



TAO
Cycle

FREE ONLINE BONUS

Therapy

Natural Happiness

Sarah Shikita-Brown



via Self-Directed Cure for Chronic
Anxiety & Depression
CycologyToday.com

Have You Ever Seen a Stressed-Out Taoist Monk?



Would You Like to Know Why? To begin with: There will be no *handholding* here. No meditating. No yogo nor any other *touchy-feely* stuff. We don't play around with symptoms. We go directly to the root of the problem, right down to your true animal impulses & desires. We don't cuddle with *ego defenses*, we break them. Maybe most people don't

realize this but **Modern Science Already Knows how to Cure Chronic Anxiety & Depression.** But making that information widely understood doesn't exactly sell a lot of anti-anxiety drugs now does it? As far back as Freud, the answers have been widely accepted & well understood: **Anxiety is an Internal Conflict between your conscious brain & your subconscious brain caused by the denial & repression of societally shunned animal impulses.** Primitive instinctual impulses are your true initial feelings. These are the impulses that lie detector tests, body language & facial recognition experts are trying to detect because **these first impulses do not lie. They represent your true feelings,** whether you're conscious of them or not. Societally conditioned beliefs are the beliefs that you learn. They represent what society wants you to believe for the good of the society as a whole. **When something or someone frustrates you, your first impulse is to do something about it.** Seconds later however, your conditioned beliefs kick in and you hold back. You control yourself. Well guess what? Your primitive brain doesn't like that at all and it fights for recognition. In certain situations, like when those primitive impulses are aggressive or sexual, and society doesn't want you having them, you are forced to *deny* that you are having them. Now your brain is really angry. And you my friend have just embarked on a lifelong journey of Chronic Anxiety & Depression, not to mention all the destructive derivatives. No worries though. **We can fix it!**

ISTDC (Intensive Short Term Dynamic Coaching)



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Tao Cycle Therapy

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3rd Edition Newly Updated & Revised 2008

Shikitao-Brown, Sarah 1956-

Jackson, Allison, Phc. 1970-

“Yellow Feather” Taylor, Frank 1969-

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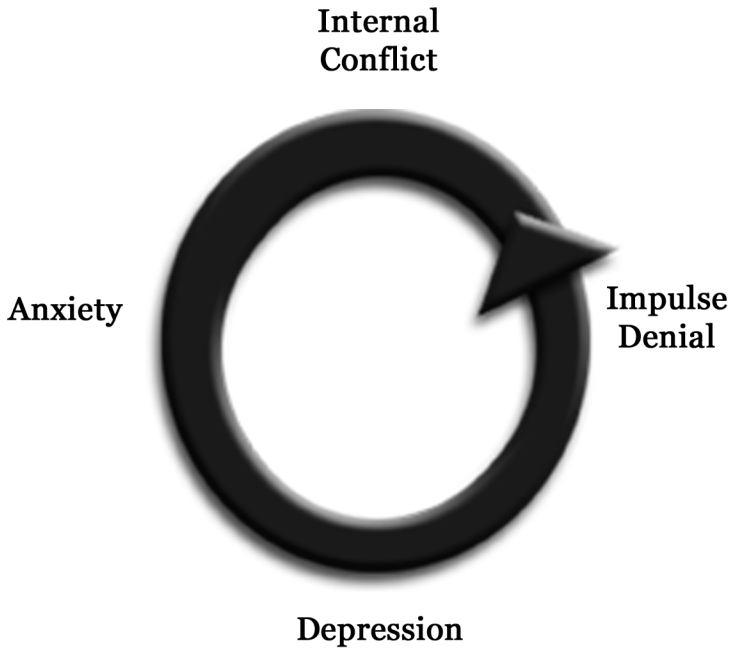
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CYCLE OF CONFLICT



Chapter 1

Warning:

This book may not be suitable for individuals under the age of 30 or those with severe emotional problems or those taking medications or other drugs to treat severe emotional disorders. This book does not claim to diagnose or treat any medical conditions or disorders, including those described in the DSM IV. This book does not claim to be medical advice or to replace any medical advice. It is often advisable to consult a medical professional before beginning any emotional program.

Discovering, realizing, or becoming aware of, unconscious realities can be, and often is, extremely emotional and upsetting. Discovering your true animal nature and unconscious desires is something not to be embarked upon lightly. Denial is a very powerful defense and the resulting emotional reactions vary widely from person to person, making them highly unpredictable.

This book does not endorse, support or otherwise advocate violence in any form. Any reference to violence is strictly referring to internal mental processes and is absolutely not an endorsement of any outwardly violent behavior.

Chapter 2

Introduction:

Despite major advancements, the fact that we live in the most technologically, perhaps intellectually, advanced society ever to have existed, and the fact that the combination of opportunities and freedoms in this country are possibly the greatest that human civilization has ever known, our modern day American citizenry is being devastated by the psychological equivalent of a plague. Anxiety, including all its derivatives, from depression and compulsive behaviors like rage and passive-aggression, to alcoholism, obesity, maladaptive pair-bonding skills and just plain obsessive boredom are at never-before-seen levels.

This fairly modern propensity of our citizenry to be tortured endlessly from the effects of *internal conflict* has exploded into every facet of our lives and touches indiscriminately from young to old and rich to poor.

In order for stress to occur, something has to stimulate it. That stimulant is conflict. This stimulation-conflict comes either from within (internal conflict) or from without (external conflict).

I don't think I'm going out on a limb when I suggest that *violent impulses* are a direct result of *conflict*, real or imagined, past or present. The

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