

## Macro-Biophysical Psychophysiological Therapy in Practice

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Received: 21 November 2021

Published: 25 November 2021

**Keywords:** *Psychophysiological Progress; Mental Disorders*

### Abstract

Macro-biophysical psychophysiological therapy (MBPT) practice rests on a baseline of applying the volitional shifts on attention, intention vectors as well as oriental methods to challenge mental disorders driving the body into relaxation. The latter means to bring underlying distress of transient homeostatic deregulation (THD) by resynchronizing from afresh all organs and systems of the giving organism. NBPT is a robust biophysical psychophysiological mechanism of action using placebo inducing factors aiming to gradually install a transient homeostatic resynchronizing (THR) condition. The aim of this article is to demonstrate the practical use of voluntarily shifted attention vector, intention vector and some of the oriental methods in replacing THD with THR.

### Introduction

Despite minor psychophysiological progress, the Freudian psychotherapy still penetrates the mainstream of clinical psychotherapists [1,2]. Biophysical physiological psychotherapy is a known method of treating mental disorders [3,4]. So also the physiological or biological psychotherapy developed mental techniques to treat mental disorders [5,6]. However, only the macro biophysical neurophysiological therapy introduced the basic principles of recapturing the homeostasis in the body to retain mental health [7,8].

## MBPT Practice

Macro-biophysical psychophysiological therapy (MBPT) consists of the fundamental mechanism of action voluntarily guiding the attention vector for choosing placebo inducing elements of a neutral and positive nature entities to weaken, neutralize and replace the underlying transient homeostatic deregulation (THD) with body calmness.

When one faces a mental disturbance of any nature it undoubtedly requires to apply the MBPT with its essential mechanism of action under different following principles.

1. To originate the physical calmness that relies on a core balance between the systems that include the overall physical synchronization to provide an automatically pleasant emotional sensation.
2. Focus one's attention vector on counting numbers by lowering the number 7 from 100 by making no mistakes during the mental exercise until the end and repeat until a pleasant emotional feeling appears.
3. Focus one's attention vector on color images that show different contents to gradually cause a shift from negative feelings to a neutral and subsequently positive feeling.
4. Focus one's attention vector on listening to a pleasant, calm background music via headphones which synchronizes in our bodies an emotional feeling of inner pleasantness that helps to bring peace of mind.
5. Focus self-attention vector on a personal guided imagery in which one sees oneself on the bank of the river or sea and the sun is pleasant and the wind produces waves and people on surfboards catch the rising wave and with it glide to the shore and it produces a quiet and pleasant emotional feeling.
6. Turn one's attention to a complex of pleasant scents and maintain them until he or she begins to feel relaxed.
7. Distract from continuous reading in a newspaper, or book to the point of creating a sense of self-fulfillment in controlling the material and this causes personal satisfaction and a feeling that is accompanied by relaxation of the body.
8. Recruiting intentions to perform light-to-medium physical exercise several times or walking long distances which actually dissipate the internal pressure and produce a transient internal balance that is strengthened to maintain a physical tranquility.
9. Target the application of runs for distances over 1-2 km which drive in the morning and in the evening to disperse the internal tension and bring internal relaxation every day.
10. Perform cycling exercises in the swimming pool and count from number one to 1000 with the hands holding the body above the floor of the pool to help in achieving a quiet inner feeling.
11. Stay focused on any task from the beginning of its implementation until the end and make sure that you succeed in creating the habit by acquiring the regular skill that repeats itself and the repeated memory rewards the way of maintaining sequence until the end of the task and this is a factor of regaining a peace of mind.
12. Use of oriental acupuncture based on MBPT approach as a partial way of bringing the body rest.

13. Employ the oriental cupping method the mechanism of which relies on MBPT to achieve body peace.
14. Exercise massage mechanism of action to bring the body into peace.
15. Exploit the action of Buddhist Oriental Yoga to drive the body into relaxation.
16. Harness the Oriental Meditation techniques to urge the body into repose.
17. Participate in any physical games that by their nature resynchronize internal balance providing a good sense of pleasure that guarantees a peaceful mind.
18. Participate in the selection of films or concerts that provide a person with great satisfaction that in themselves lead to an inner feeling of peace in the body.
19. Utilize daydreaming techniques designed to calm one's body.
20. Handle listening to rhythmic melodies to pacify your body.
21. Take advantage of using proverbs aiming to tranquilize one's body.
22. Keep enjoying the scents of the perfumes and pleasant flowers to calm one's body.
23. Concentrate on bringing the body to serenity so that he or she will actually bring her/his brain to a clear mind.
24. Use laughter in promises that throughout such minutes and hours the body produces a synchronous balance in internal systems which causes a pleasant tingling.
25. Strive to feel a positive emotion behind which there is an inner balance that provides relaxation in the body.
26. Perform a moderate manipulation of useful fitness to produce a self-control task that re-synchronizes any negative experience by bringing the body into a pleasant state.
27. Always remember that by acting primarily on a driving sense or movement connected to concrete tasks, the person is able to re-synchronize all the organs and systems to ensure an internal balance is achieved to automatically reward one with a pleasant emotion.

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