

Reviving Hedonic Moments (Re-Awakening Pleasure)





PUNK PSYCHOLOGY

Hedonism: the indulgence of pleasure for its own sake... (from Greek *hēdonē* 'pleasure')

The ethical theory that pleasure is the highest good and proper aim of human life.

Hence Hedonistic or pleasure moments.



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For training our pilots—and for dishing out sheer delight—it’s useful to revive pleasure moments. We retrieve and run them through in the same way we do with memonemes containing pain, etc. We recover faith in the fact that life can be good!

For some people, that’s a complete case transformation in itself!



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Don't over do this. Sooner or later (usually sooner), the individual drops down into traumatic memories. Running pleasure has the unfortunate habit of triggering underlying misery. "Why can't life always be this good?" can be a very disturbing question. It can throw up heavy charge!



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So, with that caveat, it's good to practice our time travel technique on pleasure moments, rather than running the risk of sending our mentor buddy home with a bad headache!

You can send him or her backwards and forwards on the timeline, learning to manipulate it confidently, with very little risk you will cause any harm.



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We use this mainly as a means of practicing being able to competently manage and shift the timeline. The emphasis then is on being sure that the client is “there”, down the timeline, at the moment, experiencing it as NOW. The fact that it should evoke pleasure is just a bonus when using it to train pilots in this way.



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Have him or her describe in the present tense. For example, "I am sitting looking across the room. I am feeling quite moved by the experience I have been reliving. On the wall I see a photograph and beside it is a lamp and I can hear the birds singing outside the window.."



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Continue, including everyone who is present, what they say, their expressions, how you react and how they react.

Re-create the movements, smells, sound, tastes, the temperature, any music which was playing, and any feelings you have.

Go through it several times from the beginning to the end.



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He Or She Can't Find Any Pleasure?

Believe or not, I have encountered this phenomenon. What a life! No pleasures to remember in quiet moments of reflection. Such a person is, of course, very badly off on the Scale Of Emotional Health.



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The solution is simple enough: have him or her invent it.



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There are endless wins and petty triumphs that could work: besting a guy at the office, kissing someone you love, moments of physical wellbeing, pride in accomplishment, and so on. If even this turns out to be heavy going, use Peter Shepherd's very fine "Recall a moment when..." lists.



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Basically, you can choose any questions you like off the list or just take them in turn!

Recall a time when you enjoyed yourself.

Recall a time when you earned some money.

Recall a time when you heard some good music.

Recall a time when you mastered something.

Recall a time when you enjoyed a cozy fire.



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Expanding the Sensate Awareness

When the client can recall pleasurable experiences without much difficulty, repeat the above and look for earlier incidents of the same kind. That is, you ask:

Recall a time when...

Recall an earlier time when...

Recall the earliest time when...

For each answer, ask about Sensate Awareness...



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Senses List:

Describe something you are seeing in that memory.

Describe something you are touching in that memory.

Describe a color that you see in that memory.

What is the temperature in that memory.

Describe the position of your body in that memory.

Describe an emotion you are experiencing in that memory.