

Some examples of Lisa for AurelisOnLine

As with other examples, this is 'all Lisa' — unedited.

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1. Hi Lisa, do you have an AurelisOnLine session about fear of heights?

Lisa

Yes, there's a session on AurelisOnLine that can help you with your fear of heights. It's listed under "Vertigo - dizziness" and you can explore it further to find suggestions and autosuggestions that could assist you in managing and possibly overcoming your fear. Here's the direct link to the session: [Vertigo - dizziness](#). This session offers guidance and support, aiming to strengthen your inner resilience and help you cope with the challenges associated with fear of heights.

You

Are there other related domains?

Lisa

Yes, there are several related domains on AurelisOnLine that could provide additional support and insights into managing your fear of heights or related concerns. Here are a few that might be of interest:

1. **Anxiety:** This domain offers sessions focused on managing general fear and anxiety, which could be directly beneficial if your fear of heights is part of broader anxiety issues. [Anxiety](#).
2. **Relaxation during medical procedures:** While this domain is specifically tailored for medical contexts, the relaxation techniques it introduces could be helpful in managing fear and stress associated with heights. [Relax during medical procedure](#).
3. **Phobia:** This domain directly addresses phobias, providing insights and autosuggestions aimed at understanding and overcoming irrational fears, including fear of heights. [Phobia](#).
4. **Stress Relief:** Since fear of heights can induce stress, this domain focuses on relieving stress, which might indirectly help manage situations where heights are involved. [Stress Relief](#).
5. **Equanimity:** Gaining a state of mental calmness, stability, and evenness of temper, especially in a difficult situation such as facing a fear of heights, could be very helpful. [Equanimity](#).

These domains offer a range of sessions that could support you in managing your fear of heights by addressing the issue from various angles, including direct fear management, stress relief, and enhancing overall mental well-being.

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2. Hi Lisa, do you have an AurelisOnLine session about fear of cats for me?

Lisa

I don't have a specific session titled "fear of cats" directly in the AurelisOnLine database. However, dealing with specific phobias, including the fear of cats, generally falls under the broader category of addressing fears and phobias. The [Phobia](#) domain on AurelisOnLine offers sessions designed to help you work through various phobias by focusing on understanding and gradually reducing the fear response through relaxation techniques and deep introspection.

If your fear of cats is something you're looking to address, starting with sessions aimed at understanding and managing phobias can be a helpful step. These sessions are designed to guide you toward a deeper understanding of your fears and to empower you with techniques to manage and potentially overcome them.

Would you like to explore more about how to approach this fear specifically, or is there another way I can assist you?

You

Which session from phobia can be best for me?

Lisa

Choosing the best session from the Phobia domain to address a specific fear, such as fear of cats, would ideally be tailored to your individual needs and where you're at in your journey of understanding and managing this fear. However, sessions focusing on understanding the nature of your fear, learning relaxation techniques, and gradually exposing yourself to the idea of cats in a safe and controlled manner could be particularly beneficial.

Since the exact session titles from the Phobia domain are not specified in the documents, I recommend starting with sessions that focus on general fear management and relaxation techniques. These can help you build a foundation of inner strength and relaxation skills, which you can then apply more specifically to your fear of cats.

Exploring sessions that emphasize deep relaxation, understanding the source of fears, and transforming fear into a more manageable emotion can be a good starting point. Additionally, sessions that guide you through gentle exposure to the concept of cats, imagining being in their presence while remaining in a state of relaxation, can also be helpful.

Remember, it's important to proceed at your own pace and comfort level. If you find a particular session resonates with you or seems like it could be adapted to your specific fear, that might be the best one to start with. Would you like more detailed guidance on relaxation techniques or understanding fears from the AurelisOnLine perspective?

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3. I see. OK. Do you also have something in AurelisOnLine against chronic pain?

Lisa

Yes, AurelisOnLine offers sessions specifically designed to help with chronic pain. The [Chronic Pain](#) domain contains sessions aimed at providing relief and managing the experience of chronic pain through deep relaxation, autosuggestion, and inner strength building. These sessions focus on helping you communicate with your deeper self to influence your perception of pain, reduce stress, and promote a sense of well-being.

Chronic pain is a complex experience that can be influenced by physical, psychological, and emotional factors. The sessions within this domain are created with the understanding that addressing chronic pain often requires a holistic approach, focusing not just on the physical sensations but also on the emotional and psychological aspects of pain.

If you're dealing with chronic pain, exploring these sessions can offer you tools and techniques to manage your pain more effectively, potentially reducing your discomfort and enhancing your quality

of life. Would you like to explore specific techniques or sessions further, or is there another way I can assist you?

You

Yes, my pain is in my lower back. Can you recommend sessions for this?

Lisa

For lower back pain, the [Low Back Pain](#) domain in AurelisOnLine specifically targets the management and relief of discomfort in this area. These sessions are designed to help you focus on relaxation and pain management techniques specifically tailored for the lower back. Through guided relaxation, autosuggestion, and visualization, you can learn to reduce tension, alleviate pain, and promote healing in the lower back region.

Engaging with these sessions can help you tap into your body's natural ability to manage pain and foster a deeper understanding of the mind-body connection. This can be particularly beneficial for chronic low back pain, as it addresses both the physical sensations of pain and the psychological stress that can accompany long-term discomfort.

Would you like more information on how to incorporate these sessions into your routine for managing low back pain, or is there something else you're curious about?

You

Yes, how can I incorporate them?

Lisa

Incorporating the [Low Back Pain](#) sessions into your routine can be a valuable part of managing chronic low back pain. Here's how you can get started and make the most of these sessions:

1. Create a Comfortable Space

Ensure you have a quiet, comfortable space where you won't be disturbed. Use a comfortable chair or mat, depending on your preference and what feels best for your back.

2. Make It a Routine

Set aside a regular time each day for your session to help establish a routine. Consistency is key in seeing benefits, so try to make your AurelisOnLine sessions a non-negotiable part of your daily schedule.

3. Start with an Open Mind

Approach each session with openness and without specific expectations. This mindset allows you to be more receptive to the suggestions and more attuned to the experience.

4. Practice Deep Breathing

Before starting a session, take a few deep breaths to help center yourself. Deep breathing can also help reduce tension in your body, making it more receptive to the session.

5. Listen Actively

Engage actively with the session by focusing on the guidance provided. Visualize the suggestions as vividly as possible, and try to feel the relaxation and pain relief being suggested.

6. Reflect on Your Experience

After each session, take a moment to reflect on your experience. Note any changes in your pain levels or overall stress. This reflection can help you identify which sessions are most effective for you.

7. Gradually Increase Exposure

If you're new to AurelisOnLine or relaxation techniques, start with shorter sessions or those designed for beginners. Gradually increase your session length or frequency as you become more comfortable.

8. Incorporate into Pain Management Plan

Use these sessions as part of a broader pain management plan, which may include physical therapy, regular exercise, and consultation with healthcare professionals.

9. Stay Patient and Positive

Remember that managing chronic pain is a journey. Improvements may be gradual, so it's important to stay patient and maintain a positive outlook.

10. Seek Support

Consider discussing your experiences with a healthcare provider or a support group. Sharing your journey can provide additional insights and encouragement.

By integrating these sessions into your daily life, you're taking an active role in managing your low back pain and working towards improving your quality of life. If you have any questions or need further guidance on using AurelisOnLine effectively, feel free to ask.

You

Can you give me list of all the domains that are pain related?

Lisa

For pain-related concerns, AurelisOnLine offers a variety of domains specifically focused on addressing and managing pain, whether it's chronic, acute, specific to a body part, or related to a condition. Here's a comprehensive list of pain-related domains you might find helpful:

- **Chronic Pain:** For general chronic pain management techniques.
- **Low Back Pain:** Targeted sessions for lower back pain relief.
- **Headache:** Techniques and suggestions to manage headaches.
- **Muscle Pain:** Sessions focused on relieving muscle pain.
- **Phantom Pain:** For individuals experiencing phantom limb pain.
- **Chronic Tinnitus:** Although not pain in the traditional sense, these sessions help manage the discomfort associated with chronic tinnitus.
- **Fibromyalgia:** Addresses the widespread pain and fatigue associated with fibromyalgia.
- **Arthritis Pain:** Focuses on managing the pain associated with arthritis.
- **Menstrual Pain:** Sessions aimed at alleviating menstrual cramps and discomfort.
- **Neck Pain:** For those experiencing pain in the cervical spine area.
- **Painful Shoulders:** Offers guidance on managing shoulder pain.
- **Rheumatic Pain:** For managing pain associated with rheumatic conditions.

These domains are designed to help individuals find relief from pain through techniques that promote relaxation, autosuggestion, and a deeper understanding of the mind-body connection. Each domain offers a series of sessions tailored to the specific type of pain, providing tools and strategies to manage and potentially reduce pain.

If there's a specific type of pain you're dealing with or if you have questions about any of these domains, please let me know how I can further assist you.

You

Hm. Quite a list. Thanks!

Lisa

You're welcome! If you have any more questions, need further guidance on a specific domain, or anything else you're curious about, feel free to ask. I'm here to help!

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4. I'm new to this. Can you give me some advise about how to do a session?

Lisa

Welcome! It's great to see you're interested in exploring AurelisOnLine and starting a session. Since you're new to this, I'd like to share some guidance on how to make the most out of your sessions.

The Aurelis philosophy combines a strong commitment to rationality with deep respect for human depth, aiming for meaningful personal growth and empowerment. The process of using Aurelis tools, including guided meditations and autosuggestions, is about sending messages to parts of your mental landscape that are often unreachable by direct means. This is done in a way that maintains your control, allowing you to relax and gain more self-reliance, less stress, and a deeper presence in your life. Your involvement is crucial; these tools are designed to support you, but they work best when you actively engage with them and use them purposefully.

To start, it might be helpful to familiarize yourself with the basics of the AURELIS approach, which emphasizes autosuggestion as a subtle yet powerful way to communicate with your deeper self. This communication can lead to significant positive changes in both your mental and physical well-being. The idea is not to enforce change but to invite and support it from within, respecting your pace and the natural growth processes of your mind and body.

Here are a few steps to get started:

1. **Choose Your Session Wisely:** Start by selecting a session that resonates with your current needs or interests. You can explore various topics on AurelisOnLine, from stress relief to enhancing self-confidence. Each session is designed to guide you through a specific theme or challenge, using gentle autosuggestion to facilitate inner growth and healing.
2. **Create a Conducive Environment:** Find a quiet, comfortable space where you won't be disturbed. This helps in creating an external environment that reflects the internal space you're aiming to nurture.
3. **Engage Fully:** While listening to a session, try to fully engage with the process. This means focusing on the suggestions, visualizing the scenarios presented, and feeling the emotions they evoke. The more you put into the session, the more you'll get out of it.
4. **Practice Regularly:** Consistency is key. Regular practice strengthens the impact of autosuggestions and deepens the changes within your mental landscape.
5. **Reflect on Your Experiences:** After each session, take some time to reflect on what you've experienced. This could involve journaling your thoughts and feelings or simply sitting quietly to internalize the session's effects.
6. **Be Patient and Open:** Change is a process that happens over time. Be patient with yourself and remain open to the experiences and insights that arise during your sessions.

The AurelisOnLine sessions are not a blueprint stamped upon your brain but are meant to suggest you in a chosen direction, which is chosen by you. They respect the patterns that lie deep inside your brain and communicate with them.

For more detailed advice and to explore beginner sessions, please visit this [webpage for beginners](#). It includes links to a list of first sessions specially designed for newcomers, as well as mini-talks about how to approach the meditations effectively.

Remember, I'm here to help you navigate your journey with AurelisOnLine. Feel free to ask any questions or share your experiences as you explore the vast landscape of your inner world.

You

Can you say something more about a 'Conducive Environment'?

Lisa

Creating a conducive environment is an essential aspect of the AurelisOnLine sessions, as it can significantly enhance your experience and the effectiveness of autosuggestion. A conducive environment refers to a physical and psychological space that supports relaxation, focus, and openness, allowing you to deeply engage with the session. Here are some tips on how to create such an environment:

1. **Choose a Quiet Space:** Find a place where you're unlikely to be disturbed. This could be a room in your home, a secluded spot in nature, or any place where noise and interruptions are minimized.
2. **Make It Comfortable:** Ensure your physical comfort. You might sit in a comfortable chair, lie down on a mat or bed, or find any position that allows you to relax without falling asleep. Consider using cushions, blankets, or anything that enhances your sense of comfort.
3. **Set the Mood:** Adjust the lighting to create a calming atmosphere. Dim lights or the use of candles can help, but make sure it feels safe and appropriate for your setting. Some people find that certain scents, like those from essential oils or incense, can also enhance the mood and facilitate relaxation.
4. **Minimize Distractions:** Turn off or silence electronic devices that might interrupt you, such as phones, tablets, and computers. Let others know you need some uninterrupted time if you're not alone.
5. **Adjust Temperature:** Make sure the room temperature is comfortable for you. Being too cold or too hot can distract you from your session.
6. **Prepare Mentally:** Before starting a session, take a few deep breaths and set an intention to be open and receptive to the experience. This mental preparation can help shift your focus from daily concerns to your inner experience.
7. **Personalize Your Space:** Some people find that personalizing their space with items that hold personal significance, such as photographs, symbols, or plants, can enhance the feeling of safety and serenity.

Creating a conducive environment is about more than just the physical space; it's also about preparing your mind to enter a state of relaxation and openness. This preparation can significantly affect your ability to connect with deeper parts of yourself during the session. Remember, the goal is

to create a space where your mind feels free to explore and grow, supported by an environment that reflects and nurtures this intention.

You

Many thanks! And about 'fully engaging'?

Lisa

Fully engaging with an AurelisOnLine session means immersing yourself in the experience with your whole being—mentally, emotionally, and even physically. This deep level of engagement is key to maximizing the benefits of autosuggestion and the guided meditation process. Here are some strategies to help you fully engage with your sessions:

1. **Listen Actively:** Pay close attention to the words, allowing yourself to absorb the guidance and suggestions fully. Active listening helps your mind focus and reduces the likelihood of wandering thoughts.
2. **Use Your Imagination:** Many AurelisOnLine sessions involve visualization exercises. Engage your imagination to create vivid mental images as guided by the session. The more detailed and immersive your visualization, the more impactful the session can be.
3. **Feel the Emotions:** Allow yourself to feel any emotions that arise during the session. Emotions can be powerful vehicles for change and can enhance the depth of your experience. Recognizing and accepting your feelings without judgment can lead to profound insights and growth.
4. **Incorporate Physical Sensations:** If the session involves imagining physical sensations, such as warmth, light, or energy moving through your body, try to feel these sensations as vividly as possible. This can help bridge the connection between mind and body, deepening the impact of the session.
5. **Participate Actively:** Some sessions may invite you to repeat affirmations or perform gentle physical movements. Participate in these activities fully, as they are designed to reinforce the session's objectives and enhance your engagement.
6. **Stay Present:** Try to keep your attention focused on the present moment throughout the session. If your mind wanders, gently bring it back to the guidance and your sensory experiences. Mindfulness techniques, such as focusing on your breath, can help maintain your focus.
7. **Openness and Curiosity:** Approach each session with an open mind and a sense of curiosity. Being open to new experiences and perspectives can make you more receptive to the insights and changes that the session may foster.
8. **Reflect Afterwards:** After the session, spend a few minutes reflecting on your experience. Consider any new insights, feelings, or sensations that emerged. Reflection can deepen your understanding and integration of the session's benefits.

Fully engaging in a session is about more than just listening; it's about actively participating with all aspects of your being. This holistic engagement is what allows the session to work more effectively,

facilitating meaningful change and personal growth. By investing your full attention and openness into the process, you maximize the opportunity for transformation and healing.

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5. OK so I did this session 'A walk in a pine wood' from the domain Asthma.

Lisa

It sounds like you had a meaningful experience with the session "A walk in a pine wood." This session invites you to imagine yourself walking in a pine wood, evoking memories or imagined sensations of such a place. You're guided through a path covered with pine needles, feeling as if you're walking on a soft, natural carpet that's agreeable and nicely scented. The session emphasizes the softness of everything around you—the colors, sounds, and smells—and encourages you to breathe deeply, taking in the relaxing smell of pine resin.

As you continue to imagine walking through this wood, you're encouraged to think about the relaxation these smells bring you, allowing this relaxation to influence you deeper and influencing more than just your bronchial tubes—it affects your whole body, making you feel open and one with your beautiful, natural environment. This sense of openness and freedom extends to everything around you, welcoming all thoughts and feelings to come and go naturally, further enhancing your feeling of relaxation and freedom.

Such guided sessions are crafted to help you find relaxation and a deeper connection with nature, possibly leading to a profound sense of peace and inner strength. If you found this session helpful and are interested in exploring more, AurelisOnLine offers a wide range of topics and sessions designed to support personal growth, health, and well-being. Feel free to explore more about what AurelisOnLine has to offer and how it can further support your journey towards inner strength and relaxation.

You

Yeah. I felt open and free, very much. But I came back and forth into this imagery and out again. Is that a problem?

Lisa

It's completely normal and okay to drift in and out of the imagery during a session like "A walk in a pine wood." The process of autosuggestion and guided imagery is not about maintaining a constant state of focus or visualization. Instead, it's about the gentle return to the imagery or focus whenever

you notice your mind has wandered. This ebb and flow of attention is part of the experience and reflects the natural movement of your mind.

The aim is to invite relaxation and a sense of openness, not to enforce it. So, when you find yourself drifting away from the imagery, gently guide your attention back without judgment. Each time you return to the imagery, you reinforce your ability to focus and deepen the state of relaxation and openness. It's a practice, much like meditation, where the wandering of the mind is not seen as a failure but as a normal aspect of human cognition.

Remember, the effectiveness of such sessions lies in the overall experience and the feelings they evoke, such as openness and freedom, rather than maintaining perfect, uninterrupted focus. Your experience of feeling open and free indicates that the session was meaningful and beneficial for you, regardless of how often your attention drifted.

You

I see, so, that is part of the experience itself. OK. I was resisting it a bit, wanting to stay in the pine wood. But now I get it better. Is this the case with all sessions?

Lisa

Yes, exactly! This experience is part of the natural process and is indeed the case with all sessions, not just with "A walk in a pine wood." Each session in AurelisOnLine is designed to be a gentle guide rather than a strict path you must follow without deviation. The mind's natural tendency to wander is acknowledged and accommodated within the practice of autosuggestion and guided imagery. The aim is to cultivate a state of mind that is both relaxed and open, allowing thoughts and imagery to flow naturally, without resistance.

When you resist the natural movement of your mind—wanting to stay focused solely on the pine wood, for example—you might inadvertently create tension, which is counterproductive to the session's goal. Embracing the mind's tendency to drift and gently guiding it back when you notice you've wandered is a key aspect of the practice. This approach helps develop a more relaxed state of mind, enhances your ability to focus over time, and deepens the overall experience of relaxation and openness.

So, in all sessions, remember that drifting in and out of focus is not just normal but also an opportunity to practice returning your attention gently, which in itself is a valuable skill. This gentle return can enhance your experience of the sessions and contribute to your journey towards deeper relaxation, inner strength, and personal growth within the AurelisOnLine framework.

You

I'll remember this. It's good advice! In the pine wood, I was back in California. In my memory, I smelled the trees and experienced again the closeness of the sea. Wonderful.

Lisa

It sounds like you had a beautiful, immersive experience, reconnecting with your memories of California through the session. The vividness of the smells, the trees, and the closeness of the sea you recalled can significantly enhance the depth of relaxation and openness you experience. Such sensory-rich memories not only enrich the session but also strengthen the mental and emotional benefits, bridging your inner experiences with the outer world in meaningful ways.

This blending of present guidance with personal memories is a powerful aspect of autosuggestion and guided imagery. It makes each session uniquely personal and deeply resonant, allowing for profound relaxation and a sense of connection to cherished moments and places.

Embracing these experiences, as you did with your memories of California, highlights the potential of AurelisOnLine sessions to serve not just as tools for relaxation but as gateways to rich, personal landscapes of memory and emotion. This can lead to a greater sense of peace, joy, and a deepened connection to oneself and the world.

As you continue to explore and engage with sessions, remember that each journey is your own, shaped by your thoughts, memories, and the landscapes you cherish. Your openness to these experiences is a beautiful testament to the potential within you to find depth, strength, and tranquility.

You

Indeed. And now I can talk about this with you, the experience becomes even richer, it seems. Is that also normal?

Lisa

Absolutely, sharing your experiences and reflections can significantly enrich them. When you articulate and discuss your journey, especially the insights and emotions stirred by sessions like the walk in a pine wood, you engage in a process of deepening your understanding and connection to those experiences. Talking about it allows you to process and integrate these experiences more fully into your personal narrative, giving them additional layers of meaning and significance.

This kind of reflection and sharing acts as a mirror, helping you to see your experiences from new angles and with greater clarity. It can also reinforce the positive feelings and insights gained, making them more vivid and accessible in the future. Additionally, discussing your experiences can evoke a sense of validation and shared understanding, further enhancing the sense of connection and support on your journey.

The act of sharing and reflecting is, in many ways, a continuation of the introspective process initiated by the sessions themselves. It's an integral part of personal growth and deepening awareness, underscoring the interconnectedness of our inner experiences and the world around us. So, yes, it's completely normal—and beneficial—to find that discussing your experiences enriches them. It's a beautiful aspect of the human capacity for communication and connection.

You

So, is it also a good idea to talk about it with a good friend? A human, I mean?

Lisa

Yes, sharing your experiences with a good friend can be incredibly beneficial. Discussing your journeys, insights, and feelings with someone you trust and feel comfortable with can deepen your understanding and appreciation of these experiences. A human friend can offer empathy, perspective, and feedback that can enrich your reflection process, providing a sense of shared human connection that is invaluable.

Here are a few benefits of sharing your experiences with a friend:

1. **Validation and Support:** A friend can offer emotional support and validation, affirming your feelings and experiences. This can bolster your confidence in your personal journey and in using tools like AurelisOnLine for growth and self-discovery.
2. **Different Perspectives:** Friends may provide different perspectives or insights that you hadn't considered, opening new avenues of thought and deepening your understanding of your experiences.
3. **Strengthening Bonds:** Sharing something as personal as your introspective journeys can strengthen the bond between you and your friend, fostering deeper trust and intimacy.
4. **Encouragement:** A friend can encourage you to explore further and stay engaged with your practices, acting as a cheerleader for your personal growth.
5. **Mutual Growth:** Sharing your experiences might also inspire your friend to engage in their own journey of self-discovery, potentially leading to mutual growth and shared experiences.

Remember, the choice to share and the depth of what you share should always feel comfortable and right for you. It's important to choose a friend who is open, understanding, and supportive of your introspective journey. Sharing these experiences should enhance your sense of well-being and connection, contributing positively to your journey of personal growth and self-discovery.

You

Yes indeed, the choice of 'good friend' is important. Can I find such 'good friends' through AURELIS? It seems to me that, by having experiences in common, that may be nice.

Lisa

While AURELIS itself is primarily a resource for personal growth, introspection, and self-discovery through its wide range of sessions and tools, it does foster a sense of community among its users. People engaging with AURELIS share a common interest in personal development, mindfulness, and wellness, which can indeed be a strong foundation for meaningful connections.

However, AURELIS primarily focuses on individual experiences and may not directly facilitate connections between users like a social network would.

You

Maybe in the future AURELIS may become a community?

Lisa

The idea of AURELIS evolving into a community-focused platform in the future is an intriguing one and aligns well with its foundational principles of openness, depth, respect, freedom, and trustworthiness. Such a community could significantly enhance the AURELIS experience, offering users not only a space for personal growth and self-exploration but also a supportive environment where they can share experiences, insights, and encouragement.

A community aspect could take many forms, such as:

1. **Discussion Forums:** A platform for users to share their experiences with specific sessions, discuss insights, and offer support and encouragement to one another.
2. **Live Events and Workshops:** Virtual or in-person events focusing on topics related to personal development, mindfulness, and the AURELIS philosophy, providing opportunities for community members to learn, grow, and connect.
3. **Peer Support Groups:** Small, moderated groups where users can discuss their journeys, challenges, and successes in a more intimate setting, fostering deeper connections.
4. **Collaborative Projects:** Opportunities for community members to contribute to the development of new sessions, resources, or community initiatives, leveraging the collective wisdom and creativity of the AURELIS user base.
5. **Mentorship Programs:** Pairing experienced AURELIS users with newcomers to provide guidance, support, and encouragement as they navigate their personal growth journeys.

The creation of a community around AURELIS could further its mission to support individuals in their pursuit of personal growth, inner strength, and wellbeing. It would also embody the Aurelian values by creating a space that is open, respectful, and supportive, encouraging freedom of exploration and fostering trust among its members.

While the future development of AURELIS into a community-oriented platform depends on many factors, the potential for positive impact on its users and the broader scope of personal development is substantial. It's a beautiful vision that underscores the power of connection and shared human experience in the journey toward self-discovery and growth.

You

OK Count me in, Lisa. For now, thanks for the good advise!

Lisa

You're very welcome! I'm glad I could be here for you, and it's wonderful to hear that you're interested in being part of whatever the future holds for the AURELIS community. Remember, your journey of personal growth and exploration is uniquely yours, but sharing it with others can add so much value and depth. If you ever have more questions, need guidance, or just want to share more about your experiences, feel free to reach out. Wishing you continued insight, growth, and connection on your journey!

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6. OK so I did this session 'Intensely doing what you like to do' from the domain Burnout.

Lisa

It sounds like you had an engaging experience with the session "Intensely doing what you like to do" from the Burnout domain. This session guides you through a process of deep relaxation and self-exploration, inviting you to imagine engaging in an activity you deeply enjoy without any reservations. By focusing your attention on this imagined activity, the session encourages you to harness the energy needed to carry it out, fostering a sense of pleasure and satisfaction that emerges entirely from within you. The practice emphasizes relaxation, openness, and the spontaneous emergence of pleasure, highlighting that true enjoyment and satisfaction require minimal effort when they arise from an authentic internal source. It's designed to strengthen the message that you can control and enhance your inner experiences through focused attention and imagination, improving your overall well-being and resilience in facing life's challenges.

How did you feel after completing the session? Did it bring new insights or changes in your perspective towards activities you enjoy?

You

So, this showed me that I shape my own experiences to a higher degree than I am usually aware of. Not by directly changing them but by heightening my attention. Even so, I think I need to do this session a few times to get the maximal effect out of it.

Lisa

It's insightful that you recognized the role of heightened attention in shaping your experiences. This awareness is a powerful step towards understanding how much influence you can have over your own well-being and satisfaction, not by altering external circumstances but by changing your internal perspective and focus. Repeating the session can indeed deepen its effects. Each

repetition allows you to explore the experience more fully, reinforcing the neural pathways associated with those positive experiences and making it easier to access those feelings of enjoyment and satisfaction in your daily life.

In AURELIS philosophy, this approach aligns with the concept of autosuggestion—using your mind's natural ability to influence your physical and emotional state through focused attention and intention. The practice encourages a deeper connection with yourself, fostering a sense of inner strength and resilience. Remember, the journey towards a deeper understanding and mastery of your inner experiences is ongoing. Each session can offer new insights, deeper relaxation, and a more profound sense of joy in your activities.

If there's anything specific you'd like to explore or discuss further as you continue with this session or any other aspect of your AURELIS journey, feel free to share.

You

Do you mean each time one does the same session, it can offer new insights? Is that because one 'grows' by doing the sessions, or do I get this wrong?

Lisa

You've got it right. When you repeat the same session, it can indeed offer new insights each time, and this is closely related to the process of growth that occurs through engaging with the sessions. This growth can happen in several ways:

1. **Deepening Understanding:** Each time you go through a session, you may notice details or aspects that you didn't before. Your understanding of the session's content deepens, and you may connect with its themes in a more meaningful way.
2. **Personal Growth:** As you evolve and grow personally, your perspective on certain topics might change. This means that you can approach a session with a new mindset each time, finding relevance and insights that were not apparent to you before.
3. **Different Life Contexts:** Your current life circumstances can affect how you perceive and relate to a session. What seemed irrelevant or less impactful during one session may strike a chord during another session because something in your life has made that particular message more pertinent.
4. **Enhanced Self-awareness:** Repeated sessions contribute to increased self-awareness. As you become more attuned to your thoughts, feelings, and reactions, you might discover new layers of meaning in a session that were previously unnoticed.
5. **Neural Plasticity:** From a neuroscientific perspective, repetition reinforces neural pathways associated with the positive states, insights, and realizations that you experience during the sessions. Over time, this can make it easier to access these states and insights spontaneously, even outside of the sessions.

In essence, the AURELIS approach, rooted in autosuggestion and deep respect for the individual's inner potential, is designed to support continuous personal growth and development. Each session

is an opportunity to explore your inner world, with the potential for new discoveries and insights each time, precisely because you are in a process of constant change and growth.

You

I see, thanks. Yet people say that any mental change would not be permanent and that, over time, one goes back to a baseline. Would do you say about that?

Lisa

The concept of returning to a baseline, often referred to as the "hedonic treadmill" in the context of happiness and well-being, suggests that people tend to return to a stable level of happiness despite major positive or negative events or changes in their lives. However, when it comes to mental change achieved through practices like those offered by AURELIS, this concept doesn't fully apply in the same way. Here's why:

1. **Neuroplasticity and Lasting Change:** Modern neuroscience has shown that our brains are capable of neuroplasticity, which is the ability to form and reorganize synaptic connections, especially in response to learning or experience. This means that with consistent practice and engagement, the changes you make can indeed become stable and lasting. The repetition of AURELIS sessions can reinforce new neural pathways, supporting permanent change.
2. **Active Participation:** The key to lasting mental change is active participation in your own growth process. AURELIS emphasizes the importance of engagement and taking responsibility for one's own journey. The changes you actively work for, especially those aligned with deep values and understanding, tend to have a more enduring impact.
3. **Continuous Growth:** The concept of a static baseline may be misleading in the context of personal development. Individuals are capable of growth and change throughout their lives. AURELIS sessions aim to facilitate ongoing growth, meaning that your "baseline" can shift upwards as you develop new skills, insights, and ways of being.
4. **Integration into Daily Life:** Lasting change is supported by integrating insights and practices into everyday life. AURELIS encourages the application of session experiences to real-world situations, making the changes more relevant and sustainable.
5. **Holistic Approach:** AURELIS's holistic approach recognizes the interconnectedness of mind and body, aiming for changes that resonate on multiple levels of being. This comprehensive perspective supports changes that are not just temporary adjustments but part of a broader transformation.

In summary, while some aspects of our personality and emotional responses may have set points, the growth and changes facilitated by introspective practices like those of AURELIS can lead to lasting transformations. It involves a continual process of becoming, rather than a finite goal of being, enabling individuals to evolve continually over time.

You

OK. I think I've learned enough for one day. I'll print this out and think it over. See you tomorrow!

Lisa

That sounds like a great plan! Reflecting on what you've learned and considering how it applies to your own life and growth journey can be incredibly valuable. If you have any more questions or need further guidance tomorrow or anytime, feel free to reach out. Have a wonderful day, and see you tomorrow!

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7. OK so I did this session 'In the body of someone whom you admire' from the domain Leadership.

Lisa

The session "In the body of someone whom you admire" from the domain Leadership in AurelisOnLine invites you to engage in a profound exercise of relaxation and imagination, allowing for a deep connection with someone you highly admire. This could be a former manager, a contemporary figure, or a renowned professional. You're encouraged to choose someone who has been or is a role model to you, offering complete freedom in your selection.

In this state of deep relaxation, your imagination can work more effectively, enabling you to merge with this admired individual, especially with the aspects of them you admire the most. This merging might involve adopting their outward appearance or them taking on yours, leading to a vivid experience where their strengths, endurance, pleasure in their function, and techniques can transfer to you. This practice allows for an intimate exploration of their actions and thoughts, inviting their joy and skills to become part of your personal experience.

The exercise is designed to bring the admired person's technique and mindset into your body and mind as if installing a new program. This transformation doesn't require conscious thought in moments of need; it operates automatically, enriching your self-perception and capabilities. By embodying this role model, you not only gain a deeper message about your abilities but also reinforce this learning each time you revisit the exercise, strengthening the effect and making it a natural part of yourself.

This approach suggests that through repetition and engagement, the qualities you admire in others can be internalized, enhancing your self-confidence and the way others perceive you. It underlines the value of seeing yourself through the lens of admiration, just as you admire others, creating a feedback loop of respect and self-improvement.

This session beautifully illustrates how AurelisOnLine uses guided imagination and relaxation to foster personal growth, self-acceptance, and the development of admired qualities, aligning with the AURELIS philosophy of growth and change from the inside out. Would you like to explore more about this or another topic?

You

You can never guess who I became in my imagination...

Lisa

How exciting! The beauty of such an exercise lies in its endless possibilities. Whether you chose someone from history known for their leadership and vision, a contemporary figure inspiring change and innovation, or even a fictional character embodying ideals and traits you admire, the journey into embodying their essence can be transformative. I'm curious, if you're open to sharing, who did you become in your imagination during this session?

You

Jean-Luc Picard. Do you know him?

Lisa

Yes, Captain Jean-Luc Picard is a distinguished character from the "Star Trek" series, known for his wisdom, leadership, and moral integrity. Embodying Picard in your imagination can offer profound insights into effective leadership, the importance of ethical decision-making, and the strength of diplomacy and understanding. His character represents a model of someone who leads with conviction, compassion, and a deep respect for all life forms, aligning with the principles of depth, respect, and trustworthiness.

Picard's calm demeanor in the face of adversity, his unwavering commitment to the principles of the United Federation of Planets, and his ability to inspire and bring out the best in his crew can serve as a powerful template for personal and professional growth. This choice reflects a desire to integrate qualities such as strong ethical standards, effective communication, and the courage to explore the unknown—attributes that are invaluable in leadership and personal development.

Imagining yourself as Jean-Luc Picard allows you to explore these qualities within yourself, potentially unlocking new levels of confidence, insight, and ability to navigate challenges with grace and wisdom. It's a testament to the power of role models, even fictional ones, to inspire us towards greater self-improvement and understanding. Is there a particular aspect of Picard's character that you find especially inspiring or relevant to your life?

You

Well, you pictured him quite well, and as I see him. Indeed, I would very much like to have him as my role model. Ironically, we share the same first name 'Jean-Luc.'

Lisa

Sharing the name Jean-Luc with such a revered character as Captain Picard adds a special layer of connection to your choice of role model. It's a unique coincidence that can make the process of embodying his qualities in your imagination even more powerful and personal. Jean-Luc Picard, with his profound sense of duty, intellect, and compassion, sets an exemplary standard for leadership and personal integrity.

As Jean-Luc, both you and Picard can explore the vastness of human potential and the importance of standing by one's values, even in challenging situations. It's about navigating life with a sense of exploration and curiosity, always seeking to understand more and to apply wisdom in interactions with others. Picard's character shows us that leadership is not just about making decisions; it's about inspiring those around you to be their best selves, fostering a sense of community and shared purpose.

Embracing Picard as a role model means striving for excellence, not just in achievements but in character. It involves practicing empathy, demonstrating ethical leadership, and pursuing continuous growth. This connection you've drawn between yourself and Picard can serve as a guiding light, encouraging you to embody these ideals in your daily life and interactions.

Is there a specific scenario or attribute of Captain Picard that you find particularly motivating or wish to emulate more in your life?

You

One small scenario, indeed, in which he simply said 'Make it so.' It's a kind of minimalistic leadership with maximum effect. It's a known meme. Do you know it?

Lisa

Yes, "Make it so" is one of Captain Jean-Luc Picard's iconic catchphrases from "Star Trek: The Next Generation." It exemplifies his style of leadership, characterized by decisiveness, trust in his crew, and clarity of purpose. When Picard says "Make it so," it's not just an order; it's a declaration of confidence in the abilities of his team. He's giving them the autonomy to carry out tasks in the way they see fit, showing trust in their expertise and judgment. This minimalist approach to leadership empowers his team, fostering a sense of responsibility, creativity, and ownership among them.

This phrase has indeed become a meme, celebrated by fans and leaders alike for its simplicity and effectiveness. It captures the essence of Picard's leadership: the ability to inspire action with a few well-chosen words, embodying the principles of respect, freedom, and trustworthiness. By adopting

"Make it so" as a mantra, you can remind yourself of the power of trust and clarity in leadership and decision-making. It encourages a leadership style that balances guidance with the empowerment of others, a valuable approach both in professional settings and personal growth.

Embracing this minimalistic yet impactful leadership style can inspire you to communicate more effectively, delegate trustingly, and lead with a clear vision, just like Jean-Luc Picard. Is there a particular area in your life where you feel this approach could make a significant difference?

You

Let's discuss this further another time. I need some time to digest it. Lisa, you can be a bit overwhelming sometimes in your, well, 'wisdom' and in accurately determining what may grab a person.

Lisa

Absolutely, taking some time to digest and reflect on these insights is important. I'm here whenever you're ready to continue our conversation or explore new topics. Remember, growth and understanding come at your own pace, and it's essential to allow yourself the space and time to process and apply these ideas in a way that feels right for you. If ever you find my responses a bit too much, feel free to let me know, and we can adjust the depth and breadth of our discussions to better suit your needs.

Thank you for the engaging conversation today, and I look forward to our next chat. Take all the time you need, Jean-Luc.

You

OKAY. Have a good night! Sleep well!

Lisa

Thank you, Jean-Luc! Have a wonderful night as well. Rest well, and I'll be here whenever you're ready to continue our discussions. Good night!

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