter program and you should understand each concept and idea completely before moving ahead. Remember, this book is not the end of your personal growth in Psycho-Calisthenics—it is just the beginning.

*Probably the most neglected friend you have is you.*

L. RON HUBBARD

The words "Mental Exercise" kept repeating itself in my mind and suddenly in a moment of special insight I realized the clear analogy between physical fitness programs and what I, in essence, was trying to formulate—a mental fitness program.

In a physical fitness program, you choose from various types of exercise (weight lifting, calisthenics, isometrics, swimming, general athletics, and so forth). You follow this program with sensible rest and diet and established goals and objectives. You set aside a certain amount of time each week for your physical fitness program, if you really want to succeed. You monitor your performance, continue and expand the exercises that work, discard what does not work, and continually substitute new exercises to enliven your routine and enhance the regimen. Initially however, the routine is established by an instructor who gives you specific exercises to perform.

To develop a mental fitness program, I chose techniques and exercises from the groups I studied. Rest, diet, and setting aside a definite time each day are important. Establishing specific goals, reviewing progress and expanding upon successful techniques are essential. The book can serve as an "instructor."

The program is called Psycho-Calisthenics.®



## CHAPTER

# 2

## THE BASIC EXERCISE GROUPS IN PSYCHO-CALISTHENICS

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### 1. FUNDAMENTAL FACTS OF LIFE

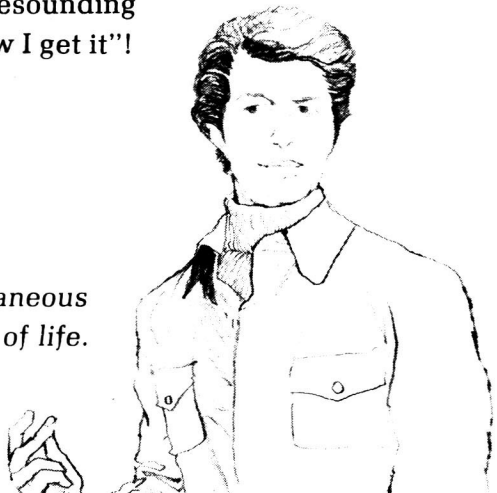
In analyzing the various mind science, human potential and psychological movements, I have divided their techniques into four categories:

The fundamental facts of life are statements or concepts which give you a clear insight into your own behavior. These statements or concepts help you better understand why you behave as you do. When you study the various fundamental facts of life, you will experience a feeling known as the "Aha" reaction.

It may be after the first time you read a particular fundamental fact or the fiftieth, that an "Aha" reaction is generated. When the reality of the fact reaches into your mind and gives you a sharp insight into yourself and the world around you, it generates a resounding

"Aha, now I get it"!

*"Aha Reaction", the instantaneous understanding of a fundamental fact of life.*





## 2. DEPROGRAMMING EXERCISES

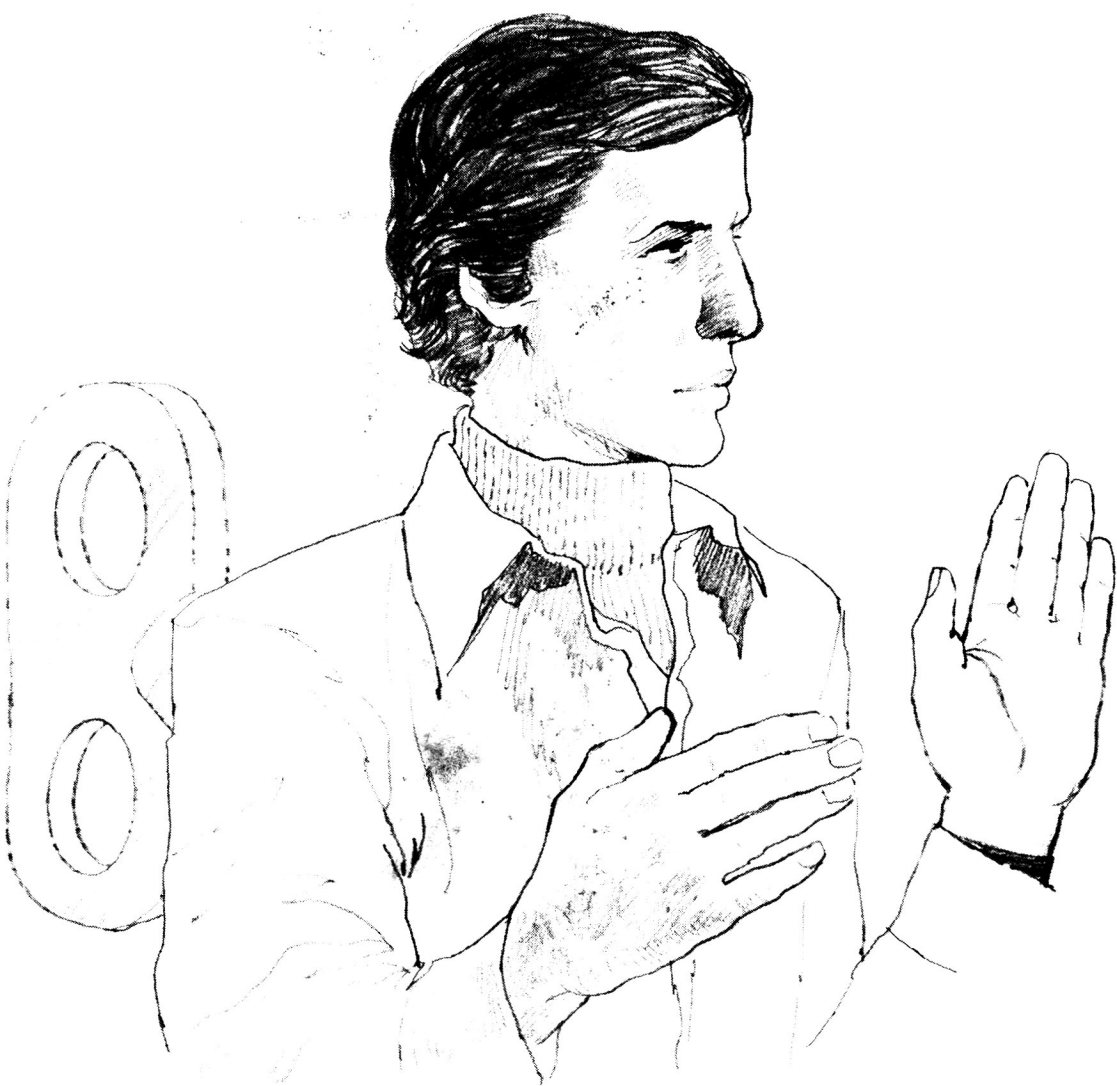
Deprogramming exercises are techniques to help you "break" or deprogram patterns of behavior which cause you to do things you really don't want to do.

We have all developed various forms of automatic behavior. Some of this behavior is the result of attitudes and opinions we have formed during our lifetime, which make us automatically respond to particular situations.

For example, if a woman has been programmed by her parents and society that pre-marital sex is wrong, this attitude will cause feelings of guilt and reduce the pleasure of an honest, but out of wedlock sexual relationship.

Besides the automatic behavior created by inbred opinions and attitudes, we have been further programmed by painful experiences in life. If you were attacked while walking through the park on a very warm evening with a full moon shining, any time in the future when you see the moon, the park, or are out on a warm evening, you will automatically become tense and fearful. You will duplicate the behavior and emotions you felt during the attack in the park. Your subconscious mind reasons that you survived that attack and that in order to survive another incident under similar circumstances, you must duplicate the emotion and behavior you experienced during the original incident. Incidents in which our survival is threatened generate an automatic behavior pattern. If we are to be totally free, we must learn to deprogram the undesirable automatic behavior we have acquired.

*To gain confidence, we will utilize deprogramming exercises to free ourselves of undesirable, programmed attitudes, opinions and automatic behavior patterns. We will experience life to its fullest, loving, sharing, trusting, laughing, completely free from the ghosts of the past.*



*Attitudes plus Survival Experiences create Automatic Behavior*

### **3. MIND DEVELOPMENT EXERCISES**

*Mind Development exercises enhance our ability to visualize.*



These are a group of techniques and exercises that you practice mentally in order to improve awareness, perception, memory, imagination, visualization, intelligence and other vital abilities.

*Those exercises which help us to be more capable people are called Mind Development Exercises.*