

Preamble:

This series of articles on the website www.atdynamics.co.uk, prefaced by the suffix F, focuses on a new format of Autogenic Training (notated as Autogenics 3.0), and developed by Luis de Rivera, a professor of psychiatry in Madrid. During the 1960s he had worked with Luthe in North America. The table below lists the first few in the series, all of which owe their existence to de Rivera's work.

F 1	An introduction to Autogenics 3.0 – <i>based on the work of Luis de Rivera</i>	
F 2	Autogenics 3.0: an approach to the 10 Standard Exercise format for those familiar with, and practising, the Six Standard Exercise format	(this paper)
F 3	Basic Principles of Autogenic Training	
F 4	Some effects of blocking feelings	
F 5A	Feeling the Feeling Meditation I	
F 5B	Feeling the Feeling Meditation II	
F 6.1	Introduction to Meditations on Constructive Feelings <i>including:</i> <ul style="list-style-type: none"> ○ Constructive Feeling Meditation I: Calm 	
F 6.2	Constructive Feeling Meditation II: Existence	

A fuller list of this series is given towards the end of this article.

The present paper focuses on de Rivera's Ten Standard Exercise format, and introduces it for those already familiar with, and practising, the Six Standard Exercise format developed by Schultz and Luthe. It is intended, therefore, for those practising AT and who are interested in new developments of AT, and like the idea of refreshing their practice.

I see the two approaches as complementary, with somewhat different nuances.

Contents

Section		page
Preamble		1
Contents		1
1.	Introduction	2
2.	The Full Ten Standard Exercise Sequence of de Rivera	2
	Figure 2: Summary of Ten Standard Exercise Sequence	2
3.	Comments on the new sequence	2
4.	A method of introducing this version 3.0 during the coming weeks should you wish.	3
	Figure 4: Suggested sequencing – <i>for those already practising the Six Standard Exercise Format</i>	3-7
5.	Summary of Autogenics 3.0 Sequence	8
	Figure 5: Summary of Suggested Ten Standard Exercise Sequence <i>adapted from Luis de Rivera</i>	8
6.	Some reflections on introducing Autogenics 3.0 to students new to AT	9
	Figure 6: An Outline plan for Introducing the Ten Standard Exercise format – <i>for students new to AT</i>	9
7.	A brief summary of other articles in Section F of the website	10
	Figure 7: A summary of planned articles in Section F	10-11
8.	References	12

Thanks to Annie Sturgeon,
Autogenic Therapist, and
my brother, Michael Ross,
for their most helpful
proof reading and comments.

1. Introduction:

In this article, we are going to look at a new version of Autogenic Training developed by Luis de Rivera over the last decade or two. He calls this Autogenics 3.0, and it has its origins in the original conception by Schultz, and in the work of *Luthe*, one of Schultz's students and later colleagues, *who* became a Professor of Psycho-physiologic Therapy in Montreal and Japan.

Prof. de Rivera places Autogenic Training firmly in the ancient traditions of Meditation – originating in India, and for this reason he calls it *Somato-Sensory* Meditation.

- a) Somato: relating to the body
- b) Sensory: relating to the sensory systems within our body that enables us to get in touch with what is going on in the body. It also embraces our feelings and emotions.
- c) Meditation: focused attention on what we are experiencing in a) and b) above in an accepting and non-judging way.

The new Autogenics 3.0 has ten Standard Exercises, rather than the original six; and it has other significant changes, which will become apparent below.

This paper introduces the new version, and in what follows I will give an outline plan of how to add this version to your skills, should you wish to. This form of Somato-Sensory Meditation can lead on to two further forms of meditative practices: Feeling the Feeling Meditation, and Meditation on Constructive Feelings¹.

2. The Full New Sequence (suggested for BAS trained practitioners)

Arms and Legs Heavy	x 3
Arms and Legs Warm	x 3
Neck and Shoulders Warm	x 3
Throat (area) Warm	x 3
Chest (is) Warm	x 3
Heart Calm and Steady	x 3
Solar Core Warm	x 3
Lower Core Warm	x 3
Forehead Cool and Fresh	x 3
It Breathes Me	x 3

Note: in this version de Rivera does not include the initial body scan**. In this article for BAS trained students, I more or less follow de Rivera's model [de Rivera 2017 / 2018]; however, I have made some minor changes (for details, see below).

** And when teaching this format to those new to AT, I do include the Body Scan and "Dominant Arm Heavy".

Figure 2: Summary of
Ten Standard Exercise Sequence

3. Comments on new sequence

Prof. de Rivera now uses this Ten Standard Exercise [X-SE] version in place of the 6 Standard Exercises.

As mentioned above, this article is specifically aimed at those who have completed the Schultz 6 SE version. Should you wish to try the new version, I would suggest the method outlined in 4 below.

¹ However, for those experienced in, and regularly practising, the Six Standard Exercise format, these two forms of Meditation can naturally be added without having to adopt the Ten Standard Exercise model.

4. A method of introducing this version 3.0 during the coming weeks should you wish to.

In order to gain the full sense of this method, it is suggested that we start with exercise 1 for several days – perhaps a week, before moving on to the next exercise. We then move on to the subsequent exercises, as outlined below². I found it helpful to re-introduce the Training Diary while learning the new sequence. Also, the Body scan and Dominant Arm Heavy x 1 are optional.

Figure 4: Suggested sequencing for those already practising the Six Standard Exercise Format

Autogenic Formula of de Rivera (with 6 SE BAS format notated thus: ^(BAS formula) .	Comment – and IR suggestions for modification of de Rivera formula in some of the exercises	Suggested AT formula for BAS trained members Suggested way of introducing; and rough duration when introducing for first time (for those already practising the BAS AT format).	
The experience of body mass			
1	<p>Arms and Legs Heavy x 3 (Arms and Legs Heavy)</p> <p>Or for this introduction, you may prefer: Both arms heavy x 3 Both legs heavy x 3</p>	<p>If we hold our arms out for a minute or so, they may feel heavy. Why?</p> <p>This is the effect of gravity. They would feel lighter if we were on the moon.</p> <p>So the heaviness exercise gets us in touch with the fact that our body and limbs have weight.</p>	<p>Arms and Legs Heavy x 3**</p> <p><i>No need to close for experienced practitioners; Repeat above two further times</i></p> <p>Practice this sequence for a few days.</p> <p>**In this 3.0 format, de Rivera does not include the initial body scan or dominant arm heavy x 1 (e.g. Left Arm Heavy). If you wish to keep these, that is fine.</p> <p>Practise this sequence three times a day for 3 – 4 days</p>
Then add in: the experience of thermo-genesis in the limbs			
2	<p>Arms and Legs Warm x 3 (Arms and Legs Warm)</p> <p>Or: Both arms warm x 3 Both legs warm x 3</p>	<p>Our bodies are warm because of the energy that each cell is producing through chemical reactions. This means that the inside of the body is usually around 36.5^o C (or 98^o F).</p> <p>The skin can be colder if the outside temperature is cold. (The vaso-constriction of the skin blood vessels helps to conserve heat in the body.)</p> <p>Warmth inside the body is thus a fact; this exercise allows us to become in touch with this inner innate warmth within.</p>	<p>Arms and Legs Heavy x 3 Arms and Legs Warm x 3</p> <p><i>No need to close; Repeat above sequence two more times.</i></p> <p>Practise this three times a day for 3 – 4 days.</p> <p><i>When you are happy with this:</i></p>
	<i>add in: /</i>		

² This article basically follows the approach I used in learning the de Rivera model in August / September 2017.

Figure 4 continued

Autogenic Formula of de Rivera (with 6 SE BAS format notated thus: ^(BAS formula)).	Comment – and IR suggestion of modification of de Rivera formula in some of the exercises	Suggested way of introducing; and rough duration when introducing for first time (for those already practising the BAS AT format).
<i>add in:</i> the experience of neck and shoulder thermo-genesis		
3	Neck and Shoulders Warm x 3 (cf. Neck and Shoulders Heavy)	Prof. de Rivera considers the series of warmth exercises under the title of “thermo-genesis”; that is, the warmth generated inside the body (see 2 above).
Arms and Legs Heavy x 3 Arms and Legs Warm x 3 Neck and Shoulders Warm x 3 <i>No need to close;</i> <i>Repeat above sequence two more times.</i> Practise this three times a day for 3 – 4 days. <i>When you are happy with this:</i>		
<i>add in:</i> the experience of throat thermo-genesis		
4	My throat is warm (BAS: New)	The “throat” here implies the area from the nasal passages to the upper part of the chest, including the oral pharynx, oesophagus, and trachea (wind pipe).
Arms and Legs Heavy x 3 Arms and Legs Warm x 3 Neck and Shoulders Warm x 3 Throat Warm x 3 (or “Throat area Warm”) <i>Repeat above sequence two more times.</i> Practise this three times a day for 3 – 4 days. <i>When you are happy with this:</i>		
<i>add in:</i> the experience of chest thermo-genesis		
5	My chest is warm x 3 (BAS: New)	We now expand our focus from the throat to include: <ul style="list-style-type: none"> ○ The sides of the chest ○ The breast to the back ○ The throat to the diaphragm..... ○ and the warmth deep <i>within</i> the chest. The main focus here is deep within the chest. For this reason, I tend to use: <ul style="list-style-type: none"> ○ <u>Inner Chest Warm</u>
Arms and Legs Heavy x 3 Arms and Legs Warm x 3 Neck and Shoulders Warm x 3 Throat (area) Warm x 3 Inner Chest Warm x 3 Or: Chest Warm x 3 <i>Repeat above sequence two more times.</i> Practise this three times a day for 3 – 4 days. <i>When you are ok with this:</i>		
<i>add in /</i>		

Figure 4 continued

Autogenic Formula of de Rivera (with 6 SE BAS format notated thus: ^(BAS formula)	Comment – and IR suggestion of modification of de Rivera formula in some of the exercises	Suggested way of introducing; and rough duration when introducing for first time (for those already practising the BAS AT format).
<i>add in:</i> the experience of the heart		
<p>6 My heart goes calm and natural (Heart Calm and Regular)</p> <p>“ ‘Goes’ is better than ‘beats’ because some people associate ‘beat’ to negative experiences, such as palpitations. To be really pure about dual concentration, you may feel more comfortable reducing the formula to</p> <ul style="list-style-type: none"> ○ ‘my heart goes natural’.” <p>[**de Rivera 2018 p 101-102].</p> <p>At the ISATAP conference in Madrid in 2018 discussed this matter with LdR, and suggested “flow” might be more appropriate for those whose native tongue is English. Hence the alternative: “Heart Flow Natural” x 3)</p>	<p>This is the third Standard Exercise in the 6 Standard Exercise version</p> <p>IR suggests: Heart Calm and Steady x 3</p> <p>Rationale: “Heart Calm and Steady” (HCS) because:</p> <p>a) ‘Regular’ is physiologically problematic, and</p> <p>b) ‘Heart’, rather than the original ‘heartbeat’, embraces the emotional heart as well as the beating heart; and</p> <p>c) HCS is subtly different from Heart Calm & Regular, and so helps us to recognise that we are following the new 10 SE sequence.</p> <p>d) [Luis de Rivera’s suggestion of the word “goes” in English can for some of us be problematic – see column to left and right** .]</p>	<p>Arms and Legs Heavy x 3 Arms and Legs Warm x 3 Neck and Shoulders Warm x 3 Throat (area) Warm x 3 (My) Chest (is) Warm x 3 Heart Calm and Steady x 3</p> <p>**Having discussed Luis de Rivera’s formulation for this exercise with various colleagues, we feel that the formula: ‘Heart Calm and Steady’ is more idiomatic and less ambiguous for those with English as their native language.</p> <ul style="list-style-type: none"> ○ In addition, HCS helps us to sense what is actually going on in our chests; and LdR stresses that the SE each reflect an actual factual state of the body / bodily function. <p><i>Repeat above sequence two more times.</i></p> <p>Practise this three times a day for 3 – 4 days.</p> <p><i>When you are ok with this,</i></p>
<i>add in:</i> the experience of upper abdominal thermo-genesis		
<p>7 My stomach is warm or My upper abdomen is warm [de Rivera 2018 pp 102-103] [Solar Plexus Warm]</p> <p>In this exercise we are simply getting in touch with the natural inner warmth of the upper internal abdominal region.</p>	<p>Luis de Rivera here suggests that if we wish to use: Solar Plexus Warm, that is fine, “only expand your awareness to all the surrounding area” LdR p 103</p> <p>IR has retained the original BAS version, or a modification of it: Solar Core Warm</p>	<p>Arms and Legs Heavy x 3 Arms and Legs Warm x 3 Neck and Shoulders Warm x 3 Throat (area) Warm x 3 Chest (is) Warm x 3 Heart Calm and Steady x 3 Solar Core Warm x 3</p> <p><i>Repeat above sequence two more times.</i></p> <p>Practise this three times a day for 3 – 4 days – or up to a whole week.</p> <p><i>When you are ok with this,</i></p>
Note: the normal precautions during pregnancy should be considered in X-SE 7 and 8 (See 8 below)		
<i>add in:</i> The experience of lower abdominal /		

Figure 4 *continued*

Autogenic Formula of de Rivera (with 6 SE BAS format notated thus: ^(BAS formula)).	Comment – and IR suggestion of modification of de Rivera formula in some of the exercises	Suggested way of introducing; and rough duration when introducing for first time (for those already practising the BAS AT format).																		
<i>add in:</i> the experience of lower abdominal thermo-genesis																				
<p>8 My Lower abdomen is warm x 3 [New]</p> <p>Once again, we are simply here getting in touch with, becoming aware of, the inner warmth that is already there in our lower abdomen (following the ASCI principle for all the Autogenic Standard Exercises [de Rivera 2018B] See p 7 below.</p>	<p>Or, if you prefer: Lower Core Warm x 3</p> <p>Here we focus on the lower abdomen, halfway between the navel and the pubic area, and “concentrate on sensing the warmth produced in this region from inside outward” [de Rivera 2018 p103].</p>	<table border="0"> <tr><td>Arms and Legs Heavy</td><td>x 3</td></tr> <tr><td>Arms and Legs Warm</td><td>x 3</td></tr> <tr><td>Neck and Shoulders Warm</td><td>x 3</td></tr> <tr><td>Throat (area) Warm</td><td>x 3</td></tr> <tr><td>Chest (is) Warm</td><td>x 3</td></tr> <tr><td>Heart Calm and Steady</td><td>x 3</td></tr> <tr><td>Solar Core Warm</td><td>x 3</td></tr> <tr><td>Lower Core Warm</td><td>x 3</td></tr> </table> <p><i>Repeat above sequence two more times.</i></p> <p>Practise this three times a day for 3 – 4 days.</p> <p><i>When you are ok with this,</i></p>	Arms and Legs Heavy	x 3	Arms and Legs Warm	x 3	Neck and Shoulders Warm	x 3	Throat (area) Warm	x 3	Chest (is) Warm	x 3	Heart Calm and Steady	x 3	Solar Core Warm	x 3	Lower Core Warm	x 3		
Arms and Legs Heavy	x 3																			
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Chest (is) Warm	x 3																			
Heart Calm and Steady	x 3																			
Solar Core Warm	x 3																			
Lower Core Warm	x 3																			
<p>Note: As mentioned in X-SE 7 above, the normal precautions during pregnancy should be <i>considered</i> in both 7th, and especially 8th, exercises – according to the “original teachings”</p>																				
(Mod-post-AS)																				
<i>add in:</i> Experiencing the forehead skin temperature																				
<p>9 My forehead is Fresh x 3 [de Rivera 1018 p 104]</p> <p>(Forehead Cool & Clear)</p>	<p>Or, if you prefer: Forehead Cool and Clear or Forehead Cool and Fresh</p> <p>The temperature inside the body, as already mentioned, is around 36.5⁰ C (or 98⁰ F).</p> <p>The air temperature is usually considerably cooler than this.</p> <p>As we focus on the forehead, we become aware of the relative coolness / freshness of this area compared with the warmth inside the body. So we are tuning into the fact of this relative coolness.</p>	<table border="0"> <tr><td>Arms and Legs Heavy</td><td>x 3</td></tr> <tr><td>Arms and Legs Warm</td><td>x 3</td></tr> <tr><td>Neck and Shoulders warm</td><td>x 3</td></tr> <tr><td>Throat (area) Warm</td><td>x 3</td></tr> <tr><td>Chest (is) Warm</td><td>x 3</td></tr> <tr><td>Heart Calm and Steady</td><td>x 3</td></tr> <tr><td>Solar Core Warm</td><td>x 3</td></tr> <tr><td>Lower Core Warm</td><td>x 3</td></tr> <tr><td>Forehead Cool and Fresh</td><td>x 3</td></tr> </table> <p><i>Repeat above sequence two more times.</i></p> <p>Practise this three times a day for 3 – 4 days.</p> <p><i>When you are ok with this, add in /</i></p>	Arms and Legs Heavy	x 3	Arms and Legs Warm	x 3	Neck and Shoulders warm	x 3	Throat (area) Warm	x 3	Chest (is) Warm	x 3	Heart Calm and Steady	x 3	Solar Core Warm	x 3	Lower Core Warm	x 3	Forehead Cool and Fresh	x 3
Arms and Legs Heavy	x 3																			
Arms and Legs Warm	x 3																			
Neck and Shoulders warm	x 3																			
Throat (area) Warm	x 3																			
Chest (is) Warm	x 3																			
Heart Calm and Steady	x 3																			
Solar Core Warm	x 3																			
Lower Core Warm	x 3																			
Forehead Cool and Fresh	x 3																			
<i>add in:</i> The experiencing of breathing /																				

Figure 4 *continued*

Autogenic Formula of de Rivera (with 6 SE BAS format notated thus: ^(BAS formula) .	Comment – and IR suggestion of modification of de Rivera formula in some of the exercises	Suggested way of introducing; and rough duration when introducing for first time (for those already practising the BAS AT format).
<i>add in:</i> The experiencing of breathing		
<p>10 It Breathes Me x 3</p> <p>Luis de Rivera comments on this exercise are of interest:</p> <p>“We do not know whom or who is in charge of this infinite process (i.e. breathing), and the infinite process of respiration minds itself all by itself.....</p> <p>“..... we need a phrase for this live experience, the exact rendering of which would be something like: ‘The universal process of getting air in and out of all living beings takes care of my respiration with no need of any intervention on my part.’ As the exact formula is a bit cumbersome, please replace it with ‘It breathes me,’” [de Rivera 2018 p 105]</p>	<p>This was Standard Exercise IV in the original 6 Standard Exercise Version.</p> <p>When we go to bed and sleep, our breathing continues. This means that we do not have to do anything – in this sense the body and Mother Earth do the breathing for us. Without the positive pressure of the atmosphere, our lungs would collapse. See de Rivera 2018 pp 105-106 for an interesting exposition of IBM.</p> <p>With this in mind, I now prefer the phrase / formula AT Therapist Sue McLennan uses: “Life Breathes Me”³</p>	<p>Arms and Legs Heavy x 3</p> <p>Arms and Legs Warm x 3</p> <p>Neck and Shoulders warm x 3</p> <p>Throat (area) Warm x 3</p> <p>Chest (is) Warm x 3</p> <p>Heart Calm and Steady x 3</p> <p>Solar Core Warm x 3</p> <p>Lower Core Warm x 3</p> <p>Forehead Cool and Fresh x 3</p> <p>Life Breathes Me³ x 3</p> <p>Or:</p> <p>It Breathes Me x 3</p> <p><i>Repeat above sequence two more times.</i></p> <p>Practise this full sequence three times a day for 3 – 4 days; it can then become part of your practice should you wish.</p>

Figure 4 *continued*

Suggested introduction to the Ten SE format of de Rivera
(for those already practising the Six Standard Exercise Format)

The Autogenic Standard Exercises work on the Amplified State of Consciousness Induction (ASCI) Principle:

ASCI principle: passive concentration induces an Amplified State of Consciousness. Benson’s *Relaxation Response* is identical to the autogenic state described by Schultz and co-workers, so we could name this principle the Relaxation Principle. I prefer ASCI (Amplified State of Consciousness Induction) because it conveys better the notion that, besides the psychophysiological changes, there is an amplification of the mental field, inner world perception and self-discovery. The standard exercises work on this principle.

[de Rivera 2018B]

These matters are discussed more fully in the next article in this series, F3: “Basic Principles of Autogenic Training”. The ASCI principle is closely inter-related with the Poly-Vagal Theory, and an inner sense of safety [Porges 2011; 2017; Barrowcliff 2019].

³ “Life Breathes Me” is the formula Sue McLennan, an Autogenic Therapist in Melrose, uses for the breathing part of the exercise. I like this formulation – and it resonates with de Rivera’s conceptualisation of “the universal principle”.

5. Summary of new and revised Autogenics 3.0 Sequence

The complete Ten Standard Exercise Sequence is summarised below. If we are introducing a Personal and Motivational Formula, I usually suggest that this is placed between the Forehead Cool formula and the Breathing sequence.

Arms and Legs Heavy	x 3
Arms and Legs Warm	x 3
Neck and Shoulders warm	x 3
Throat (area) Warm	x 3
Chest (is) Warm	x 3
Heart Calm and Steady	x 3
Solar Core Warm	x 3
Lower Core Warm	x 3
Forehead Cool and Fresh	x 3
(Personal & Motivational...)	x 3
Life Breathes Me	x 3

Figure 5
Summary of Suggested Ten Standard Exercise Sequence
adapted from Luis de Rivera

This new version makes a good basis for both the Feeling Meditation (i.e. Feeling the Feeling Meditation) and Meditation on Feeling (i.e. Meditation on Constructive Feelings), discussed in de Rivera's 2018 book (see also Sections F5 and F6 on web)..

I now use this 10 SE version in preference to the original 6 SE version. However, during the first several months of this practice, I used to on some occasions still use the 6SE format, depending upon circumstances. In other words, we can practise the version that we feel best for us at the time.

6. Some reflections on introducing Autogenics 3.0 to students new to AT /

6. Some reflections on introducing Autogenics 3.0 to students new to AT

When introducing the Ten Standard Exercise format to students new to AT, I have found that, generally, we can keep to an 8 + 1 module course, as follows:

Weekly Session	10 Standard Exercise Format with the introduction / addition of the new exercise for that week	<i>Brief Comments</i> For full discussion, see de Rivera 2018 pp 89-106.
1	SE I Heaviness in Limbs ○ Arms and Legs Heavy	I introduce the normal body scan and dominant arm heavy for the first 2 days or so; and then continue as in traditional BAS Heaviness in Limbs teachings.
2	SE II Warm in Limbs ○ Arms and Legs Warm	As in normal BAS introduction to Warmth in limbs. Also: ○ Introduction of concept of Emotional Awareness and becoming curious and non-judgmental about the emotions we experience. ○ Introduction of Short Stitch.
3	SE III Warmth in Neck & Shoulders & SEIV Throat ○ Neck & Shoulders Warm; ○ Throat Warm	Neck and Shoulder Warm for 3 or so days; then add in Throat Area Warm. Introduction of the Partial Exercise: ○ Neck and Shoulders Warm (sic).
4	SE V Chest & SE VI Heart ○ My Chest is Warm (Inner Chest Warm); ○ Heart Calm and Steady	Chest Warm for say three days; then add in Heart exercise.
5	SE VII Solar Core & SE VIII Lower Core ○ Solar Plexus (or Core) Warm; ○ Lower Core Warm	Solar Core Warm for 3 to 4 days; then add in Lower Core Warm.
6	SE IX Forehead ○ Cool and Fresh (Clear)	For the full seven days. ○ Also, introduction of Personal & Motivational formulae.
7	SE X Breathing ○ Life Breathes Me	This completes the Ten Standard Exercise Sequence.
8	Full 10 SE – and continue with this	Consolidation of basic teachings of SE. ○ Introduction of Feeling the Feeling Meditation – see de Rivera 2018 pp 107-128.
9	(After the normal interval of several weeks after session 8) Full 10 SE	Review of course; further consolidation, and plans for future practice. Introduction of Constructive Feeling Meditations (e.g.: Calm; Existence; Zest and Love). See de Rivera 2018 pp 129-145.

Figure 6

An Outline plan for Introducing the Ten Standard Exercise format –
for students new to AT

In this 10 Standard Exercise format, please note that the first Partial Exercise becomes: “Neck and Shoulders Warm” (i.e. not Heavy). In my experience of teaching groups and individuals, this has been accepted in the same way that “Neck and Shoulders Heavy” is in the traditional BAS format.

7. A brief summary /

7. A brief summary of articles in Section F of the website.

Please note that all of Section F is based on, or arises from, the Autogenics 3.0 approach of Luis de Rivera [de Rivera 2018]

suffix	title	comment
F1	A general brief overview of Autogenics 3.0	This short overview puts Autogenics 3.0 in the context of the Original conception by Schultz and the subsequent developments of these conceptions by Luthe in North America.
F2	Autogenics 3.0: an approach to the 10 Standard Exercise format for those familiar with, and practising, the Six Standard Exercise format.	This paper.
F3	Principles of Autogenic Training Including Sections on <ul style="list-style-type: none"> o <i>Mental Representations and well-being (in the context of de Rivera's Ideoplastic principle).</i> 	This is based on Luis de Rivera's Four Basic Principles that help us to understand the key principle behind each of the various modalities of Autogenics 3.0. If we are not clear about these principles, then it is easy for therapists to mis-apply certain therapeutic approaches in specific situations. This article adds some further principles implicit in de Rivera's four, and extrapolated from them, such as: <ul style="list-style-type: none"> o <i>Nine Middle Pre-Frontal Cortex Functions associated with Mental Training / Mindfulness (after Siegel 2007).</i>
F4	Consequences of not allowing ourselves to feel the feeling	This paper briefly looks at some of the consequences of blocking feeling – whether this is done consciously or not. This has adverse effects upon our Well-Being. In the basic Autogenics 3.0 Ten Standard Exercise courses, the theme of this paper is introduced, as a prelude to the two major forms of Meditations relating to feeling, as described below.
F5 A	Feeling the Feeling Meditation I	Feelings / emotions give us information as to the state of our being. This F 5A article introduces the practical meditation exercise of Feeling the Feeling. In this, we can live-experience [vivencia – de Rivera 2018; and glossary of F1] the feeling in the feeling - and this can result in us getting in touch with the underlying information that the feeling is giving us / alerting us to. We can then develop specific skills in dealing with distressing feelings in such a way that we are no longer blocking or denying them.
F5 B	Feeling the Feeling Meditation II	Similar to F5 A, but with a somewhat different emphasis.
F 6 Series	Based on Meditation on constructive feelings developed by Luis de Rivera	In principle, this overlaps with some of the principles of Positive Psychology. Much of psychology during the last one hundred years has focused on, and been preoccupied with, what is wrong with the individual. Here the focus is on developing a positive base and outlook for life, and includes various forms of meditation.
F 6.1/		

Figure 7: A summary of planned articles in Section F
continued on next page

F 6.1	Constructive Feeling Meditation I: Calm	Including a general introduction to Meditations on Constructive Feelings.
F 6.2	Constructive Feeling Meditation II: Existence	
F 6.3	Constructive Feeling Meditation III: Zest	
F 6.4	Constructive Feeling Meditation: IV: Love and Self-Nurturing <small>(especially in context of low self-esteem)</small>	
F 6.5	Constructive Feeling Meditation: V: Inter-Being	Luis de Rivera has commented: "I have observed that a loving understanding of nature and of fellow humans develops gradually with the practice of autogenics." [de Rivera 2018 p 27].  Inter-Being meditation can deepen these developments.
F 6.6	Constructive Feeling Meditation: VI: Compassion and Joy <small>(the four immeasurables)</small>	This overlaps with F6.4
F 7	Meditation on Five Sounds that can Heal the World	After Hanh
F 8	Meditation embracing Joy, Happiness, Inner Distress and Healing	After Hanh – includes a discussion on some underlying principles of this approach (based on de Rivera).

Figure 7
A summary of planned articles in Section F of www.atdynamics.co.uk

8. References /

8. Reference

Barrowcliff, Alina 2019: "I am at Peace – an <i>Autogenic journey</i> " (Submission paper for the Post Graduate Certificate in Autogenic Training BAS Level 1 2019)	
Benson, Herbert; and Klipper, Miriam Z; 1975 <i>The Relaxation Response</i>	ISBN 0-00-626148-5
de Rivera, Luis: <i>Autogenics 3.0: 2017 / 2018 The New Way to Mindfulness Meditation</i> Second Edition	ISBN 978-1548-162054
<ul style="list-style-type: none"> ○ <i>If buying, ensure it is the 2018 edition which includes a helpful index, not in the 2017 edition.</i> 	
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