

The Magic of AcuDetox®

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Part One, Chapter 6 : If You're Doing AcuDetox On Your Own



*Our remedies oft in ourselves do lie
Which we ascribe to heaven.*

William Shakespeare, *All's Well That Ends Well*

*There is a tide in the affairs of men,
Which, taken at the flood, leads on to fortune;
Omitted, all the voyage of their life
Is bound in shallows and in miseries.*

William Shakespeare, *Julius Caesar*

On pages 17–18 (*Chapter 3*) I began the process of readying you for **AcuDestress**. If you're attending our clinic - after your intake interview and phone us to let us know you're coming, we'll give you, at no extra cost, an internet link to **Part Two** of the book and to the pages of our website which follow your **AcuDetox** sessions and follow-up period, as your **RESOURCE** shows up then integrates with your existing personality.

If, on the other hand, you receive **AcuDetox** anywhere else in the world and want to do **AcuDestress** with us, you'll be able to choose to follow along with **Part Two** of **The Magic of AcuDetox**, so that you get all or almost all of the benefits our clients get. The cost to you is **\$50 CDN**. If you provide me your **AcuDetox** provider's web address, I will also make the book link available to him or her, so you'll both be on the same page.



The reason I've changed my mind, deciding that you can get what you need from a written source rather than only from a highly experienced human provider is based on the observations we've made that when a person's **RESOURCE** is identified and celebrated by the person, its positive contributions spread like wildfire. Soon confidence builds.

Having provided psychotherapy almost all of life, I had a hard time imagining that people could actually do the job themselves. *But the task is not doing psychotherapy on yourself. It is listening to an internal guidance, and when that happens there is really no need for psychotherapy as the person ceases to struggle and to do things which are counterproductive.*

The metaphor of learning to sail comes to mind. The novice misjudges the wind and is often becalmed or blown off course. As the sailor gains competency and confidence, the wind becomes a friend, and a good sailor welcomes changing conditions and enjoys tacking as the wind changes. Of all opportunities in life, this is one that can certainly be called "a tide in the affairs of men" which begs to be "taken at the flood."

Steps To Be Taken By The Person Creating Their Own AcuDestress Program

1. **Read the preceding five chapters carefully, making sure you know what this is and what it isn't. It isn't about trying harder or about doing things you think you might have missed along the way. All of those things would be about doing what you are already doing, but doing it better. AcuDetox is about stepping aside to let something new arise.**

The place we are going here is an entirely different way of functioning based on calling forth an aspect of your human capacity which hasn't played much of a role if any in your life so far. It is no fault of your own that this part of you has not been playing a part. Everyone has a silent aspect. It merely is a time in your life when you could really use it. Medications would never free it up. Other things that you could do might free it up, but psychotherapy really doesn't address this question. Psychotherapy is more about making the best uses of the resources you already have. That's why its usefulness is maximized when you're in a crisis, and a good listener and a good advisor can get you back on track. AcuDetox is not the only way to bring forth this aspect of yourself. You possibly could do it with medication or yoga or the like, but these are slow routes to the same place, and you need a fast one. The longer you are in distress, generally the harder it is to get out. Can you see your way to having a solution to a lifelong problem in two months?

2. **Consider enlisting a friend to partner with you at doing AcuDetox. Try to choose someone who is somewhat more at-arms-length from you than your husband or wife.**

In that way neither one of you will have vested interests to defend, and can support each other's changes unconditionally. Your friend will not be so important in the beginning stages, but having someone to whom you can articulate verbally what is going on with you will give you a valuable sounding board. Plan to spend time with your partner regularly after the AcuDetox is complete.

3. **Become comfortable with the phenomena which begin to arise in you as you enter into receiving AcuDetox. If nothing seems to be happening, be comfortable with that too. It simply is that some people begin to notice small changes occurring before others. Since you or the two of you may feel on your own during this period, following the process on the AcuDestress website and on Part Two of the book will support you.**

Any phenomena that you notice in the early going are rudimentary attempts of your brain to recalibrate. Don't make too much of them, except to note that they are the forerunners of change, and that you are in a period of flux where your decision-making and not have the sharpness you are accustomed to, or the sharpness that is right around the corner. Occasionally, people near the end of their course of AcuDetox notice some tangible change in their perception and or behavior. This may be worth sitting up and taking notice of, especially if it brings change to your life. But usually, the first change you see will be when life throws you a curve some weeks down the road.

4. **Finishing your AcuDetox is the beginning, not the end. It is at this point where things become interesting. Only now, when life throws you a curve, and gives notice that you are responding to it in a different way than usual, will be the time when you need to research which resource it is that is bubbling up for you.**

It is at this time of partnering to do AcuDetox will have its greatest impact. Your partner may notice things that you don't. You will both be vitally interested in your own and each other's changes. At its best, you'll be able to laugh with each other, noticing that while you're in the throes of having a new mode of operating fall into place, that it is "clunky" at the beginning. In other words, don't expect to operate with sophistication right away. This is a new mode of action, and you are not used to it. So maybe you'll spontaneously rush into things, only to say something stupid. Pay more attention to your forward movement than how slick it is.

5. **Build confidence together. The only way that you can become confident without fooling yourself is repetition of your victories. This way progress can continue for as long as two years. Don't expect that you will never have a bad time again. The book, website and post-treatment exercises provided show you how to restart yourself.**