



Pauls Robot

Vol1: Trio

Paul Adams

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About the author



Paul giving an online 6-Direction Rub & Yawn session

Paul Adams was born in London in 1950.

He has been involved in the stress-release field since 1972. He moved to Los Angeles in 1986, returning to the UK in 2006.

Since 2006 he has lived in Newcastle upon Tyne.

PREFACE

Use PaulsRobot pages at your own risk

Exactly what it says. This is a free eBook.

Website

This eBook is very similar to the website at www.paulsrobot.com, with minor changes to match the different format. It was created to provide the same PaulsRobot functionality as the website, more or less, but without the audio of the spoken directions, of course.

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Mobile devices

This eBook is available free of charge in PDF, EPUB and MOBI (Kindle) formats. Installing it on any eReader device allows the user to get a PaulsRobot session at any time without requiring internet access and excessive bandwidth use.

Printed book

I may create this if there is a demand, but don't anticipate such. Clicking a link is far easier than turning to a specified page out of dozens, even with an extensive thumb index.

Speling

I am English, but lived for 20 years in Los Angeles. Sometimes I use English spellings, and sometimes American. The sub-heading here is a joke, of course, but is illustrative of the jarring sensation a British person might feel on reading *counseling* or an American *counsellor*.

History

I first created PaulsRobot and put it online in August 2006. It has gone through various iterations since then and apart from this eBook currently exists as two websites, the full version with 29 modules and thousands of pages at www.paulsrobot3.com and the “lite” version with (basically) 3 modules and a hundred pages at www.paulsrobot.com.

Robot-ness

The “robot-ness” (boticity?) of the experience is more apparent when the directions from the “practitioner” are audible like on the websites – indeed, such a session feels very much like a regular two-person session – but alas, audio is not possible currently with an eBook, at least not at the granular level needed.

Table of Contents

There is a soft (electronic) TOC in this eBook. Software readers like Adobe Reader, the various Kindle applications (Kindle for PC, Kindle for iPad etc), and Apple's iBooks allow this to be

toggled on or off. Or you may find it right at the end of the book.

Paul Adams

Newcastle upon Tyne, England

May 1, 2015

Addition August 1, 2015

I have added four more possibilities for locating hot topics to run, both to the PaulsRobot website and to this eBook. These are a 44-question list taken from the Holmes and Rahe stress scale, a personal lifetime scanning option, and two procedures to produce personalized lists of hostile/antagonistic people, places and things.

CHAPTER 1: OVERVIEW

PaulsRobot Delivers Stress-Release Sessions

PaulsRobot will deliver a fully-personalized stress-release session to you whenever you want one. *Stress Management* is where you learn to live with it. *Stress Release* is where you get rid of it.

To clarify, this eBook does not contain an explanation of how a session might be done: it gives the reader/user an actual session where a practitioner (via precise words in these pages) asks you a question or gives you a direction, and depending on your response will give an appropriate follow-up question or direction, and this will continue for the duration of the session.

This is a radical idea. Does it work? Try it and see.

PaulsRobot uses three session procedures (“Trio”)

This PaulsRobot eBook uses only the three shown below. The full PaulsRobot3 site uses dozens, but that is beyond the limits of this book. These procedures are explained more fully later on.

1. Reach & Withdraw

Reach & Withdraw is the lightest possible approach to a hot topic.

On the **Reach** command, one simply intentionally directs one's attention – however lightly – to wherever in the topic it is being attracted.

On the **Withdraw** command, one intentionally removes one's attention – however slightly – from the topic to anything else, maybe the room or one's hand.

These steps repeat (Reach, Withdraw, Reach etc) for as long as appropriate.

2. 6-Direction

The **six directions** here are above, below, to the right, to the left, in front, behind.

On each above/below/etc step, one simply tries to place the topic above/below/etc one's body as best one can. This is easy to do with an uncharged topic, but hard to do with a hot one.

These steps repeat Above ... Below ... Right ... Left ... Front ... Back ... Above ... etc for as long as appropriate.

3. Rogerian

Rogerian is talk therapy. One both says aloud and writes down a brief (2 minutes maximum) sentence or two about one's topic. One then summarises (not repeats!) what one has just written down. One then notes how one feels (if anything) about that.

One then repeats this with saying/writing another couple of sentences. Then a summary. Then how one feels about that part.

One then repeats this with saying/writing a further couple of sentences. Summary. Feelings.

Then one looks at how this is coming along. You have – among others – the options of continuing on in the same manner, or going back and revising what you have covered.

These steps repeat (Relate facts, summarise, relate feelings, repeat another 2x, how doing? etc) for as long as appropriate.

All three procedures use Rub & Yawn

Rub & Yawn is incorporated into all three of these procedures. It helps a great deal with the discharge of the hot topic.

You can **switch among** these three procedures at any time in the session. For example, you might start with Reach & Withdraw for a few minutes, then go on to 6-Direction for five minutes, then another two minutes of Reach & Withdraw and finally Rogerian for the rest of the session. Or you might do the whole session using Reach & Withdraw only. It's totally up to you.

Essential information on PaulsRobot

Do read through all these points before going on.

Practitioner/client

PaulsRobot acts as the practitioner or coach and you are the client. There is no routine need for another person to be involved in the sessions, although you are very welcome to discuss it with your associates or friends. Who (without ever having tried it out) will probably tell you it's impossible or a joke and to stay away!

Normal people

PaulsRobot is designed to be used by a layman, someone who can understand and follow the instructions, with no specialised prior training or experience needed. It is not aimed at clinical cases or the dysfunctional, although pretty much anyone can learn to use the simple, language-free Rub & Yawn procedure that is used with the three techniques here and seems to be effective in many cases.

Can a Robot do effective counselling?

The proof of the pudding is in the eating, so to speak. The idea tends to be so outlandish that few people would think the possibility even worth considering. But there are more factors than might come to mind at first. One significant point is that only a minority of the PaulsRobot procedures are of the "talk therapy" variety, and the majority depend for their effectiveness on more sophisticated procedures.

PaulsRobot has been online since August 2006. There are over 100 PaulsRobot / Rub & Yawn testimonials that you can read online at www.yawnguy.com. There are 42 reproduced in this eBook you are reading now.

Robot counselling versus human counselling

There is a chart of 17 discussion topics (see [PaulsRobot vs Humans](#)), covering such topics as cost, availability, effectiveness, confidentiality, and social acceptability (i.e., will anyone find out that you are seeking "therapy"?).

The chart compares PaulsRobot with not only a professional (human) counsellor, but also friends and family. Friends and family are usually the first port of call when looking for someone to tell one's troubles to, not a trained counsellor.

Two aspects to stress

1. The **real-life** situations, people and events that can be pressing in on you. Things like sour relationships, bad health, demands for money that you don't have, or an unpleasant environment at home, school or work.

2. **Your reactions** to these stressors. These can include unintended repeats of past reactions to events no longer present, what some people call "baggage."

PaulsRobot sessions address (2). If you discharge a ton of stress associated with an abusive childhood or school bullying this will not change the past, but you should be able to look at those

memories without feeling the hurt again.

You may not be able to get a new boss at work, but if you can permanently get rid of the baggage associated with a lifetime of bad working environments you are likely to find your current environment at work much easier to tolerate.

What's this Rub & Yawn thing about then? See Chapter 2: RUB & YAWN

CHAPTER 2: RUB AND YAWN

Here is some important information on the natural energy-exchange mechanism that is used in this procedure.

Introduction

What is Rub & Yawn? It is a simple procedure which releases stress. Most people can learn it very easily. It is made up of three parts:

- vigorous **rubbing** of the body, and
- **visualization** in various specified ways of one's hot (unpleasant or stressful) topic, resulting in
- **yawns** or other clearly visible physical discharges and a greater or lesser feeling of relief.

Exactly how it works is open to question. However, not knowing exactly how gravity works doesn't prevent your smartphone from hitting the ground if it slips out of your fingers.

How it seems to work is covered just below on this page. In reality, this may not be completely accurate. What matters is whether or not it does work, not whether or not the theory satisfies some authority somewhere.

It seems to work for most people. Read the testimonials in Chapter 5.

Explanation

Putting one's attention on unpleasant events or situations or relationships in one's life tends to activate the harmful energy associated with the unpleasant topic. This can lead to a feeling of stress. It may even cause unwanted sensations or pains or other physical effects.

Stress *management* activities work by directing one's attention off the unpleasant topic and on to something else more acceptable. Whether it is getting stuck into some gardening or going to the movies or getting drunk the principle is the same. Usually the unpleasant topic is still around to bite you the next time.

Rub & Yawn is a Stress *Release* activity. The **second part**, the guided visualization, does not involve lying back feeling overwhelmed by it all. Instead you should find you can get on top of the unpleasant topic, bit by bit, at a pace that is comfortable, which you choose as you go along. You have to work at it, of course. It doesn't simply happen while you are asleep or drinking a beer while on the couch watching TV.

Actively recreating willingly the aspect of your topic that your attention is on – not meekly viewing it while feeling crushed by it – tends to release from your mind the harmful energy associated with it. This release is the **third part** of Rub & Yawn. It will often be accompanied by visible bodily discharges such as yawns or sighs, maybe tears or sobs, muscle twitches and more.

However, to release this bad energy one must have an overall surplus of energy available. If the body is short of energy, it will try to hold on to all of it, both good energy and harmful energy. Energy is energy.

Rubbing the body seems to energise it, to give it more energy. This is the **first part** of Rub & Yawn. So you rub away furiously, rubbing your hands together, rubbing your arms and legs, rubbing your stockinged feet on the carpet, stamping your feet on the floor, squeezing your chair hard, thumping your fist on the table, and so on, in order to create this energy surplus.

With an energy surplus, and you willingly and actively visualizing the most prominent part of your hot topic, the yawns should come and the harmful energy, the stress, should bleed off. Like

magic.

This is Rub & Yawn.

There are more details to become familiar with, exactly how to do this and that, but that is an overview of it.

External (not from Paul) articles on "Letting go of stress"

A brief quote, but there's lots more there, from an article called **Discharge**:

Letting go (i.e. discharging) is necessary for relieving stress. If your nervous system has trouble letting go, the excess energy gets stored in your body, through holding patterns in the muscles and fascia [connective tissue surrounding muscles].

Another brief excerpt from **Counseling and Having a Good Yawn** (really!):

We want discharge to happen. We feel calmer afterwards. As your comfort level increases in your counseling, you will find it easier to yawn.

It's a good way of tracking your progress in therapy. Finally, being able to have a good yawn in front of your therapist is therapy working well.

You might find it useful to read both articles, especially if you are having trouble with Rub & Yawn.

Alternative discharge mechanisms

There are probably other natural mechanisms to discharge stress. A dog, for example, has three obvious ones, namely:

- Yawning
- Stretching
- Shaking, similar to the action of shaking off water.

How does this apply with people? Probably the most therapeutic action for things that make one really ANGRY is highly physical, subject to the clarification below. Taking care not to damage anything important, do something like smack hell out of a sofa with a baseball bat or your fists and boots and teeth etc. Yell at it. Whale away at it with your attention on the topic for as long as it takes to cool down. The topic is probably discharging all the time that one is doing this.

And this is probably why intense physical activities can be so relaxing (assuming no injuries): the stress-release factor.

Important: Moderate the activity

If you merely let yourself go and act out the aggressive dictates of your topic exactly, this may actually reinforce the topic despite some temporary release. Instead, like in all PaulsRobot modules, a large part of the session has to be you knowingly controlling your topic and manipulating it in various ways, rather than simply letting it control you.

An example, perhaps, with the 6-Direction process: "Put your topic above you." [Does so + Smack!] "Thank you. Put it below you." [Does + Wham!] "Great. Put it to the right of you." [Executes command + KaPOW!] "OK. Put it to the left of you." [Does it + BLAMMO-Grrrr-Throttle!!] etc.

Adopt a clear positive intention while allowing negativity

Let the negative feelings flow as needed, not only anger, but do it in the confines of a therapeutic setting. Always have the clear positive intention that you are allowing this for healing only, not merely "letting it all hang out."

Replace negative with positive

After letting out a lot of negative feelings it is often a good idea to "fill the space left" with positive ones. The full PaulsRobot3 site gives some ways of doing this, or you can come up with some yourself.

Residual discharges

These are yawns or other discharges that sometimes come off at the beginning of a Rub & Yawn session, formal or informal, that are not connected to any specific topic. These would occur anyway, whatever one's attention is on.

One possible explanation is that the normal functioning energy-exchange mechanism is backlogged, so to speak. Doing some intense rubbing "primes the pump," and gets things flowing again, meaning that now that there is some fresh new energy into the system some of the stale old stuff can get out. People who lead an active lifestyle probably keep things working properly in the regular course of events, but those people who are inactive for long periods of time can get behind.

Rub & Yawn tips

These 8 tips are expanded with [further explanations here](#).

1. Any Rub & Yawn is better than no Rub & Yawn
2. Rub & Yawn has three parts – rubbing, visualizing, yawning. Do all three
3. Go with the flow on what you are visualizing
4. Go with what's hot and dump what's not
5. Choose the best Rub & Yawn tool for the job
6. Suddenly falling asleep? Stand up! Touch stuff! Hard! Right now!
7. Don't confuse Rub & Yawn with other procedures
8. Make Rub & Yawn a part of your regular life.

Get a Rub & Yawn session from a YouTube video. Or . . .

This is a 10-minute video from the author giving a session – with explanation – to the viewer: www.youtube.com/watch?v=CUGCXzY74aI

You can see subtitles for what is being said by clicking on the captions icon underneath the video after it has started playing.

Alternatively . . .

Get a Rub & Yawn session using this write-up just below. Or . . .

This is a shortened version of the full write-up at [The Yawn Machine](#). By all means read the full version if you wish to know more about it.

Pre-session check

Are you not underage, not tired, not hungry, not ill, not under the influence, and not mentally on the edge? If you are, come back later as a session is unlikely to go well in any of these circumstances. Really! This isn't a joke.

Start rubbing . . . and yawning

Rubbing the body seems to energise it, to give it more energy. This is the first part of Rub & Yawn. So right now rub away furiously, rubbing your hands together, rubbing your arms and legs, rubbing your stockinged feet on the carpet, stamping your feet on the floor, squeezing your chair hard, this sort of thing. Don't just think about it, but **actually touch stuff!** And yawn. Yawn, yawn, yawn. This is just residual stress coming off. It is sometimes easier to keep the yawns going than to start them in the first place. They will stop after a bit (while you continue to rub), but it might take ten or even many more yawns to discharge this residual stress. You should also feel somewhat relaxed

afterwards.

Locate a good topic to address

Now let's find a hot topic to address. It might be mentally painful. Don't say I didn't warn you. Have you lost something or someone? Trouble at work? Problems with drugs? Money worries? A sour relationship with someone close? Concern over a health problem? Something meaty has probably come to mind by now and may well feel like it is pressed up against your nose. It is often something long-term. Go with what comes to mind even if you know nothing could be done about it.

Two aspects to a topic

- The persons and events and real-world "out-there" parts, and
- One's internalized view of these exterior events – the memories and thoughts about them.

When "putting the topic above your head" etc, this obviously refers to the second one.

Shutting down

If you've suddenly started to mentally shut down, like you're losing focus or feeling sleepy, stand up quickly and touch stuff! Rub your hands together, rub your arms. Like before. This will wake you up again.

Putting your topic out there

If you're just feeling "stressed" and not shutting down, do this. Take whatever aspect of your topic is right in front of you demanding your attention, and **put it out there**. Mentally put it out there. Yawn. This should make you yawn more. Keep doing it. Put it in front of you, behind you, into the wall, into the supermarket, behind the moon, into next week, anywhere as long as it is out there. You want to produce yawns. It's OK if the topic changes a bit, but don't shift to something else completely until you have got all the yawns you can out of this one. After a few out-theres, touch stuff again. Yawn. If you're **getting sleepy, touch stuff a lot**. You have to keep recharging your batteries by touching stuff or you won't be able to yawn away the harmful energy.

You can do it

It might seem odd or very hard to "put it out there." It might seem that it just sort of sits there and you can't move it at all. Almost anyone can do this, even if it seems impossible at first. If your topic is too heavy, kind of mentally hold it still and back away from it a fraction, a tiny, tiny bit. You want to put some distance between it and you, but not by putting it out of your mind completely. If you can't manage the whole thing, put a small part of it out there. You can put one molecule, or one electron of it out there, can't you?

Keep at it for a little while

Do this for a bit until you run out of yawns on this topic and you feel better. This might take ten or twenty minutes, sometimes quicker, sometimes slower.

Alternatively . . .

Get a Rub & Yawn session from PaulsRobot.

It is best to **get familiar with Rub & Yawn first** using either of the methods here.

When you are ready for a PaulsRobot Rub & Yawn session, start on the session pages here. But read the preliminary pages before starting the session. It will go much better if you **follow the instructions**. You have to work at it to get a result. It is similar to not lying on the couch drinking a beer while watching an exercise video, but actually doing the exercises.

Rub & Yawn Tips Detailed

Make sure you have read from the start of this chapter first. These tips build on what is covered earlier and won't make a whole lot of sense by themselves.

Tip #1: Any Rub & Yawn is better than no Rub & Yawn.

Can be done very sloppily

Rub & Yawn does not have to be done in a formal session.

For example, you're watching TV. You happen to yawn. You notice that you just got reminded of a failed relationship. Now you get pro-active. You rub your hands together firmly with attention still on the relationship. You yawn some more. You keep rubbing and yawning, looking at different aspects of the relationship. It's more interesting than the repeat on TV. After ten minutes, your kid comes in and wants to play. You feel somewhat better anyway, and start playing with your kid instead.

Maybe you decide to finish off the topic later. Maybe you forget about it. Either way, next time you get reminded of that failed relationship it shouldn't feel so bad.

This is explained more fully starting at the beginning of this chapter you are reading.

Any Rub & Yawn is better than no Rub & Yawn.

Tip #2: Rub & Yawn has three parts – rubbing, visualizing, yawning. Do all three.

Rubbing

"Rubbing" includes stretching*. You should rub fairly vigorously, and fairly continuously, not just a few times. Rub or stretch in whatever way feels right to you.

Visualizing

Visualizing has many possibilities, but they each include pro-actively manipulating parts of your unpleasant mental images, not just being at the effect of them.

Verbalization (part of visualizing)

Verbalization regarding the part of your topic you are visualizing is often useful, maybe writing down notes or a journal or even just talking to the wall. Talking to friends is sometimes helpful, but usually they are not trained counsellors and will often interrupt or tell their own experiences instead of simply listening attentively and showing that they understand.

Yawning

"Yawning" includes sighing, cathartic crying, belching, maybe squirming around, etc. In other words, visible bodily discharge.

*Stretching seems to be more of a discharge mechanism than an energy-intake stimulator, but the distinction is probably not that important. Just remember to stretch too.

Rub & Yawn has three parts – rubbing, visualizing, yawning. Do all three.

Tip #3: Go with the flow on what you are visualizing.

Parallel the mind – work with the topic that your attention is naturally being drawn to. Don't address something merely because it is the next on the list or someone said you should. If it is pressed up against your nose as the thing to address, do it!

Topic will change as it discharges

Some aspect of the overall topic will appear as most important. Address that exact aspect with Rub & Yawn. It should be intense. As you discharge it, it will become less important and some other aspect will appear as most important. Address both aspects if you can, but soon the old one will be hard to concentrate on. So address the new aspect fully. And so on until the session is obviously over, often within 20 minutes.

Your mind is your mind – not a movie

When running an event/incident or series of events/incidents, first address whichever aspect of it is demanding your attention. This may be the earliest moment of the event. Or it may be something in the middle or the end. Again, go with the flow, not some arbitrary sequence. The emotional charge associated with the event is stacked up in a particular order in your mind. This is not necessarily from beginning to end like a regular movie.

Go with the flow.

Tip #4: Go with what's hot and dump what's not.

Find a hot topic that will discharge right now. Start visualizing and rubbing and yawning. Intensely. Continue the three parts of Rub & Yawn on that topic until it won't discharge any more right now. You should feel calm and expansive. That's all for now. It might take 10-25 minutes if you have been working hard on a really hot topic.

Check it out and see

Maybe another time there is nothing obviously hot to address. You decide to have a go at Topic X. You don't know if it will work or not. So try it out. Do a proper visualization, maybe using the 6-Direction technique, while rubbing vigorously. Usually a minute is long enough to see if any yawn/discharge will occur.

If it's hot, stick with it

If it's hot and it discharges, go with it. Continue doing Rub & Yawn right now on that topic. If there is no yawn or discharge after a minute, and no obvious signs that there is about to be one, drop it immediately. Go with what's hot and dump what's not.

Keep going with a session that is producing a good discharge, good yawns. The yawns will taper off after 10 minutes, 20 minutes, and then you will not be able to squeeze out any more. Great! Done deal. It's not hot any more, so don't try and run it any more.

Go with what's hot and dump what's not.

Tip #5: Choose the best Rub & Yawn tool for the job.

- A quick spur-of-the-moment [Yawn Machine](#) spot while stuck in traffic or waiting in the supermarket line?
- Telling a friend to try out a [Yawnguy YouTube video](#)?
- Getting a formal session with the automated counsellor at [PaulsRobot](#) (entry-level) or [PaulsRobot3](#) (comprehensive)?
- Doing a formal session using the eBook version of Trio (same three procedures as the PaulsRobot site), available from [PaulsRabbit](#)?

These applications, like the author's [Yawn and Grow Rich Course](#), are all useful in different circumstances.

PaulsRobot3 currently has 29 different modules available, again all useful in different situations. The modules include Core, Morph, Pono, RAWRogers, Rog, Rizzo, Slate, Antago, BasicR3X,

ColorBreathing, Dipoles, ExpARCSW, ExpGrade0, False Data Stripping, HeavyDuty, IntExtStay, List1, Mega, NotTooShabbyPower, Prez (Presence Processes), Psycho, Ruds/L1C/Prepcheck, Ush (Unpleasant Sensation Handling), Ush2, Win, Win2, LovedOne, RAW4 (Reach & Withdraw 4), SpotAnAngel and others. Each of these modules may have 100 or more different pages. Every module has audio.

There is a huge toolbox available for your use.

Choose the best Rub & Yawn tool for the job.

Tip #6: Suddenly falling asleep? Stand up! Touch stuff! Hard! Right now!

We're talking about mentally shutting down, "doping off" or "going anaten" as it is sometimes called. This happens in life too, not just in session. It's when your attention suddenly goes out of your control and you get all foggy and if you don't do something about it immediately you're likely to fall asleep on the spot. It's not harmful unless you're driving a car or something, but it wastes your time. This is different from simply feeling tired because it's been a long day and it's time for bed.

The shutting-down phenomenon is what can make "solo processing" (mental drills by yourself) very hard to do. Touching stuff forcefully right now is the solution to this difficulty.

You know that being slapped around the face or having a bucket of cold water thrown over you would wake you up, but that is not too real. A very workable solution is to stand up if you can, and urgently contact things around you like the chair or table or floor. Stamp your feet. Hit your hands together. Squeeze the chair. Bang your hand on the table. Make loud noises. This sort of thing.

Do this for a short while, maybe a minute, and you will stop shutting down, and get back to normal.

Temporary solution only, but it IS a solution

Now, whatever it was that caused the shutting down to occur is still there and might trigger a shutting down later. If you know the area, you can have a go at it with proper three-part Rub & Yawn procedure. And if appropriate you definitely should discharge it as you know it is very hot!

But do recognize that it is very hot, and sometimes it will start to flatten you and you will have to take this action very fast to stay on top of it while doing regular Rub & Yawn on a topic. That's why the "Stand up!" is in there – it is very hard (but not impossible) to fall asleep when you are standing up.

Remember: Suddenly falling asleep? Stand up! Touch stuff! Hard! Right now!

Tip #7: Don't confuse Rub & Yawn with other procedures.

Rub & Yawn has its own tried and tested techniques. It seems to work on a wide variety of people and case types, provided they follow the instructions. :)

Deciding it couldn't possibly work (without trying it) because it doesn't agree with some theory is short-sighted. It was developed empirically by observing some natural phenomena and trying out different things. It wasn't developed to accord with pre-existing theory.

It is new. It is a 21st century development.

Don't confuse Rub & Yawn with other procedures.

Tip #8: Make Rub & Yawn a part of your regular life.

It is very useful. It is for both emergency use and long-term use, for you and your family and friends. Show others how to use it. Email or tweet or text the links to them. Don't just use it once

and then forget about it.

Here is a useful program to follow:

1. First, just get your feet wet on anything.
2. When you have built up a bit of confidence, deal with any really hot topic, anything that is really bugging you and taking up a lot of your attention.
3. If you haven't already done so, maybe experiment with a few of the options, like The Yawn Machine, a YouTube video or two, then have a whack at the three procedures at PaulsRobot, either online or in this eBook.
4. After a few sessions, when you are fairly comfortable with the general procedure, have a go at cleaning up your entire life at a relatively light level. This might take on average about 15-25 hours, spread over some weeks or months probably. After doing it, you should be able to mentally scan over any period of your life and not get snagged by any bad memories. It doesn't mean everything is perfect, just that you have discharged the worst emotional charge associated with the main uncomfortable areas of your entire life. You can read the details at The Yawn Machine, that eBook, PaulsRobot, or any of the modules at PaulsRobot3 that ask you to find a topic to address (Core, Morph etc).
5. There are lots of other possibilities, but that is enough for starting off.

All of this is free of charge.

Don't simply have one session and forget about it.

Make Rub & Yawn a part of your regular life.

How about Frequently Asked Questions? Well

CHAPTER 3: GENERAL INFORMATION

Frequently Asked Questions

1. Man! This is a long section! Can't I just skip all this boring crap and get on with the juicy stuff? I don't have a lot of time.

If you want to have a good session you need to know most of this stuff. Including the **Notes** in the session pages, as they explain how to carry out the directions, and sometimes they are very different to similar instructions in earlier practices. Sorry. If you want to try it without knowing what you're doing, well, don't expect it to work at all. There's a [YouTube video](#) I put online that is shorter, which will give you a session, and you might do better with that.

2. Isn't this session stuff just for crazy people, wimps and losers?

Some people think so, sure. But it was mainly developed so that the normal, fairly intelligent layman (*man* in this sense and as used here includes women in standard English) can improve his outlook on life in the comfort of his own home in his own time with very minimal expense. And to do so without having to get therapy or seek professional help or even go and talk to someone. If you think you really should seek professional help, by all means go and do so. How could using a simple eBook like this be a substitute for dealing with a trained professional in person?

3. If I were to have a session, how could this possibly work? This is just a set of pages with a limited number of responses, and I won't be interacting with another live person in the session. We're talking about a real person's life here – mine! I'm not a movie character following a pre-written screenplay.

Good question. Without getting into the nitty-gritty of how this is all designed, all I can say is that it seems to work well as presented. While a person's responses to real life situations vary a great deal, there are only a very few different types of response that seem to appear in a PaulsRobot session. Each of these very few types of response dictates a specific next action to take. While there are many things a man driving a car can do, when he approaches a crossroads he can basically turn left or right, go straight across, do a u-turn and go back the way he came, or get stuck in the middle or something. Almost all the time he does one of the first options, and only rarely stalls. It is similar in a PaulsRobot session. There is even a Troubleshooting section for the occasional stall. But don't take my word for it. Look at the dozens of testimonials from satisfied clients in Chapter 5. Try it out for yourself (follow the instructions!).

4. How does this eBook Robot thingy know what topic I should address? If it just says I should choose the topic, how would I know what topic to pick? I'm not a professional in this area. Is there a list of topics I follow, or something?

To start with, unless your life is unusually calm, the session procedure will isolate what topic is uppermost in your mind and should be addressed in that session. It will vary from individual to individual and be very intimate to you personally. After many sessions, when you have been able to cool off all the hot topics, then you will have a bit more free choice on what to address. At that time, you will be able to pick and choose out of what seems interesting to you. But to begin with, there won't be much choice at all. Your topic will pretty much be forced upon you. You don't have to use

that topic in the session, of course – there is no-one standing over you with a gun demanding it. But if you try and do the session on another topic it won't work out so well because your mind will keep straying back to that first topic you should have taken up and didn't. . . .

5. Why is it so important to be sessionable? Why can't I just get five hours sleep the night before and drink beer for lunch like I always do?

Basically because you won't get much out of a PaulsRobot session if you are not prepared for it, with quality sleep and food and so forth, as detailed in the pre-session instructions in Chapter 4. Just as it won't work to try and paint a wall or your fingernails if the surface is rough and covered with dirt, so it won't work to try and have a session here if you are tired or hungry or under the influence or too distracted, etc.

6. What's this Rub & Yawn thing about?

How it seems to work is this: If you put your attention on your topic and do the visualization procedure per the instructions, the harmful energy associated with your topic will get discharged through the body's action of yawning, or sighing, or sobbing, or similar physical means. The rubbing – vigorously rubbing your hands together, or rubbing your chest, your back, your arms, your legs; s-t-r-e-t-c-h-i-n-g; squeezing the chair and table; this kind of thing – causes the body to draw in fresh energy to replace the bad (or stagnant or frozen) energy that you just got rid of.

It seems that the body needs a certain minimum amount of energy, whether good or bad, and if you go below this amount you will soon feel very short of energy. If you only do part of the procedure here and fail to rub, you will rapidly deplete your stock of total energy (good and bad), and begin to feel run down or wiped out. One solution is to rub vigorously for as long as it takes to recharge your batteries, so to speak, which might take several minutes or even half an hour in a bad case. The correct way is to keep up the rubbing all the time and not get into such a depleted state in the first place. If you are feeling short of energy because of low blood sugar or some medical condition, this is a different thing.

7. Why do some people keep a written record of their sessions?

Two reasons. Some people find it useful to have a report to refer back to after the session, to see the dates and times of the sessions and how they were doing before and after, how many yawns etc came off that particular topic, what realizations they had, and so forth.

But there is another very important reason, quite apart from the record-keeping aspect of it. It can be very therapeutic to write down things about your life, especially when the topics are charged or hot – in other words, when they have harmful mental/emotional energy attached to them. In order to write down the details you have to mentally hold the events out away from you to some extent in order to look at them in enough detail to describe them, and doing this helps you to sort things out. Many people who keep a daily journal or write posts to message boards on the internet have noticed this therapeutic factor.

8. If I find I do well with these sessions and get over some things, won't I get sort of addicted to these sessions? Will I get dependent on them?

Unlikely. What tends to happen is that as you discharge more and more harmful energy connected to unpleasant things in your life you become more in control of your baggage and it begins to affect you less and less. Things that once adversely affected you in life you may find you can easily shrug off without going anywhere near a formal session.

9. How often should I have sessions? Three a day? Once a day? Once a week? Once a month?

If you are handling charged stuff, it can get to the point where you can't find charged stuff any more. You just want to enjoy life, smell the roses, head in the clouds with your feet still on the

ground type of stuff. It's called "having your win." Go off and enjoy life and have another session when you feel like one.

It's also possible to feel kind of worn out solely because there has been a lot of energy exchange. It's not so much that you are short of energy and need to recharge with a bit (or a lot) of rubbing while suppressing the yawns etc. It's more a case of you can only discharge and recharge the battery so many times in an hour or a day, so to speak, and it would be better to wait till another time.

Now, there is also the case where you are not doing a session to handle charged stuff, but are doing a session to explore your auric bodies or something, like with some of the Brennan-based modules, especially SpotAnAngel [at PaulsRobot3]. In that case, the wonderful win-type feeling is the starting point for the session, not the ending point, and as long as you want to do such a session then there is no reason not to – on the contrary!

10. What's with all this *all right, good and fair enough* stuff? How do you know if what I did was good or not?

Obviously the Robot doesn't know what you did or how you did it. All the eBook “knows” is that you clicked/tapped a link. The acknowledgment is there because the session works better for the user than without it. If the session direction is "Think of a pink cat" (there isn't such a one here), and you press a link saying "I thought of a pink cat," and the next page says "Good. Imagine the cat purring," then all the *Good* means is "Thank you for carrying out the direction" and nothing more. Similarly for the other acknowledgments here like *OK, great, fair enough, all right, fine*, and whatever else may be used. It would be very distracting to hear "thank you for saying you carried out the command" each time.

11. What's with all the repetition? Reach to my topic, withdraw from my topic, reach to my topic again – I just reached to it a minute ago. Why do I have to keep repeating the same thing over and over?

The simple answer is because it works. If you keep banging away at a hole in a wall sooner or later the hole will be big enough for you to climb through. This really is a case of "If at first you don't succeed then try, try, and try again."

12. I was having a great session – I discharged a hot topic and felt wonderful. I figured on keeping the momentum going and started on another topic that I usually have trouble with and the session went lousy after that. How come? I was doing the procedure exactly the same as before.

Once you've discharged a hot topic and feel great for now, end off and enjoy your win. It just doesn't work to try and work on another hot topic when you're in such a good condition. It is known as trying to do a session over a win and is a big mistake. So lay off it for a bit. Enjoy the win and do another session when you feel like one, the next day or next week or whenever.

13. Why do some people make written instructions for each of their sessions before the session starts? Why can't they just wing it as they go along?

One is often dealing with intense, life-changing stuff in the sessions. In the middle of such a session, one's mind will tend to be rather occupied with the subject matter, and there won't be a lot of spare thinking power to make sensible decisions about other things one maybe could be doing in the session. By simply following the overall strategy of the written instructions from before the session, the regular session procedure will provide the necessary tactics, and all should be well. If for some reason the session is not going well, then click on the “Don't want to continue” link available in the session and follow the instructions there. If you just want a nice, quiet, gentle approach to your life that won't change things very much, well, it's not really worth your while to continue with PaulsRobot and you might as well have a beer and watch TV instead.

14. This is rubbish. I'm doing what it says but I don't yawn at all.

You may have noticed that this whole subject is not covered in Wikipedia or mainstream psychology. Quite honestly, this is all somewhat-experimental cutting-edge research dealing with a person's extended anatomy, his or her subtle-energy processes. At a rough estimate, maybe 80% of people who follow the instructions seem to do OK with Rub & Yawn procedures. What's with the other 20%? Possibly they haven't followed the instructions properly and they are doing something else. A session is unlikely to go well, for example, if the person is hungry or short of sleep, or short of energy for some other reason. Possibly they really are following the instructions exactly and it still isn't working. Maybe they need to work at it longer than others in order to open the subtle energy pathways. You also might want to look at the "[Letting Go of Stress](#)" section in Chapter 2.

15. Can I sue some website or this Paul guy and say you all screwed with my mind?

Sure. But note that the [opening item in the preface](#) cautions that you use these free PaulsRobot pages at your own risk. Also note that Paul is retired and on a government pension and you probably wouldn't even get your legal costs covered.

16. Is PaulsRobot an accredited member of any professional counselling or psychotherapy bodies, like the British Association for Counselling and Psychotherapy or the American Counseling Association?

You're kidding, right?

17. Am I covered by PaulsRobot's professional liability insurance? Does PaulsRobot even have professional liability insurance?

See 16.

18. What qualifications give Paul the right to do this?

He does it simply because he can. No-one else on Earth has created such an eBook or put such a website online, have they? It's not like there is an established way of doing this that anyone with a _____ qualification knows about. The real question is, **does it work?** And the answer to that one is to try it and see. A free session or three won't cost you any money. If it works for you it works. If it doesn't work for you it doesn't. And if it doesn't work for you and you followed the instructions exactly please email Paul (stress.consultant@gmail.com) as he would be very interested in hearing about it!

Software versus Wetware: PaulsRobot vs Humans

Here are some of the advantages/disadvantages of PaulsRobot compared with human counsellors and also friends or family. Not everyone with a problem gets to talk to a trained counsellor about it. Usually one will first talk to family and friends, even though there are some things that one might hold back in a social situation that one would be willing to tell a professional counsellor.

PR = PaulsRobot HC = Human Counsellor FF = Friends or Family

Topic 1. Human warmth and companionship

PR: Obviously the "human element" is missing, and more self-discipline is needed from the client to get and stay in session and just keep at it. Someone with relationship difficulties might benefit far more from the warmth, respect and openness of a live counsellor, impossible here

HC: Varies, but human counsellors usually score well on empathy

FF: Varies, but usually one would only confide in sympathetic persons

Topic 2. Effectiveness

PR: It seems to work well in a variety of situations, provided the client follows the instructions. This is completely contrary to expectation. It was even contrary to Paul's expectation when he was first experimenting with what became PaulsRobot

HC: Varies, depending on the quality of both the counsellor and the style of counselling they use

FF: Varies, but people untrained in a field tend to be less effective than professionals

Topic 3. Cost

PR: Free of charge

HC: Varies. Minimum wage is approx. £5 or \$7 per hour, with some counsellors charging much more

FF: Free of charge

Topic 4. Availability

PR: 24/7. PaulsRobot is available whenever you want to schedule a session

HC: Online real-time counselling is available worldwide, but usually with prior appointment. In-person counselling depends on local situation – more difficult in rural areas. Finding a local practitioner who is qualified to deliver whatever speciality you want is sometimes difficult

FF: Depends on what you want to say and how you say it

Topic 5. Professional affiliations

PR: None, of course. This is a pioneer field

HC: Varies. Many counsellors with normal counselling qualifications are members of the BACP (UK) or ACA (US)

FF: None

Topic 6. Insurance coverage

PR: None

HC: Professional counsellors who are members of the BACP or ACA carry liability insurance. Whether or not a client's own insurance company will pay for the counselling varies by company and policy

FF: None

Topic 7. Adherence to ethical codes of practice

PR: Invariable from client to client and session to session. As decent and ethical as a bot can be. Although no Robot counsellor can be a model of glowing acceptance toward the client, neither will there ever be the slightest hint of criticism or judgment of the client, whatever the client's demeanour or self-esteem

HC: Usually dependable

FF: Varies. An untrained counsellor might well be a very decent person, but be completely unaware of the right thing to do in a counselling situation

Topic 8. Adherence to standard procedures, depending on what is considered standard at the time

PR: Most PaulsRobot procedures are fresh 21st century developments. Other procedures that are designed to be Robot versions of "regular" ones (like Rogerian Therapy or classical Psychodrama) are necessarily adjusted somewhat to fit into the Robot paradigm, although their character is intended to be essentially unchanged

HC: Varies. It depends on the practitioner, as to how strictly he adheres to what is usual. And it depends on how much room there is for individual variation built into the modality concerned

FF: No

Topic 9. Familiarity and experience with procedures unique to PaulsRobot

PR: 100%

HC: Except in very rare cases, no contact at all

FF: No

Topic 10. Session control

PR: Shaky. There is nothing to stop the client walking out of the room

HC: Hands-on control possible when there in person. If it is a remote session (Skype or telephone), much harder but still more positive than an automated system (can try to persuade, count on social factors etc)

FF: Shaky. Someone untrained in counselling procedures might be very willing to help, but often would not know how to deal with a tricky situation

Topic 11. Interpretation of your responses

PR: 100%. You are in complete control of which response option to pick

HC: Depends on how well the counsellor understands what you say and think and feel in session

FF: Depends on how well the person understands what you say and think and feel

Topic 12. Reliability

PR: Highly consistent, not subject to illness, mood swings, or other work and family distractions

HC: Varies from counsellor to counsellor

FF: Varies, but reliability as a friend does not necessarily translate over to reliability as a counsellor

Topic 13. Interjection of distractions into session

PR: Minor to non-existent, as Robot is not a living being

HC: Varies with skill level (and cost) of counsellor, but more likely as counsellor is a living human being

FF: Varies, but someone untrained as a counsellor is far more likely to "get in the way" than a professional counsellor

Topic 14. Biofeedback devices used in conjunction with specific procedures and questions, not used in isolation

PR: None. But PaulsRobot procedures are designed to not need biofeedback and its absence is not a lack

HC: The value of a biofeedback device depends on the skill level of the practitioner. An effective biofeedback device wielded by a real expert, who doesn't miss indications or misinterpret them, and who doesn't allow the client to have things falsely validated or suggested by biofeedback indications (or lack of them), can add significant value in a session

FF: Not applicable

Topic 15. Social acceptability, although this depends on what sort of company you keep

PR: Depends if you tell anyone! Very few people would accept that Robot counselling is even possible, let alone beneficial

HC: If you are reading this, then your friends and associates may already be familiar with human practitioners of this type

FF: One would usually only "open up" to someone likely to be sympathetic

Topic 16. Confidentiality

PR: No personal details at all are transmitted during Robot sessions, so no secrets can be revealed. This means that however embarrassing or even unlawful the client's topic is, no hint of it can possibly leak out except via the client herself

HC: Usually good, in line with professional codes of ethics. Note that it is mandatory for a professional counsellor to report some situations that the client reveals in session (threats of violence, child abuse, strong suicidal tendencies etc) to appropriate authorities

FF: Risky

Topic 17. How well will your specific wants be addressed?

PR: You choose exactly what you want to address and when to do it. There are (at PaulsRobot3) five entire modules (Core, HeavyDuty, Morph, BasicR3X and Psycho) that can be used to address and discharge virtually any topic

HC: Depends on how skilled the practitioner is, and how effective the procedure(s) in use are at addressing your specific concerns

FF: Unlikely to happen with someone not counsellor-trained.

So . . . next up is a real live PaulsRobot session. Are you ready?

CHAPTER 4: HAVE A SESSION

Remember that this is a free eBook and you use PaulsRobot pages at your own risk.

This chapter contains all the session pages. They are mostly arranged alphabetically and numbered from 1-65, but don't just swipe through from page 1 as it won't make any sense at all. For example, the first page you should look at is the instructions (which is page 19), then the next page will be page 15, and then the next page (the start of the actual session) is on page 32.

Do it exactly as it says in the instructions, which you will find at the link just below:

[Instructions → p19](#)

<p01-6dir-above-1>

Question / Direction:

"All right. Take your topic as it seems to you now and put it above you."

<Swipe to next screen for response options>

Response options:

- ▶ [I put my topic above me and tried hard for a discharge – let's keep going with this → p05](#)
- ▶ [Change procedure → p20](#)
- ▶ [SHUTTING DOWN → p31](#)
- ▶ [This topic seems flat now → p37](#)
- ▶ [Don't want to continue → p21](#)
- ▶ [Realization → p27](#)

Rub & Yawn when needed as usual

Pg01 Notes: 6-Dir instructions

As best you can, put your topic above you. It's OK if you can't manage the whole thing all at once – even moving a tiny part in the correct direction is fine.

If you start mentally shutting down, even a little, click "Shutting Down" at once and follow the instructions there forcefully. If you fail to do this immediately you might fall asleep. Nothing bad will happen as a result – unless you're driving a car or something like that! – but it is a waste of session time.

Don't fail to **rub fairly continually** while doing the visualization. It is RUB and Yawn for good reason! Include stretching.

It is sometimes difficult to get the yawns going. Sometimes one doesn't seem to have any energy to spare, whether it's bad energy or good energy. But try and at least **get some discharge** on every fresh 6-direction command.

Even if you think you can get more yawns off without going on to the next direction, still go through the **six directions**, one after the other. It usually works better like this, although it isn't a disaster if you yawn a couple of times before you move on.

If nothing much is happening, **change something**. In other words, if there is no fairly immediate discharge of harmful energy as shown by a sigh or yawn etc, then change around the parts of your topic while continuing to put it in the place asked. Make the various parts larger, or make many copies of them, or focus on the feelings more, or add in bits that should be there but are missing, that sort of thing.

Your topic is considered to be **flat** when there is no further discharge despite trying, and you feel better about the topic.

<End of p01>

<p02-6dir-above-2>

Question / Direction:

"Good. Put it above you."

<Swipe to next screen for response options>

Response options:

- ▶ [I put my topic above me and tried hard for a discharge – let's keep going with this → p06](#)
- ▶ [Change procedure → p20](#)
- ▶ [SHUTTING DOWN → p31](#)
- ▶ [This topic seems flat now → p37](#)
- ▶ [Don't want to continue → p21](#)
- ▶ [Realization → p27](#)

Rub & Yawn when needed as usual

Pg02 Notes: 6-Dir instructions

As **best you can**, put your topic above you. It's OK if you can't manage the whole thing all at once – even moving a tiny part in the correct direction is fine.

If you **start mentally shutting down**, even a little, click "Shutting Down" at once and follow the instructions there forcefully. If you fail to do this immediately you might fall asleep. Nothing bad will happen as a result – unless you're driving a car or something like that! – but it is a waste of session time.

Don't fail to **rub fairly continually** while doing the visualization. It is RUB and Yawn for good reason! Include stretching.

It is sometimes difficult to get the yawns going. Sometimes one doesn't seem to have any energy to spare, whether it's bad energy or good energy. But try and at least **get some discharge** on every fresh 6-direction command.

Even if you think you can get more yawns off without going on to the next direction, still go through the **six directions**, one after the other. It usually works better like this, although it isn't a disaster if you yawn a couple of times before you move on.

If nothing much is happening, **change something**. In other words, if there is no fairly immediate discharge of harmful energy as shown by a sigh or yawn etc, then change around the parts of your topic while continuing to put it in the place asked. Make the various parts larger, or make many copies of them, or focus on the feelings more, or add in bits that should be there but are missing, that sort of thing.

Your topic is considered to be **flat** when there is no further discharge despite trying, and you feel better about the topic.

<End of p02>

<p03-6dir-behind-1>

Question / Direction:

"Good enough. Put it behind you."

<Swipe to next screen for response options>

Response options:

- ▶ [I put my topic behind me and tried hard for a discharge – let's keep going with this → p02](#)
- ▶ [Change procedure → p20](#)
- ▶ [SHUTTING DOWN → p31](#)
- ▶ [This topic seems flat now → p37](#)
- ▶ [Don't want to continue → p21](#)
- ▶ [Realization → p27](#)

Rub & Yawn when needed as usual

Pg03 Notes: 6-Dir further instructions

Visualize the **feelings** and **sensations** as well as the pictures, other peoples' as well as your own. Include everything you can find in the hot events that make up your topic.

It is important that you **recreate** the different parts of your topic as best you can. The more you can **newly create the images yourself and move them around**, including their feelings and sensations, the more power you will have over them. And the less power they will have over you and your life. Don't just suffer once more, but try and exert some influence yourself, sort of fight back. Every little bit helps.

<End of p03>

<p04-6dir-behind-2>

Question / Direction:

"OK. Put it behind you."

<Swipe to next screen for response options>

Response options:

- ▶ [I put my topic behind me and tried hard for a discharge – let's keep going with this → p01](#)
- ▶ [Change procedure → p20](#)
- ▶ [SHUTTING DOWN → p31](#)
- ▶ [This topic seems flat now → p37](#)
- ▶ [Don't want to continue → p21](#)
- ▶ [Realization → p27](#)

Rub & Yawn when needed as usual

Pg04 Notes: 6-Dir further instructions

Visualize the **feelings** and **sensations** as well as the pictures, other peoples' as well as your own. Include everything you can find in the hot events that make up your topic.

It is important that you **recreate** the different parts of your topic as best you can. The more you can **newly create the images yourself and move them around**, including their feelings and sensations, the more power you will have over them. And the less power they will have over you and your life. Don't just suffer once more, but try and exert some influence yourself, sort of fight back. Every little bit helps.

<End of p04>

<p05-6dir-below-1>

Question / Direction:

"OK. Put your topic below you."

<Swipe to next screen for response options>

Response options:

- ▶ [I put my topic below me and tried hard for a discharge – let's keep going with this → p11](#)
- ▶ [Change procedure → p20](#)
- ▶ [SHUTTING DOWN → p31](#)
- ▶ [This topic seems flat now → p37](#)
- ▶ [Don't want to continue → p21](#)
- ▶ [Realization → p27](#)

Rub & Yawn when needed as usual

Pg05 Notes: 6-Dir instructions

As **best you can**, put your topic below you. It's OK if you can't manage the whole thing all at once – even moving a tiny part in the correct direction is fine.

If you **start mentally shutting down**, even a little, click "Shutting Down" at once and follow the instructions there forcefully. If you fail to do this immediately you might fall asleep. Nothing bad will happen as a result – unless you're driving a car or something like that! – but it is a waste of session time.

Don't fail to **rub fairly continually** while doing the visualization. It is RUB and Yawn for good reason! Include stretching.

It is sometimes difficult to get the yawns going. Sometimes one doesn't seem to have any energy to spare, whether it's bad energy or good energy. But try and at least **get some discharge** on every fresh 6-direction command.

Even if you think you can get more yawns off without going on to the next direction, still go through the **six directions**, one after the other. It usually works better like this, although it isn't a disaster if you yawn a couple of times before you move on.

If nothing much is happening, **change something**. In other words, if there is no fairly immediate discharge of harmful energy as shown by a sigh or yawn etc, then change around the parts of your topic while continuing to put it in the place asked. Make the various parts larger, or make many copies of them, or focus on the feelings more, or add in bits that should be there but are missing, that sort of thing.

Your topic is considered to be **flat** when there is no further discharge despite trying, and you feel better about the topic.

<End of p05>

<p06-6dir-below-2>

Question / Direction:

"All right. Put it below you."

<Swipe to next screen for response options>

Response options:

- ▶ [I put my topic below me and tried hard for a discharge – let's keep going with this → p12](#)
- ▶ [Change procedure → p20](#)
- ▶ [SHUTTING DOWN → p31](#)
- ▶ [This topic seems flat now → p37](#)
- ▶ [Don't want to continue → p21](#)
- ▶ [Realization → p27](#)

Rub & Yawn when needed as usual

Pg06 Notes: 6-Dir instructions

As **best you can**, put your topic below you. It's OK if you can't manage the whole thing all at once – even moving a tiny part in the correct direction is fine.

If you **start mentally shutting down**, even a little, click "Shutting Down" at once and follow the instructions there forcefully. If you fail to do this immediately you might fall asleep. Nothing bad will happen as a result – unless you're driving a car or something like that! – but it is a waste of session time.

Don't fail to **rub fairly continually** while doing the visualization. It is RUB and Yawn for good reason! Include stretching.

It is sometimes difficult to get the yawns going. Sometimes one doesn't seem to have any energy to spare, whether it's bad energy or good energy. But try and at least **get some discharge** on every fresh 6-direction command.

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Your topic is considered to be **flat** when there is no further discharge despite trying, and you feel better about the topic.

<End of p06>

<p07-6dir-front-1>

Question / Direction:

"Good. Put your topic in front of you."

<Swipe to next screen for response options>

Response options:

- ▶ [I put my topic in front of me and tried hard for a discharge – let's keep going with this → p03](#)
- ▶ [Change procedure → p20](#)
- ▶ [SHUTTING DOWN → p31](#)
- ▶ [This topic seems flat now → p37](#)
- ▶ [Don't want to continue → p21](#)
- ▶ [Realization → p27](#)

Rub & Yawn when needed as usual

Pg07 Notes: 6-Dir further instructions

Visualize the **feelings** and **sensations** as well as the pictures, other peoples' as well as your own. Include everything you can find in the hot events that make up your topic.

It is important that you **recreate** the different parts of your topic as best you can. The more you can **newly create the images yourself and move them around**, including their feelings and sensations, the more power you will have over them. And the less power they will have over you and your life. Don't just suffer once more, but try and exert some influence yourself, sort of fight back. Every little bit helps.

<End of p07>

<p08-6dir-front-2>

Question / Direction:

"Fine. Put it in front of you."

<Swipe to next screen for response options>

Response options:

- ▶ [I put my topic in front of me and tried hard for a discharge – let's keep going with this → p04](#)
- ▶ [Change procedure → p20](#)
- ▶ [SHUTTING DOWN → p31](#)
- ▶ [This topic seems flat now → p37](#)
- ▶ [Don't want to continue → p21](#)
- ▶ [Realization → p27](#)

Rub & Yawn when needed as usual

Pg08 Notes: 6-Dir further instructions

Visualize the **feelings** and **sensations** as well as the pictures, other peoples' as well as your own. Include everything you can find in the hot events that make up your topic.

It is important that you **recreate** the different parts of your topic as best you can. The more you can **newly create the images yourself and move them around**, including their feelings and sensations, the more power you will have over them. And the less power they will have over you and your life. Don't just suffer once more, but try and exert some influence yourself, sort of fight back. Every little bit helps.

<End of p08>

<p09-6dir-left-1>

Question / Direction:

"Fair enough. Put it to the left of you."

<Swipe to next screen for response options>

Response options:

- ▶ [I put my topic to the left of me and tried hard for a discharge – let's keep going with this → p07](#)
- ▶ [Change procedure → p20](#)
- ▶ [SHUTTING DOWN → p31](#)
- ▶ [This topic seems flat now → p37](#)
- ▶ [Don't want to continue → p21](#)
- ▶ [Realization → p27](#)

Rub & Yawn when needed as usual

Pg09 Notes: Topic changes as it discharges

It is normal for a hot topic to **change** as you go through this procedure and discharge harmful energy from it. Some aspect of your topic that seemed important and grabbed your attention will now seem less important, and some other aspect will demand your attention instead. This is fine. As long as the topic is discharging, just go with the flow, and address whatever part of the topic is drawing your attention.

<End of p09>

<p10-6dir-left-2>

Question / Direction:

"Good enough. Put it to the left of you."

<Swipe to next screen for response options>

Response options:

- ▶ [I put my topic to the left of me and tried hard for a discharge – let's keep going with this → p08](#)
- ▶ [Change procedure → p20](#)
- ▶ [SHUTTING DOWN → p31](#)
- ▶ [This topic seems flat now → p37](#)
- ▶ [Don't want to continue → p21](#)
- ▶ [Realization → p27](#)

Rub & Yawn when needed as usual

Pg10 Notes: Topic changes as it discharges

It is normal for a hot topic to **change** as you go through this procedure and discharge harmful energy from it. Some aspect of your topic that seemed important and grabbed your attention will now seem less important, and some other aspect will demand your attention instead. This is fine. As long as the topic is discharging, just go with the flow, and address whatever part of the topic is drawing your attention.

<End of p10>

<p11-6dir-right-1>

Question / Direction:

"Thank you. Take your topic and put it to the right of you."

<Swipe to next screen for response options>

Response options:

- ▶ [I put my topic to the right of me and tried hard for a discharge – let's keep going with this → p09](#)
- ▶ [Change procedure → p20](#)
- ▶ [SHUTTING DOWN → p31](#)
- ▶ [This topic seems flat now → p37](#)
- ▶ [Don't want to continue → p21](#)
- ▶ [Realization → p27](#)

Rub & Yawn when needed as usual

Pg11 Notes: Topic changes as it discharges

It is normal for a hot topic to **change** as you go through this procedure and discharge harmful energy from it. Some aspect of your topic that seemed important and grabbed your attention will now seem less important, and some other aspect will demand your attention instead. This is fine. As long as the topic is discharging, just go with the flow, and address whatever part of the topic is drawing your attention.

<End of p11>

<p12-6dir-right-2>

Question / Direction:

"Got it. Put it to the right of you."

<Swipe to next screen for response options>

Response options:

- ▶ [I put my topic to the right of me and tried hard for a discharge – let's keep going with this → p10](#)
- ▶ [Change procedure → p20](#)
- ▶ [SHUTTING DOWN → p31](#)
- ▶ [This topic seems flat now → p37](#)
- ▶ [Don't want to continue → p21](#)
- ▶ [Realization → p27](#)

Rub & Yawn when needed as usual

Pg12 Notes: Topic changes as it discharges

It is normal for a hot topic to **change** as you go through this procedure and discharge harmful energy from it. Some aspect of your topic that seemed important and grabbed your attention will now seem less important, and some other aspect will demand your attention instead. This is fine. As long as the topic is discharging, just go with the flow, and address whatever part of the topic is drawing your attention.

<End of p12>

<p13-gen-after-session>

Message from Paul:

"Thank you very much for letting me give you a session. Come again."

Response options:



- ▶ [Tweet about #PaulsRobot](#)
- ▶ [Like or comment on Paul's RubAndYawn page on Facebook](#)
- ▶ [Check out Paul's Yawnguy channel on YouTube](#)

[Link to Chapter 5: Testimonials](#)

<End of p13>

Vacant

<p14-vacant>

<End of p14>

<p15-gen-else>

Question / Direction:

"Is there any reason not to begin this session?"

<Swipe to next screen for response options>

Response options:

▶ [Woo-hoo! Next page starts the session → p32](#)

▶ [No thanks! → Start of eBook](#)

Pg15 Notes: Sessionability

Sessions tend to go well to the extent that you are/have:

1. Well-rested, and not tired
2. Well-fed, and not hungry or thirsty
3. Not under the influence of drugs or alcohol
4. Willing to follow the instructions for this session
5. Not expecting any distractions, with phone/radio turned off etc
6. Enough time for this session.
7. Anything else? If all OK, proceed . . .

<End of p15>

<p16-gen-end-of-session>

Question / Direction:

"Fair enough. End of session."

▶ [Next → p13](#)

<End of p16>

<p17-gen-end-point>

Pg17 Notes: General Session End Point

▶ (When read, use back button to return to previous page.)

The general PaulsRobot session end point:

EITHER you are getting **no more change** out of the topic you have been addressing per the instructions, which includes no more yawns. And you should also feel good, such as expansive, calm, peaceful, refreshed.

OR it is fine to end the session if the topic isn't complete but you seem done for now, such as you had a **good win** and don't feel like more of this right now.

Don't try to do too much in one session

You may also address more than one topic in the session if you wish, but if you had some good energy exchange going on it is usually best to wait till a later session to address another topic.

▶ [If needed, link to Instructions page just before session start → p19](#)

<End of p17>

Vacant

<p18-vacant>

<End of p18>

<p19-gen-instructions>

Instructions. Follow them if you want a good session. Ignore them at your peril. Really!

▶ [Final pre-session page → p15](#) (read the instructions first!)

▶ [No thanks! → Start of eBook](#)

Troubleshooting Session Only, not for normal use at all:
[Troubleshooting session only → p39](#)

Pg19 Notes: Instructions. Important.

You should have had some success using Rub & Yawn

PaulsRobot works far, far better when you use Rub & Yawn ([see Chapter 2](#)) extensively while following the (Reach & Withdraw, 6-Direction and Rogerian) session directions.

Be "sessionable" (enough food/sleep, not under the influence etc) for each session.

It is best to prepare for the session, not so much mentally but physically. This means:

- Having had enough rest and sleep so that you are **not physically tired** at the time of the session
- Having had enough nutritious food so that you are **well-fed**
- **Not being under the influence** of drugs or alcohol
- Having **enough time** for the session
- Being in an environment relatively **free from distractions**, i.e. no kids or pets running around, no sudden loud noises, mobile phone and radio turned off, no people looking over your shoulder etc
- Being **willing to read and follow the instructions** given.

These requirements are important. They are not absolute, but the session will tend to go better to the extent that each one is taken care of.

Visualizing your topic

What you will be addressing in a PaulsRobot session is called your "topic." It might be a sour relationship you are in; an abusive childhood that you can't get out of your head for long; the loss of a loved one; feeling bad over some failure in life; whatever. You may have decided on your topic before the session starts, or you may simply want to take the option of determining the topic that should be run now right after the session has started. The visualizing procedure will help you to discharge the harmful energy built up over time concerning your topic, and replace the harmful energy in your system with good clean energy.

Rub & Yawn

The discharges will be visible as yawns, or sighs, or other obvious physical actions. The "Rub" part of Rub & Yawn – you vigorously rub your hands together, rub your chest, your back, your arms and legs, take your shoes off and rub your feet on the carpet, s-t-r-e-t-c-h, push down on the table, squeeze your chair etc – seems to stimulate the body into drawing in the fresh energy it needs from the environment.

While doing the rubbing and visualizing of your topic as directed by whichever screen you are looking at there are basically three things that can happen (see below). You will click on whichever link is appropriate, and this will determine the next screen you will see and direction you will receive.

Three possible reactions

Assuming that Rub & Yawn actually works with you . . . once you have put your **attention fully on a topic**, have **chewed it around** a bit to make it real to yourself with examples of how it could apply in your own life, and have done a bit of **vigorous rubbing with your attention still on it**, there are basically three and only three things that can happen:

1. Nothing worth mentioning
2. You start to shut down
3. Discharges start to come off.

Nothing worth mentioning

This means the topic is either uncharged, undercharged or inaccessible right now. Just dump it and go on to something else.

You start to shut down

Whoa. This means your topic is overcharged and needs **urgent action** or you could easily just fall asleep on the spot. It won't kill you (don't do this while driving) but it wastes your time. Hit the SHUTTING DOWN link and follow the instructions immediately.

Discharges start to come off

This means your topic is just right, neither undercharged nor overcharged. Rub & Yawn away and have a great session!

End point for a PaulsRobot session

The end point for a PaulsRobot session is covered [on this page](#).

Shutting down

If you feel yourself shutting down (suddenly feeling like going to sleep), recognize it as such. Hit the red "Shutting down" link, **STAND UP!** and then rub stuff firmly and yawn, rub and yawn, for as long as needed to get rid of the shutting down.

Use the Robot directions

These sessions go much better if you follow the instructions and allow the Robot to give the directions and run the session. If you stop clicking the links and try to do it all in your head instead it really doesn't work so well.

Page layout

At the top is a page number, like <p32-gen-start-of-session> (page 32, general session subject rather than a specific procedure, this is where the session formally starts). Next comes the words **Question / Command**, followed by whatever the instruction is, such as "How do you feel about that?" or "OK. Pick an option." At this point you should answer the question or carry out the instruction. Usually next is <Swipe to next screen for response options>.

Next is the heading **Response Options**, followed by a list of possible choices for what to do next. This list should cover everything likely to happen in the session. When you select (tap, click etc) the most appropriate one, like "I've noted how I feel about my topic right now" or "Let's do a different procedure," the link will open up the appropriate page.

Directly after the list of response options is normally the reminder **Rub & Yawn when needed as usual**. You should be routinely doing this in the session, of course. Then comes **Notes**, explaining the procedure or when you would choose particular response options on that page. Finally is an indication you've reached the end of that page, like <End of p32>. Remember to go back a screen or three on that same page to select the appropriate link to move on to the correct next page, as you will be jumping around in the page numbers as they are ordered alphabetically and rarely follow on in sequence in the course of a session. Note that the start of the session is on page 32, for example.

Greyed-out text

Greyed-out text in the instructional Notes section of a session page is used when the text is repeated from an earlier page. It indicates that it is still applicable, but possibly you have already read and understood it. It doesn't mean that you only need to read it once. Read it as many times as needed to fully appreciate and **be able to apply** the information.

<End of p19>

Question / Direction:

"OK. Pick an option."

Response options:

- ▶ [Reach & Withdraw → p44](#)
- ▶ [6-Direction → p01](#)
- ▶ [Rogerian → p54](#)
- ▶ [SHUTTING DOWN → p31](#)
- ▶ [This topic seems flat now → p37](#)
- ▶ [Don't want to continue → p21](#)
- ▶ [Realization → p27](#)
- ▶ [Ownership → p22](#)

Rub & Yawn when needed as usual

Pg20 Notes: Reach & Withdraw, 6-Direction, Rogerian, Rub & Yawn

Reach & Withdraw is the lightest possible approach to a hot topic.

On the Reach command, one simply intentionally directs one's attention – however lightly – to wherever in the topic it is being attracted.

On the Withdraw command, one intentionally removes one's attention – however slightly – from the topic to anything else, maybe the room or one's hand.

These steps repeat (Reach, Withdraw, Reach etc) for as long as appropriate.

The **6 directions** here are above, below, to the right, to the left, in front, behind.

On each above/below/etc step, one simply tries to place the topic above/below/etc one's body as best one can. This is easy to do with an uncharged topic, but hard to do with a hot one.

These steps repeat Above ... Below ... Right ... Left ... Front ... Back ... Above ... etc for as long as appropriate.

Rogerian is talk therapy. One says aloud and writes down a brief (2 minutes maximum) sentence or two about one's topic. One then summarises (not repeats!) what one has just written down. One then notes how one feels (if anything) about that.

One then repeats this with saying/writing another couple of sentences. Then a summary. Then how one feels about that part.

One then repeats this with saying/writing a further couple of sentences. Summary. Feelings.

Then one looks at how this is coming along. You have – among others – the options of continuing on in the same manner, or going back and revising what you have covered.

These steps repeat (Relate facts, summarise, relate feelings, repeat another 2x, how doing? etc)

for as long as appropriate.

Rub & Yawn is incorporated into all three of these procedures. It helps a great deal with the discharge of the hot topic.

One can switch among these three procedures at any time in the session. For example, you might start with Reach & Withdraw for a few minutes, then go onto 6-Direction for five minutes, then another two minutes of Reach & Withdraw and finally Rogerian for the rest of the session. Or you might do the whole session using Reach & Withdraw only. It's totally up to you.

<End of p20>

Question / Direction:

"Well, OK. Choose the option on the screen that fits best and follow the instructions."

Response options:

- ▶ [Check for unexpressed yawns first if you haven't already done so → p28](#)
- ▶ [It's OK now, nothing to deal with – Use back button to return to previous page](#)
- ▶ [I'm tired or hungry → p35](#)
- ▶ [I've run out of time for this session → p30](#)
- ▶ [Urgent real-life problem \(toilet, fire etc\) → p26](#)
- ▶ [What was that session end point again? → p17](#)
- ▶ [Let's check for ownership, just in case → p22](#)
- ▶ [I think I've got as much out of this as I can, and I feel good → p29](#)
- ▶ [I think I've got as much out of this as I can, and I feel bad → p38](#)
- ▶ [Something else wrong → p38](#)

Pg21 Notes: Bugged session first actions; going past a good win

First actions

If you're keeping notes, first write down on your worksheet what is happening so there is a complete record for your later reference of why you want to end the session. Then select (tap, click etc) the top option and check for any yawns that need to come off. Rub stuff for a full minute by the clock before deciding there are no more yawns that should be discharged. Then select the most appropriate of the other options.

Trying to do a session over a win

Often a session will be going well and the person has a good win. Maybe s/he feels a great deal of relief, or has an important realization, or something like that. Then, instead of ending the session, s/he continues on with the session, and it immediately starts to go downhill and never recovers. If this is the case, simply recognize that it has happened, and maybe spot the point in the session when it would have been best to end off. If you then feel fine, end off the session.

<p22-gen-ownership-1>

Question / Direction:

"OK. Shall we handle this charge generally? Or with narrowed attention?"

<Swipe to next screen for response options>

Response options:

- ▶ [Handle it generally – Back to Main Options → p20](#)
- ▶ [Let's handle this charge with narrowed attention → p23](#)

Pg22 Notes: Ownership, handling charge generally or with narrowed attention

Narrowed attention

Sometimes handling some specific charge works better when the person concentrates their attention into a particular area of the body or space around them. Do it in this way if it seems like the right thing to do, otherwise just do it generally without narrowing attention into a specific location.

Switch at any time

You can change your mind on this at any time. Just select the "Change procedure" option to access the "Main Options" page.

<End of p22>

<p23-gen-ownership-2>

Question / Direction:

"Got it. Where is the charge located in relation to your body?"

<Swipe to next screen for response options>

Response options:

- ▶ [I've located the area and said where it is → p24](#)
- ▶ [Hmmm. I can't really narrow it down at all. Let's do it generally – Back to Main Options → p20](#)

Pg23 Notes: Ownership, possible locations of charge

Usually in or close around the body

We're usually looking for locations within a few feet of the body, in the area covered by the individual's magnetic (auric) field.

Concentrated or spread out

The charge might be concentrated into a very small area, or spread out over a large part of the body and a few feet (a meter) from it. Or anywhere in between.

Possibly remote instead

It can also happen that one is picking up charge from a remote connection. The mechanics of this are not clear, but it is rarely necessary to identify the source of the charge any more specifically than recognizing that it is not within one's immediate magnetic field, while narrowing one's attention onto it.

Morphic fields etc

There is also a possibility that some charge resides in a morphic field, and is not localised somewhere. Again, if it seems to apply, put your attention on where it seems to be and work with that, and if not don't.

<End of p23>

<p24-gen-ownership-3>

Question / Direction:

"Good. Narrow your attention to that area, and keep it narrowed into that area while handling this particular charge."

Response options:

▶ I've got my attention focused into that particular area and will keep it there while addressing this particular charge – Back to Main Options → p20

Pg24 Notes: Misownership

Misownership

The general idea here is that keeping one's attention focused into the relevant area will help prevent the remaining areas from having a "not your item" condition.

This is not necessarily important. But misownership may be a possibility if other reasons do not resolve some upset.

The charge:

- can be wholly yours,
- can belong wholly to another or others, or
- can be shared.

Just poke around a bit if it is a problem. It usually resolves easily.

<End of p24>

<p25-gen-quick-end-of-session>

"Fair enough. End of session"

▶ → [Start of eBook](#)

<End of p25>

<p26-gen-real-life-problem>

Question / Direction:

"Fair enough. Follow the instructions."

Response options:

- ▶ Use back button to go back to the page you were on
- ▶ [Get ready to end session for now → p29](#)

Pg26 Notes: Real life problem?

Genuine problem?

If you genuinely have a problem that requires urgent action in real life, like you need to go to the toilet or the house is on fire – then get ready to end off the session. Restart the session after attending to the problem if you can.

Looking for an excuse to end a bad session?

If this is more the case, try one of the other options that is more appropriate. It might fix it. No-one will prevent you from ending the session if you insist.

<End of p26>

<p27-gen-realization>

(Realization)

Response options:

- ▶ [Use back button to go back to the page you were on](#)
- ▶ [End session now please → p16](#)

Pg27 Notes: Realizations, different kinds

Regular-type realization

Very good. You can write down or say your realization out loud if you wish. The session is usually continued until no more change is available with the items being run, and you feel good.

Wowza! Blown-out-of-your-mind kind of realization

Sometimes one is just too blown out to continue (it's good). Note something appropriate on the report (including the time!) and click "End session now please."

<End of p27>

<p28-gen-rub-no-shutting-down>

Question / Direction:

"Just rub and stretch for a minute to see if there are any unexpressed yawns to come off."

Response option:

▶ [When done, use back button to return to previous page](#)

Pg28 Notes: Unexpressed yawns

This is a check to see if there are any unexpressed yawns to be discharged. Maybe there are and maybe there aren't.

Just stretch and rub and see. Do this for a full 60 seconds by the clock after the last yawn, or if no yawns then just do it for the first 60 seconds.

<End of p28>

<p29-gen-say>

Question / Direction:

"OK. Is there anything you would like to say before we end this session?"

Response options:

- ▶ [Use back button to go back to the page you were on, if you must](#)
- ▶ [End session now please → p16](#)

Pg29 Notes: Final thoughts; after-session SUDS and SUSHI scores

Anything else?

If you're taking notes write down, and say aloud if you wish, anything you would like to say before the session ends.

Oh! I just remembered...

If you suddenly thought of something that should have been done in this session, it's really too late now, but you can always take it up in the next session if you wish.

Your SUDS/SUSHI score

If you're noting your after-session SUDS/SUSHI score, now is the time to do it.

You can check out the [SUDS scale here](#) and the [SUSHI scale here](#).

- SUDS = Subjective Units of Distress (Negative) Scale
- SUSHI = Subjective Units of Session Harmony and Insight (Positive scale)

<End of p29>

<p30-gen-short-of-time>

Question / Direction:

"All right. Follow the instructions."

Response Options:

- ▶ Use back button to go back to the page you were on
- ▶ [Get ready to end session for now → p29](#)

Pg30 Notes: Short of time?

Run out of time?

If you genuinely have come to the end of your allotted time for the session, then get ready to end off. Come back later to continue with your topic so that you can fully discharge it.

Looking for an excuse to end a bad session?

If this is more the case, try one of the other options that is more appropriate. It might fix it. No-one will prevent you from ending the session if you insist.

<End of p30>

<p31-gen-shutting-down>

Question / Direction:

"Stand up now! Rub things hard right now. Rub your arms, your legs, your chest. Rub your feet on the carpet. Quick! Before you go to sleep. Keep rubbing hard until no more yawns come off and you feel awake again."

Response Options:

► When you're fully awake with no more yawns coming off – Use back button to go back to the page you were on

Pg31 Notes: URGENT Shutting Down

STAND UP! Really!

Urgently contact the real-life things around you before you fall asleep. Rub things vigorously! Stretch. Keep moving. Rub your hands together, rub your arms and legs, your chest and back. Squeeze the chair, the table. Keep moving.

Continue rubbing hard until no discharge

Keep rubbing until you can rub hard for sixty seconds by the clock with no further discharge coming off. Use the back button to continue on with what you were doing before.

<End of p31>

<p32-gen-start-of-session>

Question / Direction:

"Very good. Start of session."

Response Options:

- ▶ [OK! I need to find what topic I should be addressing in this session → p36](#)
- ▶ [I already know what topic to work on. Next I need to see what options I have on how to address my topic → p20](#)
- ▶ [Whoops! How did I get here? → Quick exit](#)

Pg32 Notes: Start of session

This the start of the session

If you somehow got to this screen without paying attention to the earlier ones, which give important information and check that you are in a suitable condition for a session at this time, leave now and start at the first page. It is important to follow the instructions if you want to have a good session.

<End of p32>

"All right. Rate your topic on a scale of Minus 10 to Plus 10 as it seems to you right at this moment."

► Use back button to go back to the page you were on

Minus (SUDS) scale

- 10 Feels unbearably bad, beside yourself, out of control as in a nervous breakdown, overwhelmed, at the end of your rope. You may feel so upset that you don't want to talk because you can't imagine how anyone could possibly understand your agitation.
- 9 Feeling desperate. What most people call a [minus] 10 is actually a [minus] 9. Feeling extremely freaked out to the point that it almost feels unbearable and you are getting scared of what you might do. Feeling very, very bad, losing control of your emotions.
- 8 Freaking out. The beginning of alienation.
- 7 Starting to freak out, on the edge of some definitely bad feelings. You can maintain control with difficulty.
- 6 Feeling bad to the point that you begin to think something ought to be done about the way you feel.
- 5 Moderately upset, uncomfortable. Unpleasant feelings are still manageable with some effort.
- 4 Somewhat upset to the point that you cannot easily ignore an unpleasant thought. You can handle it OK but don't feel good.
- 3 Mildly upset. Worried, bothered to the point that you notice it.
- 2 A little bit upset, but not noticeable unless you took care to pay attention to your feelings and then realize, "yes" there is something bothering me.
- 1 No acute distress and feeling basically good. If you took special effort you might feel something unpleasant but not much.
- 0 Relief. No more anxiety of any kind about any particular issue.

Pg33 Notes: Minus SUDS scale

Negative section (SUDS)

The scale from -1 to -10 is taken directly from the Wikipedia SUDS (Subjective Units of Disturbance/Distress Scale) article.

From Wikipedia:

There is no hard and fast rule by which a patient can self assign a SUDS rating to his or her disturbance or distress, hence the name *subjective*. Two guidelines are:

- The intensity recorded must be as it is experienced now.
- Constriction or congestion or tensing of body parts indicates a higher SUDS than that reported.

Positive section (SUSHI)

There is no Plus scale in Wikipedia. All the positive points are smushed into the one point that scores "0" and says:

Peace, serenity, total relief. No more anxiety of any kind about any particular issue.

SUE scale

A *Subjective Units of Experience* scale was suggested in 2011 which goes from -10 to +10, but this seems to consist of merely a chart of the bare numbers with no description of any of the items, not even the negative ones.

SUSHI scale

So a [Plus section](#) of the scale has been created for PaulsRobot. SUSHI = Subjective Units of Session Harmony and Insight.

<End of p33>

"All right. Rate your topic on a scale of Minus 10 to Plus 10 as it seems to you right at this moment."

► Use back button to go back to the page you were on

Plus (SUSHI) scale

- +10 Totally calm, serene, expansive, "blown out." Nothing short of an utter disaster could conceivably shatter this state while it lasts (hours at least).
- +9 Like +10, but briefer in duration. Impossible to find any charge on anything, although if you take a break for half an hour you might be able to find something later on.
- +8 Can't find any charge right this moment, but feels like you'll be able to dig some up in a few minutes.
- +7 Very hard to find anything that is charged, and if you do it will tend to go away quickly.
- +6 You can find charged stuff to stir up, but it is hard. Feeling good to the point that you begin to think nothing could immediately knock you down from the way you feel.
- +5 Can stir up and discharge stuff OK. Moderately happy, but can still stir up a new hot topic by putting attention on it and working out how it applies in one's own life.
- +4 Can stir up and discharge stuff OK. Feel somewhat good to the point that anything unpleasant that came to mind could be easily dismissed if you wanted to.
- +3 Can stir up and discharge stuff OK. Mildly happy, to the point that you notice it.
- +2 A little bit happy, but not noticeable unless you took care to pay attention to your feelings and then realize, "Yes, I don't actually feel bad."
- +1 No particular feeling obvious. If you took special effort you might feel something pleasant but not much.
- 0 So-so, feel neither good nor bad. No particular attention above this point on topic just flattened, although it is OK to have it in mind.

Pg34 Notes: Plus SUSHI Scale

Regular mainstream scale

There is no Plus scale in Wikipedia. All the positive points possible are smushed into the one point on the Negative [SUDS scale](#) that scores "0" and says:

Peace, serenity, total relief. No more anxiety of any kind about any particular issue.

SUE scale

A *Subjective Units of Experience* scale was suggested in 2011 which goes from -10 to +10, but this seems to consist of merely a chart of the bare numbers with no description of any of the items, not even the negative ones.

SUSHI scale

So a Plus section of the scale has been created for PaulsRobot. SUSHI = Subjective Units of Session Harmony and Insight.

Basis for guidelines

The individual SUSHI points have been differentiated mainly on their use in and applicability to sessions, and not so much on how one feels (although that does play a part too).

A normal session should go along fine with items being addressed and discharged. After an item has been discharged the usual state of the client will be shown by one of the Plus points. The big question is, how easily is the client able to stir up another item to address? At the bottom of the positive scale, the client will have no problem at all in stirring up something else to address. At the top of the scale she won't have a snowball's chance in hell of doing so. In the middle of the scale, maybe she will and maybe she won't.

<End of p34>

<p35-gen-tired-or-hungry>

"Fair enough. Follow the instructions."

Response options:

- ▶ Use back button to go back to the page you were on
- ▶ [Get ready to end session for now → p29](#)

Pg35 Notes: Tired or Hungry?

More drained of energy than short of food/sleep?

If you are feeling drained of energy rather than short of sleep or food, do some rubbing/stretching for a few minutes while suppressing any yawning. This should recharge your batteries, so to speak, and give you enough energy in reserve to continue.

Genuinely short of food/sleep?

If you have done the above, and you are still feeling tired or hungry, are you genuinely short of sleep or food? If so, get ready to end off the session for now.

Looking for an excuse to end a bad session?

If this is more the case, try one of the other options that is more appropriate. It might fix it. No-one will prevent you from ending the session if you insist.

Long session?

If you have been in this session continuously for over an hour, and five minutes of rubbing hard without yawning hasn't given you enough energy, then get ready to end off. There is a limit to how much one can discharge and recharge in a session.

<End of p35>

Question / Direction:

"All right. Let's determine the topic for this session."

Response options:

▶ [I've got a topic now – let's see what options there are to work on it → p20](#)

Pg36 Notes: Session topic

Topic?

Here you will determine **what to address** in this session, your topic. For the first many sessions, it will probably be **something big**. It will usually be something **long-term**, something that has been bugging you for years, maybe decades. It will usually be something **sticky**, meaning once you have been reminded of it it will be difficult to get out of your mind. Examples:

- Maybe some **failure** in life?
- Maybe **money worries**?
- Maybe a **sour relationship**?
- Maybe **work-related**?
- Maybe a **health issue**? (PaulsRobot sessions are not a substitute for medical treatment, but can still release stress connected with a health issue)
- Maybe **drug-related**?
- Maybe a **loss**, like a pet or loved one died or you moved apart?
- Maybe an **unethical situation** you've been involved in or some harmful actions you've done?
- Maybe **concern about the future**?

Something should have come to mind by now, maybe more than one thing. Go with **whatever is uppermost in your mind**, whatever is staring you in the face right now. That is your topic for this session. Don't second guess it and think, "Oh no, it couldn't possibly work to address *that*, so I'll pick something else." You are probably interested in working with this topic, even if you don't believe it will ever get better.

The fact that it is right there so vividly means that it is ripe for plucking, so to speak. It should discharge to some extent relatively easily, as long as you have had enough sleep etc, you are fairly **sessionable**, and Rub & Yawn works with you.

If you have had many sessions and/or have cooled off many hot topics in your life, maybe there is **nothing urgent** to address. In that case, [click here to end the session](#) and go off and work out what you would like to try, to see if it will fly with this procedure. Do not try to work this out right now in session!

If you have had many sessions and/or have cooled off many hot topics in your life, maybe there is **nothing urgent** to address. In that case, either [click here to end the session](#) and go off and work out what you would like to try, or try the advanced topics below. As before, it is best to address whatever is uppermost in your mind, so if you have something sitting there right now go with that. The purpose of the lists below is to systematically bring to view items to address that are currently under the surface.

Advanced topics (probably best done in sequence, but they don't have to be)

1. [44-question list](#)
2. [Lifetime relief](#)
3. [People relief](#)

4. [Places relief](#)

SUDS/SUSHI score

SUDS = Subjective Units of Distress (Negative) Scale

SUSHI = Subjective Units of Session Harmony and Insight (Positive scale)

Sometimes people find it helpful to assign a score to their topic both **at the start** and **again at the end** of the session. **Write it down** at the start of session, and write down the new one at the end of session. It can help to objectify to some extent any benefit the session might have provided.

Here are explanations of the [SUDS scale](#) and the [SUSHI scale](#).

<End of p36>

<p37-gen-topic-flat>

Question / Direction:

"All right. Choose an option."

Response options:

- ▶ [End session properly → p29](#)
- ▶ [Let's try another topic → p36](#)
- ▶ [Main options → p20](#)

Pg37 Notes: Topic flat?

Your SUDS/SUSHI score

If you're noting your SUDS/SUSHI score, now is a good time to do it. You can check out the [SUDS scale here](#) and the [SUSHI scale here](#).

- SUDS = Subjective Units of Distress (Negative) Scale
- SUSHI = Subjective Units of Session Harmony and Insight (Positive scale)

Effective session so far

If you had a good session it's probably best to end off. Starting in on a fresh topic in the same session after some good energy exchange often will not work out well.

Wimpy session so far

If the topic you just finished was not a big one and not very much happened in the session, it may well work out fine to start in on another topic straight away.

<End of p37>

Question / Direction:

"Fair enough. Follow the instructions."

Response options:

- ▶ [Use back button to go back to the page you were on](#)
- ▶ [Get ready to end session for now → p29](#)

Pg38 Notes: Troubleshooting

Instructions

The Troubleshooting instructions are for your use when a PaulsRobot session bogs, i.e., it has not been going well and you have not been able to fix it. You might be amazed at the number of people who refuse to do any steps that aren't a quick brush-off. And then wonder why the trouble isn't resolved yet.

Anyway, here is the expert recommendation that has been found to be most effective:

Step 1

End the current bogged session.

Step 2

Get up, leave the house, and have a good walk around outside looking at things in the environment (trees, houses, the sky etc) until you feel somewhat better, at least for now. While walking around try and keep your attention on the things you are looking at or listening to outside right now and not so much on your internal thoughts or feelings. You can combine this with a shopping trip, or picking up the kids from school, or something like that, but you have to *look at things in the environment*.

Step 3

Look over the PaulsRobot instructions to make sure you were doing the session procedure correctly.

Step 4

If no fix yet, get ready for a troubleshooting session, preferably as soon as possible after the one that didn't go so well but try not to leave it over 24 hours. This means make sure you are:

- well-rested and not tired
- well-fed and not hungry
- not under the influence of drugs or alcohol
- relatively free from distractions (no urgent chore you should be doing, no kids or pets running around, no sudden traffic noises, no people looking over your shoulder, etc)
- fairly willing to have a session from PaulsRobot and follow the instructions as given.

Step 5

If the issue is not resolved yet, do a PaulsRobot session as the first troubleshooting session action. Use the regular Rub & Yawn procedure, including the 6-Direction technique, to **thoroughly cover the period of your life since the last good session**. Do not quickie (brush off) this step. The

idea is to clear up all the charge (harmful emotional and mental energy) between when you were last doing well in session and now.

Include the bogged session, but note that the main reason for the bog may well lie earlier than the point you realized it wasn't going well. If you have never had a good session, start from a point in your life when you were doing well. If you have never had a point in your life when you were doing well, start from the best point you can find.

Step 6

If no fix yet, and you have honestly done all the previous steps thoroughly, do the PaulsRobot Repair List in session for the next troubleshooting session, including doing the session actions specified. This list includes possible reasons for trouble in session that you might not have considered.

Step 7

Do any further out-of-session actions as indicated in your troubleshooting session(s).

Step 8

If still no resolution, try a [different PaulsRobot module](#) (online) or seek professional help.

<End of p38>

Question / Direction:

"Is there any reason we shouldn't begin this session?"

Response options:

▶ [Next screen starts the PaulsRobot Repair List session → p41](#)

▶ [Well → Start of eBook](#)

Pg39 Notes: Troubleshooting Else?

Steps 1-5 resolve far more problems than Step 6, this list

The PaulsRobot Repair List is for possible use after a PaulsRobot session bogged. It is not a professional correction list. The list should be done in a separate session to the bogged one, but note that **this list is Number Six** in the actions to take after a bogged session. The most common reasons for a bogged session are covered in Numbers 1-5 and the problem will usually be resolved without starting on this list. It is not action Number 1!

So make sure you have honestly and thoroughly done these earlier actions below, [detailed in full here](#), before starting on the PaulsRobot Repair List:

1. End the session that bogged.
2. Go for a walk and look at external things.
3. Read or re-read the procedure instructions for the session that bogged.
4. Get ready for a repair session with the proper food and sleep etc.
5. Do one or more regular PaulsRobot sessions thoroughly addressing your life from back when you were last doing well right up to now.

It is vital to take care of your food/sleep etc before a repair session

The items listed on a usual session report (Well-rested? Well-fed? No drugs/alcohol? Willing? No distractions? Enough time? Else?) are the common items that should be checked before any session. They are especially important before a repair session. **Any one of them all by itself is a possible reason for session failure.** It would be pointless looking for the real reason for a session failure while you are tired or drunk, for instance, as such a condition would make it hard or impossible to spot the real reason for the failure. It would be like trying to drive a car with flat tyres and then blaming the car when it wouldn't run.

(Troubleshooting Info)

Response option:

- ▶ [Use back button to go back to the page you were on](#)

Pg40 Notes: Troubleshooting Info

Instructions

The Troubleshooting instructions are for your use when a PaulsRobot session bogs, i.e., it has not been going well and you have not been able to fix it. You might be amazed at the number of people who refuse to do any steps that aren't a quick brush-off. And then wonder why the trouble isn't resolved yet.

Anyway, here is the expert recommendation that has been found to be most effective:

Step 1

End the current bogged session.

Step 2

Get up, leave the house, and have a good walk around outside looking at things in the environment (trees, houses, the sky etc) until you feel somewhat better, at least for now. While walking around try and keep your attention on the things you are looking at or listening to outside right now and not so much on your internal thoughts or feelings. You can combine this with a shopping trip, or picking up the kids from school, or something like that, but you have to *look at things in the environment*.

Step 3

Look over the PaulsRobot instructions to make sure you were doing the session procedure correctly.

Step 4

If no fix yet, get ready for a troubleshooting session, preferably as soon as possible after the one that didn't go so well but try not to leave it over 24 hours. This means make sure you are:

- well-rested and not tired
- well-fed and not hungry
- not under the influence of drugs or alcohol
- relatively free from distractions (no urgent chore you should be doing, no kids or pets running around, no sudden traffic noises, no people looking over your shoulder, etc)
- fairly willing to have a session from PaulsRobot and follow the instructions as given.

Step 5

If the issue is not resolved yet, do a PaulsRobot session as the first troubleshooting session action. Use the regular Rub & Yawn procedure, including the 6-Direction technique, to **thoroughly cover the period of your life since the last good session**. Do not quickie (brush off) this step. The idea is to clear up all the charge (harmful emotional and mental energy) between when you were last doing well in session and now.

Include the bogged session, but note that the main reason for the bog may well lie earlier than the point you realized it wasn't going well. If you have never had a good session, start from a point in your life when you were doing well. If you have never had a point in your life when you were doing

well, start from the best point you can find.

Step 6

If no fix yet, and you have honestly done all the previous steps thoroughly, do the PaulsRobot Repair List in session for the next troubleshooting session, including doing the session actions specified. This list includes possible reasons for trouble in session that you might not have considered.

Step 7

Do any further out-of-session actions as indicated in your troubleshooting session(s).

Step 8

If still no resolution, try a [different PaulsRobot module](#) (online) or seek professional help.

<End of p40>

“OK. Follow the instructions.”

Read the notes and instructions first!

1. A procedure was over-run; it had gone on too long?
2. A procedure was under-run, and needs to be run some more?
3. You have achieved a state that has not been acknowledged?
4. You are feeling suppressed by someone or something?
5. There are one or more incomplete actions that need to be completed in your sessions?
6. There are one or more incomplete actions that need to be completed in your life?
7. There are one or more unethical situations in your life that need to be addressed?
8. You did the session(s) while you were ...tired? ...hungry? ...under the influence of drugs or alcohol? ...distracted? ...not really willing to have a session?
9. You did the session(s) over ...an upset? ...a problem? ...something you are not saying?...a harmful action you did?
10. Something else wrong?

► [Get ready to end the session → p29](#)

Pg41 Notes: Troubleshooting, PaulsRobot Repair List

Final reminder

Here is a final reminder that the **PaulsRobot Repair List is Number 6** in the Troubleshooting actions to take after a bogged session. **The most common reasons for a bogged PaulsRobot session are covered in Numbers 1-5** of these Troubleshooting actions and the problem can usually be resolved without starting on this Repair list.

Instructions for PaulsRobot Repair List

1. Look carefully over the numbered list questions, one by one, and consider whether they apply to you. If needed, rub away while looking over them to make sure you have enough energy available. If a point doesn't seem to apply, mark an "x" on your session report next to the question number and move on to the next one.
2. If a point seems to apply, mentally look over the area covered by the question and apply Rub & Yawn to the people and places and events concerned, including your part and others' parts. Make notes as appropriate in your session report. Often writing down your viewpoint helps to discharge the stress involved, but don't write pages and pages of details if it is not helping with obvious discharges (yawns, sighs etc). If you have taken up a point like this, leave it when it seems discharged.
3. You can go through the list again if it seems there might be more on it, but don't flog it to death. If the answer isn't there then it isn't there.
4. Some of the questions require that you do something in real life in addition to simply taking some charge off by running through this list in session. Once the list is complete and you feel OK again, remember to do the real life things too. For example, if it seems that the session problem

was caused by your attention being too tied up in something unethical you have been doing, the real life actions would include stopping doing the unethical things and making amends for them as necessary.

<End of p41>

<p42-gen-troubleshooting-start-of-session>

"All right. Start of session."

▶ [Next → p41](#)

<End of p42>

Vacant

<p43-vacant>

<End of p43>

<p44-raw-reach-1>

Question / Direction:

"OK. Reach to your topic."

<Swipe to next screen for response options>

Response options:

- ▶ [I reached to my topic – let's keep going with this → p49](#)
- ▶ [Change procedure → p20](#)
- ▶ [SHUTTING DOWN → p31](#)
- ▶ [This topic seems flat now → p37](#)
- ▶ [Don't want to continue → p21](#)
- ▶ [Realization → p27](#)

Rub & Yawn when needed as usual

Pg44 Notes: Reach & Withdraw, Reach description

"Reach to your topic" means sort of mentally feel for it a bit, look at a bit of it, get a bit nearer to it or contact it in some way. Get as close to it as you can without pushing it too much.

When you have done this, **say something aloud** (really!), at least "Yes."

If you start **shutting down**, click on "Shutting Down" at once.

Change procedures when confident

With the Reach & Withdraw continue until you feel confident enough to proceed with the 6-Direction visualization procedure or the Rogerian talk therapy. This might take a few times through (reach... withdraw... reach... withdraw... reach... withdraw), or it might take five hundred times through – or more – and many sessions. It is your choice. You can always run more Reach & Withdraw later whenever you want to.

<End of p44>

<p45-raw-reach-2>

Question / Direction:

"Thank you. Reach to your topic."

<Swipe to next screen for response options>

Response options:

- ▶ [I reached to my topic – let's keep going with this → p50](#)
- ▶ [Change procedure → p20](#)
- ▶ [SHUTTING DOWN → p31](#)
- ▶ [This topic seems flat now → p37](#)
- ▶ [Don't want to continue → p21](#)
- ▶ [Realization → p27](#)

Rub & Yawn when needed as usual

Pg45 Notes: Reach & Withdraw, Reach description

"Reach to your topic" means sort of mentally feel for it a bit, look at a bit of it, get a bit nearer to it or contact it in some way. Get as close to it as you can without pushing it too much.

When you have done this, **say something aloud** (really!), at least "Yes."

If you start **shutting down**, click on "Shutting Down" at once.

Change procedures when confident

With the Reach & Withdraw continue until you feel confident enough to proceed with the 6-Direction visualization procedure or the Rogerian talk therapy. This might take a few times through (reach... withdraw... reach... withdraw... reach... withdraw), or it might take five hundred times through – or more – and many sessions. It is your choice. You can always run more Reach & Withdraw later whenever you want to.

<End of p45>

<p46-raw-reach-3>

Question / Direction:

"Good. Reach to your topic."

<Swipe to next screen for response options>

Response options:

- ▶ [I reached to my topic – let's keep going with this → p51](#)
- ▶ [Change procedure → p20](#)
- ▶ [SHUTTING DOWN → p31](#)
- ▶ [This topic seems flat now → p37](#)
- ▶ [Don't want to continue → p21](#)
- ▶ [Realization → p27](#)

Rub & Yawn when needed as usual

Pg46 Notes: Reach & Withdraw, Reach description

"Reach to your topic" means sort of mentally feel for it a bit, look at a bit of it, get a bit nearer to it or contact it in some way. Get as close to it as you can without pushing it too much.

When you have done this, **say something aloud** (really!), at least "Yes."

If you start **shutting down**, click on "Shutting Down" at once.

Change procedures when confident

With the Reach & Withdraw continue until you feel confident enough to proceed with the 6-Direction visualization procedure or the Rogerian talk therapy. This might take a few times through (reach... withdraw... reach... withdraw... reach... withdraw), or it might take five hundred times through – or more – and many sessions. It is your choice. You can always run more Reach & Withdraw later whenever you want to.

<End of p46>

<p47-raw-reach-4>

Question / Direction:

"All right. Reach to your topic."

<Swipe to next screen for response options>

Response options:

- ▶ [I reached to my topic – let's keep going with this → p52](#)
- ▶ [Change procedure → p20](#)
- ▶ [SHUTTING DOWN → p31](#)
- ▶ [This topic seems flat now → p37](#)
- ▶ [Don't want to continue → p21](#)
- ▶ [Realization → p27](#)

Rub & Yawn when needed as usual

Pg47 Notes: Reach & Withdraw, Reach description

"Reach to your topic" means sort of mentally feel for it a bit, look at a bit of it, get a bit nearer to it or contact it in some way. Get as close to it as you can without pushing it too much.

When you have done this, **say something aloud** (really!), at least "Yes."

If you start **shutting down**, click on "Shutting Down" at once.

Change procedures when confident

With the Reach & Withdraw continue until you feel confident enough to proceed with the 6-Direction visualization procedure or the Rogerian talk therapy. This might take a few times through (reach... withdraw... reach... withdraw... reach... withdraw), or it might take five hundred times through – or more – and many sessions. It is your choice. You can always run more Reach & Withdraw later whenever you want to.

<End of p47>

<p48-raw-reach-5>

Question / Direction:

"Good enough. Reach to your topic."

<Swipe to next screen for response options>

Response options:

- ▶ [I reached to my topic – let's keep going with this → p53](#)
- ▶ [Change procedure → p20](#)
- ▶ [SHUTTING DOWN → p31](#)
- ▶ [This topic seems flat now → p37](#)
- ▶ [Don't want to continue → p21](#)
- ▶ [Realization → p27](#)

Rub & Yawn when needed as usual

Pg48 Notes: Reach & Withdraw, Reach description

"Reach to your topic" means sort of mentally feel for it a bit, look at a bit of it, get a bit nearer to it or contact it in some way. Get as close to it as you can without pushing it too much.

When you have done this, **say something aloud** (really!), at least "Yes."

If you start **shutting down**, click on "Shutting Down" at once.

Change procedures when confident

With the Reach & Withdraw continue until you feel confident enough to proceed with the 6-Direction visualization procedure or the Rogerian talk therapy. This might take a few times through (reach... withdraw... reach... withdraw... reach... withdraw), or it might take five hundred times through – or more – and many sessions. It is your choice. You can always run more Reach & Withdraw later whenever you want to.

<End of p48>

<p49-raw-withdraw-1>

Question / Direction:

"All right. Withdraw from your topic."

<Swipe to next screen for response options>

Response options:

- ▶ [I withdrew from my topic – let's keep going with this → p45](#)
- ▶ [Change procedure → p20](#)
- ▶ [SHUTTING DOWN → p31](#)
- ▶ [This topic seems flat now → p37](#)
- ▶ [Don't want to continue → p21](#)
- ▶ [Realization → p27](#)

Rub & Yawn when needed as usual

Pg49 Notes: Reach & Withdraw, Withdraw description

"Withdraw from your topic" means sort of mentally back away from it, put your attention on something else, **get further away** from it in some way. Even if you already sort of bounced off your topic after a fleeting touch on the "Reach" step, still try and get further away from it on this "Withdraw" step – don't simply go "I already did it."

When you have done this, **say something aloud** (really!), at least "Yes."

If you start **shutting down**, click on "Shutting Down" at once.

Change procedures when confident

With the Reach & Withdraw continue until you feel confident enough to proceed with the 6-Direction visualization procedure or the Rogerian talk therapy. This might take a few times through (reach... withdraw... reach... withdraw... reach... withdraw), or it might take five hundred times through – or more – and many sessions. It is your choice. You can always run more Reach & Withdraw later whenever you want to.

<End of p49>

<p50-raw-withdraw-2>

Question / Direction:

"Fair enough. Withdraw from your topic."

<Swipe to next screen for response options>

Response options:

- ▶ [I withdrew from my topic – let's keep going with this → p46](#)
- ▶ [Change procedure → p20](#)
- ▶ [SHUTTING DOWN → p31](#)
- ▶ [This topic seems flat now → p37](#)
- ▶ [Don't want to continue → p21](#)
- ▶ [Realization → p27](#)

Rub & Yawn when needed as usual

Pg50 Notes: Reach & Withdraw, Withdraw description

"Withdraw from your topic" means sort of mentally back away from it, put your attention on something else, **get further away** from it in some way. Even if you already sort of bounced off your topic after a fleeting touch on the "Reach" step, still try and get further away from it on this "Withdraw" step – don't simply go "I already did it."

When you have done this, **say something aloud** (really!), at least "Yes."

If you start **shutting down**, click on "Shutting Down" at once.

Change procedures when confident

With the Reach & Withdraw continue until you feel confident enough to proceed with the 6-Direction visualization procedure or the Rogerian talk therapy. This might take a few times through (reach... withdraw... reach... withdraw... reach... withdraw), or it might take five hundred times through – or more – and many sessions. It is your choice. You can always run more Reach & Withdraw later whenever you want to.

<End of p50>

<p51-raw-withdraw-3>

Question / Direction:

"Fine. Withdraw from your topic."

<Swipe to next screen for response options>

Response options:

- ▶ [I withdrew from my topic – let's keep going with this → p47](#)
- ▶ [Change procedure → p20](#)
- ▶ [SHUTTING DOWN → p31](#)
- ▶ [This topic seems flat now → p37](#)
- ▶ [Don't want to continue → p21](#)
- ▶ [Realization → p27](#)

Rub & Yawn when needed as usual

Pg51 Notes: Reach & Withdraw, Withdraw description

"Withdraw from your topic" means sort of mentally back away from it, put your attention on something else, **get further away** from it in some way. Even if you already sort of bounced off your topic after a fleeting touch on the "Reach" step, still try and get further away from it on this "Withdraw" step – don't simply go "I already did it."

When you have done this, **say something aloud** (really!), at least "Yes."

If you start **shutting down**, click on "Shutting Down" at once.

Change procedures when confident

With the Reach & Withdraw continue until you feel confident enough to proceed with the 6-Direction visualization procedure or the Rogerian talk therapy. This might take a few times through (reach... withdraw... reach... withdraw... reach... withdraw), or it might take five hundred times through – or more – and many sessions. It is your choice. You can always run more Reach & Withdraw later whenever you want to.

<End of p51>

<p52-raw-withdraw-4>

Question / Direction:

"OK. Withdraw from your topic."

<Swipe to next screen for response options>

Response options:

- ▶ [I withdrew from my topic – let's keep going with this → p48](#)
- ▶ [Change procedure → p20](#)
- ▶ [SHUTTING DOWN → p31](#)
- ▶ [This topic seems flat now → p37](#)
- ▶ [Don't want to continue → p21](#)
- ▶ [Realization → p27](#)

Rub & Yawn when needed as usual

Pg52 Notes: Reach & Withdraw, Withdraw description

"Withdraw from your topic" means sort of mentally back away from it, put your attention on something else, **get further away** from it in some way. Even if you already sort of bounced off your topic after a fleeting touch on the "Reach" step, still try and get further away from it on this "Withdraw" step – don't simply go "I already did it."

When you have done this, **say something aloud** (really!), at least "Yes."

If you start **shutting down**, click on "Shutting Down" at once.

Change procedures when confident

With the Reach & Withdraw continue until you feel confident enough to proceed with the 6-Direction visualization procedure or the Rogerian talk therapy. This might take a few times through (reach... withdraw... reach... withdraw... reach... withdraw), or it might take five hundred times through – or more – and many sessions. It is your choice. You can always run more Reach & Withdraw later whenever you want to.

<End of p52>

<p53-raw-withdraw-5>

Question / Direction:

"Thank you. Withdraw from your topic."

<Swipe to next screen for response options>

Response options:

- ▶ [I withdrew from my topic – let's keep going with this → p44](#)
- ▶ [Change procedure → p20](#)
- ▶ [SHUTTING DOWN → p31](#)
- ▶ [This topic seems flat now → p37](#)
- ▶ [Don't want to continue → p21](#)
- ▶ [Realization → p27](#)

Rub & Yawn when needed as usual

Pg53 Notes: Reach & Withdraw, Withdraw description

"Withdraw from your topic" means sort of mentally back away from it, put your attention on something else, **get further away** from it in some way. Even if you already sort of bounced off your topic after a fleeting touch on the "Reach" step, still try and get further away from it on this "Withdraw" step – don't simply go "I already did it."

When you have done this, **say something aloud** (really!), at least "Yes."

If you start **shutting down**, click on "Shutting Down" at once.

Change procedures when confident

With the Reach & Withdraw continue until you feel confident enough to proceed with the 6-Direction visualization procedure or the Rogerian talk therapy. This might take a few times through (reach... withdraw... reach... withdraw... reach... withdraw), or it might take five hundred times through – or more – and many sessions. It is your choice. You can always run more Reach & Withdraw later whenever you want to.

<End of p53>

<p54-roq-details-1>

Question / Direction:

"OK. Give some details about your topic as it seems to you at this moment."

<Swipe to next screen for response options>

Response options:

- ▶ [I've written a paragraph on my topic → p63](#)
- ▶ [Change procedure → p20](#)
- ▶ [SHUTTING DOWN → p31](#)
- ▶ [This topic seems flat now → p37](#)
- ▶ [Don't want to continue → p21](#)
- ▶ [Realization → p27](#)

Rub & Yawn when needed as usual

Pg54 Notes: Rogerian, give topic details

Don't spend more than a couple of minutes on this first paragraph!

Write down a short paragraph with some details of your topic, as it seems to you right now in the present. You can also say things aloud if you want to. But you must start to **write down** at least the main details too.

It's OK if it's not perfect

It's OK if you have a great deal more to say, or if it isn't very clear at all. Just follow the procedure and it should work out all right in the end.

Starting over

If you have reached this page because you are starting again from scratch on your topic with a fresh viewpoint, that's fine. Just follow the instructions as usual.

<End of p54>

<p55-roq-details-2>

Question / Direction:

"Fair enough. Give some more details about your topic."

<Swipe to next screen for response options>

Response options:

- ▶ [I've written another paragraph on my topic → p64](#)
- ▶ [Change procedure → p20](#)
- ▶ [SHUTTING DOWN → p31](#)
- ▶ [This topic seems flat now → p37](#)
- ▶ [Don't want to continue → p21](#)
- ▶ [Realization → p27](#)

Rub & Yawn when needed as usual

Pg55 Notes: Rogerian, give more topic details

Write another short paragraph

Write down another brief paragraph with some more details of your topic. You can also say things aloud, if you want to. But you must write down the details too.

It's OK if it's not perfect

It's OK if you have a great deal more to say, or if it isn't very clear at all. Just follow the procedure and it should work out all right in the end.

<End of p55>

<p56-roq-details-3>

Question / Direction:

"Thank you. Give some more details about your topic, as it seems to you now."

<Swipe to next screen for response options>

Response options:

- ▶ [I've written another paragraph on my topic as it seems to me now → p65](#)
- ▶ [Change procedure → p20](#)
- ▶ [SHUTTING DOWN → p31](#)
- ▶ [This topic seems flat now → p37](#)
- ▶ [Don't want to continue → p21](#)
- ▶ [Realization → p27](#)

Rub & Yawn when needed as usual

Pg56 Notes: Rogerian, how long is a paragraph?

How long should a "paragraph" be?

PaulsRobot sessions go best when the Robot seems to be controlling the flow of the session, like a good human counsellor would. If the client is left alone too long without a PaulsRobot direction she tends to lose sight of the fact that she is in a counselling session, and it can turn into an unproductive period of moping instead. On the other hand, if the counselling directions are given too often they get to be very distractive.

You decide how long between steps

So it is best if *you* make the decision on how long each paragraph is, based on these two factors:

- Directions frequent enough to help you stay in the right frame of mind
- Directions not so frequent that they become a distraction.

<End of p56>

<p57-rog-edit-one-paragraph-1>

Question / Direction:

"All right. Edit one paragraph."

<Swipe to next screen for response options>

Response options:

- ▶ [I edited one paragraph, and I want to edit another existing paragraph → p58](#)
- ▶ [I edited one paragraph, and I'm ready to add new details → p55](#)
- ▶ [I want to scratch the whole thing and start again → p54](#)
- ▶ [Change procedure → p20](#)
- ▶ [SHUTTING DOWN → p31](#)
- ▶ [This topic seems flat now → p37](#)
- ▶ [Don't want to continue → p21](#)
- ▶ [Realization → p27](#)

Rub & Yawn when needed as usual

Pg57 Notes: Rogerian, edit a paragraph, redo from scratch

Edit one or more paragraphs

1. Copy and paste the whole of one single numbered paragraph that you want to change, to the current place in your worksheet. Copy/paste all three sections of this one paragraph – the factual content, the summary, and the feeling.

2. Edit whichever parts of that one single paragraph you wish. Don't do more than one paragraph in this step or it will get too messy! One step – one paragraph – at a time.

Redo the whole thing

If you want to rewrite the whole thing, i.e., all the paragraphs, maybe because your view of it has now changed, that is totally fine. Select the "start again" option.

<End of p57>

<p58-rog-edit-one-paragraph-2>

Question / Direction:

"OK. Edit one paragraph."

<Swipe to next screen for response options>

Response options:

- ▶ [I edited one paragraph, and I want to edit another existing paragraph → p57](#)
- ▶ [I edited one paragraph, and I'm ready to add new details → p55](#)
- ▶ [I want to scratch the whole thing and start again → p54](#)
- ▶ [Change procedure → p20](#)
- ▶ [SHUTTING DOWN → p31](#)
- ▶ [This topic seems flat now → p37](#)
- ▶ [Don't want to continue → p21](#)
- ▶ [Realization → p27](#)

Rub & Yawn when needed as usual

Pg58 Notes: Rogerian, edit a paragraph, redo from scratch

Edit one or more paragraphs

1. Copy and paste the whole of one single numbered paragraph that you want to change, to the current place in your worksheet. Copy/paste all three sections of this one paragraph – the factual content, the summary, and the feeling.

2. Edit whichever parts of that one single paragraph you wish. Don't do more than one paragraph in this step or it will get too messy! One step – one paragraph – at a time.

Redo the whole thing

If you want to rewrite the whole thing, i.e., all the paragraphs, maybe because your view of it has now changed, that is totally fine. Select the "start again" option.

<End of p58>

<p59-roq-feel-1>

Question / Direction:

"Thank you. How do you feel about that part of your topic you just summarised?"

<Swipe to next screen for response options>

Response options:

- ▶ [I've written down my current feelings about that part → p55](#)
- ▶ [Change procedure → p20](#)
- ▶ [SHUTTING DOWN → p31](#)
- ▶ [This topic seems flat now → p37](#)
- ▶ [Don't want to continue → p21](#)
- ▶ [Realization → p27](#)

Rub & Yawn when needed as usual

Pg59 Notes: Rogerian, describe your feelings

Describe your feelings

Look over your **current** feelings concerning (only) that part of your topic you just summarised, then describe those feelings briefly on your report.

If you don't seem to feel anything at all about it, that's OK. Just try and contact your feelings and note down what seems to be there. If there's nothing there, there's nothing there.

<End of p59>

<p60-roq-feel-2>

Question / Direction:

"Good. How do you feel about that part of your topic you just summarised?"

<Swipe to next screen for response options>

Response options:

- ▶ [I've written down my current feelings about that part , as best I can → p56](#)
- ▶ [Change procedure → p20](#)
- ▶ [SHUTTING DOWN → p31](#)
- ▶ [This topic seems flat now → p37](#)
- ▶ [Don't want to continue → p21](#)
- ▶ [Realization → p27](#)

Rub & Yawn when needed as usual

Pg60 Notes: Rogerian, describe your feelings

Describe your feelings

Look over your **current** feelings concerning (only) that part of your topic you just summarised, then describe those feelings briefly on your report.

If you don't seem to feel anything at all about it, that's OK. Just try and contact your feelings and note down what seems to be there. If there's nothing there, there's nothing there.

<End of p60>

<p61-roq-feel-3>

Question / Direction:

"Good. How do you feel about that part of your topic you just summarised?"

<Swipe to next screen for response options>

Response options:

- ▶ [I've written down my current feelings about that part, as best I can → p62](#)
- ▶ [Change procedure → p20](#)
- ▶ [SHUTTING DOWN → p31](#)
- ▶ [This topic seems flat now → p37](#)
- ▶ [Don't want to continue → p21](#)
- ▶ [Realization → p27](#)

Rub & Yawn when needed as usual

Pg61 Notes: Rogerian, describe your feelings

Describe your feelings

Look over your **current** feelings concerning (only) that part of your topic you just summarised, then describe those feelings briefly on your report.

If you don't seem to feel anything at all about it, that's OK. Just try and contact your feelings and note down what seems to be there. If there's nothing there, there's nothing there.

<End of p61>

<p62-roq-how-going>

Question / Direction:

"OK. How's it going?"

<Swipe to next screen for response options>

Response options:

- ▶ [Let's continue on like this → p55](#)
- ▶ [I need to rewrite a little bit → p57](#)
- ▶ [I want to scratch the whole thing and start again → p54](#)
- ▶ [Change procedure → p20](#)
- ▶ [SHUTTING DOWN → p31](#)
- ▶ [This topic seems flat now → p37](#)
- ▶ [Don't want to continue → p21](#)
- ▶ [Realization → p27](#)

Rub & Yawn when needed as usual

Pg62 Notes: Rogerian, how's it going?

How's it going at this exact moment?

This is a routine check to see how it's going right at this moment, since the program can't determine this without your input. This is not a social question aiming at a social "Good how are you" response – please be honest. So:

1. Figure out how you are doing
2. Make a note of it on your report
3. Click the most appropriate link.

<End of p62>

<p63-roq-summarise-1>

Question / Direction:

"All right. Now summarize in a few words what you just wrote."

<Swipe to next screen for response options>

Response options:

- ▶ [I've summarised the paragraph → p59](#)
- ▶ [Change procedure → p20](#)
- ▶ [SHUTTING DOWN → p31](#)
- ▶ [This topic seems flat now → p37](#)
- ▶ [Don't want to continue → p21](#)
- ▶ [Realization → p27](#)

Rub & Yawn when needed as usual

Pg63 Notes: Rogerian, summarise the facts

Summarise the facts

Look over the paragraph you just wrote, and summarise the factual content in it. Don't just repeat the whole thing word for word. Simply paraphrase and write down in brief the important points in that paragraph. It doesn't have to be perfect at all. Just do the best you can at the moment.

<End of p63>

<p64-roq-summarise-2>

Question / Direction:

"All right. Now summarize in a few words what you just wrote."

<Swipe to next screen for response options>

Response options:

- ▶ [I've summarised that paragraph too → p60](#)
- ▶ [Change procedure → p20](#)
- ▶ [SHUTTING DOWN → p31](#)
- ▶ [This topic seems flat now → p37](#)
- ▶ [Don't want to continue → p21](#)
- ▶ [Realization → p27](#)

Rub & Yawn when needed as usual

Pg64 Notes: Rogerian, summarise the facts

Summarise the facts

Look over the paragraph you just wrote, and summarise the factual content in it. Don't just repeat the whole thing word for word. Simply paraphrase and write down in brief the important points in that paragraph. It doesn't have to be perfect at all. Just do the best you can at the moment.

<End of p64>

<p65-roq-summarise-3>

Question / Direction:

"Good enough. Now summarize in a few words what you just wrote."

<Swipe to next screen for response options>

Response options:

- ▶ [I've summarised that paragraph → p61](#)
- ▶ [Change procedure → p20](#)
- ▶ [SHUTTING DOWN → p31](#)
- ▶ [This topic seems flat now → p37](#)
- ▶ [Don't want to continue → p21](#)
- ▶ [Realization → p27](#)

Rub & Yawn when needed as usual

Pg65 Notes: Rogerian, summarise the facts

Summarise the facts

Look over the paragraph you just wrote, and summarise the factual content in it. Don't just repeat the whole thing word for word. Simply paraphrase and write down in brief the important points in that paragraph. It doesn't have to be perfect at all. Just do the best you can at the moment.

<End of p65>

Question / Direction:

"OK. Look through the list until you find a hot question, then take it up."

Response options:

► [I've got a topic now – let's see what options there are to work on it → p20](#)

Pg66 Notes: Session topic – 44 questions

General items:

- 1. Death of spouse? 2. Divorce? 3. Marital separation? 4. Imprisonment? 5. Death of close family member? 6. Personal injury or illness? 7. Marriage? 8. Dismissal from work? 9. Marital reconciliation? 10. Retirement?
- 11. Change in health of family member? 12. Pregnancy? 13. Sexual difficulties? 14. Gain of new family member? 15. Business readjustment? 16. Change in financial state? 17. Death of close friend? 18. Change to different line of work? 19. Change in frequency of arguments? 20. Major mortgage?
- 21. Foreclosure of mortgage or loan? 22. Change in responsibilities at work? 23. Child leaving home? 24. Trouble with in-laws? 25. Outstanding personal achievement? 26. Spouse starts or stops work? 27. Begin or end school? 28. Change in living conditions? 29. Revision in personal habits? 30. Trouble with boss?
- 31. Change in working hours or conditions? 32. Change in residence? 33. Change in schools? 34. Change in recreation? 35. Change in church activities? 36. Change in social activities? 37. Minor mortgage or loan? 38. Change in sleeping habits? 39. Change in number of family get-togethers? 40. Change in eating habits?
- 41. Vacation? 42. Christmas or major holiday? 43. Minor violations of law? 44. Something else wrong?

Junior scale:

- 1. Death of parent? 2. Unplanned pregnancy/abortion? 3. Getting married? 4. Divorce of parents? 5. Acquiring a visible deformity? 6. Fathering a child? 7. Jail sentence of parent for over one year? 8. Marital separation of parents? 9. Death of a brother or sister? 10. Change in acceptance by peers?
- 11. Unplanned pregnancy of sister? 12. Discovery of being an adopted child? 13. Marriage of parent to stepparent? 14. Death of a close friend? 15. Having a visible congenital deformity? 16. Serious illness requiring hospitalization? 17. Failure of a grade in school? 18. Not making an extracurricular activity? 19. Hospitalization of a parent? 20. Jail sentence of parent for over 30 days?
- 21. Breaking up with boyfriend or girlfriend? 22. Beginning to date? 23. Suspension from school? 24. Becoming involved with drugs or alcohol? 25. Birth of a brother or sister? 26. Increase in arguments between parents? 27. Loss of job by parent? 28. Outstanding personal achievement? 29. Change in parent's financial status? 30. Accepted at college of choice?
- 31. Being a senior in high school? 32. Hospitalization of a sibling? 33. Increased absence of parent from home? 34. Brother or sister leaving home? 35. Addition of third adult to family? 36. Becoming a full fledged member of a church? 37. Decrease in arguments between parents? 38. Decrease in arguments with parents? 39. Mother or father beginning work? 40. Something else wrong?

How to use this list

Use this list after the main hot (charged) topics in your life have been cooled off. Look over the

list until one of the items "bites", in other words, some charged topic from your own life vividly comes to mind. Then select the "I've got a topic" link and use the normal procedures here to release the encysted thoughts, emotions and sensations of that specific hot topic.

By gradually working through the list and discharging whatever gets brought to view in topic after topic over many sessions, an individual can get a great deal of relief.

Original scale

The *Holmes and Rahe Stress Scale* is a list of 43 stressful life events that can contribute to illness, per its Wikipedia article. The scale has figures that accompany each line, for example "death of spouse" rating 100 and "trouble with in-laws" rating 29. The way the scale is used outside PaulsRobot is to score each line with respect to a time period, such as the previous two years, and then add up the total. The higher the score, the higher the risk of illness.

Use at PaulsRobot

The scale has been slightly reworded and repurposed here to serve as a simple list of possible stressful events in an average person's life, so these can be explored and discharged using PaulsRobot. It will not cover everything, but it is a start.

Question 44

Question 44 has been added in this PaulsRobot version just in case something else comes to mind not covered by the other questions. It is not intended to provoke a deep search into one's mind.

<End of p66>

Question / Direction:

"OK. Let's determine the topic for this session."

Response options:

▶ [I've got a topic now – let's see what options there are to work on it → p20](#)

Pg67 Notes: Session topic – lifetime relief

Overview

Here you will determine what to address in this session. It is assumed you have already worked through the first two topic pages, i.e. the hottest topics that easily come to mind, and then those conjured up using the 44-question list. Next is to look over your whole life and see what else comes up, as described below.

You break up your life into bite-sized chunks, of maybe around five or ten years each. The chunks can run by the calendar, as in "from 1st January 1970 to 31st December 1979", or by description, as in "the several years I lived in Kansas", as long as it is clear what is intended. The idea is to cover the whole of this lifetime from birth until now.

Scan over first time period

Here is an example. Let's say you were born 5 July 1982. First, take the period from 5 Jul 82 to 31 Dec 89. Get an idea of the main people, places and events from that time period. Different aspects of your life will flicker through, and most likely your attention will fix on a particular person/group/place or event.

Zoom in

This is your topic. Focus your attention onto it and select the "I've got a topic" button above as usual. Discharge the topic using the normal PaulsRobot procedures. When it is flat, either end the session or if you're ready for more use the link on that page to come back to this page.

Zoom out

Take up that general period again — flick, flick, flick — and another aspect will probably draw your attention.

Rinse and repeat

Zoom in on that one aspect, discharge it as usual, then zoom out and look at the general overall time period of that chunk again.

Repeat with the other time periods

Then take the chunk from 1 Jan 90 to 31 Dec 99. Address it as above. Then from 1 Jan 2000 to 31 Dec 2009. And so on until now. You can always repeat any of this whenever you wish, as other topics may come to view later on and can be addressed then.

Use your own time periods

The dates here are an example. Choose dates to match your own life.

Your mind isn't like a movie

Your memories aren't stacked up like in a movie. You don't have to zoom in on specific events in

the sequence that they happened — just take up and discharge each one as it appears. Continue doing this until no aspect of that entire chunk of your life sticks your attention any more. This may take one session, or it may take many sessions.

Written notes

You might find it helpful to keep a written record of the sessions, at least the time periods covered and topics addressed. It's best to do this as you go along, and not try to remember the details later.

<End of p67>

Question / Direction:

"All right. Let's determine the topic for this session."

Response options:

▶ [I've got a topic now – let's see what options there are to work on it → p20](#)

Pg68 Notes: Session topic – people relief

Overview

Here you will determine what to address in this session. It is best to have already worked through the first three topic pages, i.e., the hottest topics that easily come to mind, those conjured up using the 44-question list, and whatever came to mind while scanning through your entire life. Next is to address people or groups or things that you feel have been hostile to you, or are hostile to you right now, as described below. Read through this whole page before selecting the "I've got a topic" link.

Make the list

In session, make a written list of people or groups or things that you feel have been hostile to you, or are hostile to you right now. As you write down the names, put one, two or three crosses next to the name depending on the level of hostility or bad feeling. This does not have to be exact as it is just to get a rough idea of which to deal with first. Keep writing until it seems like you have written down all the names you need to. You don't need to overdo it as you can always add to the list later. No-one need see this list except you, so you can be honest.

Your list might look something like this:

Mary XXX
James XX
That demon that no-one will believe me about XX
Uncle Frank XXX
God XX
Mother XX
That church group X
Josie X
That nasty guy in the corner store XX
Ann X
George X ?
um . . .

Time to end off writing the list!

Address the first item

Now it's time to take some charge off. If any of the items you wrote down got you yawning already, start with that one – or if more than one, the most obvious one, not necessarily one with the most crosses. Use the usual PaulsRobot procedures with this item until you have discharged it as best you can. This may take one or more sessions.

Note that you are addressing the hostile side of the person, as he/she appears to you. For example, if you are a guy and you are addressing a girl you used to know who gave you trouble, do the session procedures with her acting hostile to you, not with her smiling and taking her clothes off.

Continue with the next item

When you've discharged as much harmful energy as you can with regard to that first person, then go on to the next item on the list. The general idea is to start at the most heavily charged, and work your way down to the least. This may match up with the number of crosses you wrote next to each name, or it may not. Just do it in the order you think best.

If you think of more items that should go on the list, just add them to the list and address them at the appropriate time later in session, or a future session.

Check all the "flows"

Remember to check the different flows when taking charge off a person. What you did to the person may be as important, even more so, than what the person has done to you. And what you observed another or others doing to themselves or others, and yourself to yourself too. If someone has acted in a hostile manner towards you and it is hanging up, it is possible that you have done something to that person or someone like them, so do include imaginative actions of this character while doing the PaulsRobot procedures to pick up the relevant ones you might have forgotten about.

End point

This People Relief routine is completed when you feel like you have discharged as much harmful energy off your list as you can at this time, and mention of a name from your list doesn't cause you a significantly bad reaction. This doesn't mean you have to welcome the person with open arms the next time you see them, although you just might.

<End of p68>

Question / Direction:

"OK. Let's determine the topic for this session."

Response options:

► [I've got a topic now – let's see what options there are to work on it → p20](#)

Pg69 Notes: Session topic – places relief

Overview

Here you will determine what to address in this session. It is best to have already worked through the first four topic pages, i.e., the hottest topics that easily come to mind, those conjured up using the 44-question list, whatever came to mind while scanning through your entire life, and the hostile people or things in your life. Next is to address places that you feel have been hostile to you, or are hostile to you right now, as described below. Read through this whole page before selecting the "I've got a topic now" link.

Make the list

In session, make a written list of locations you feel have been hostile to you, or are hostile to you right now. This doesn't mean the place has to be malevolent in some way, but you don't like the place for whatever reason. As you write down the names, put one, two or three crosses next to the name depending on the level of hostility or bad feeling. This does not have to be exact as it is just to get a rough idea of which to deal with first.

Keep writing until it seems like you have written down all the names you need to. You don't need to overdo it as you can always add to the list later. No-one need see this list except you, so you can be honest.

Your list might look something like this:

School XXX
My first work place XX
The parking lot where I got mugged XXX
Larry's gym X
Dental office XX
IRS office X
Hospital X
um . . .

Time to end off writing the list!

Address the first item

Now it's time to take some charge off. If any of the items you wrote down got you yawning already, start with that one, however many crosses you gave it. Use the normal PaulsRobot techniques with this item until you have discharged it as best you can. This may take one or more sessions.

Different “flows”

Remember to check the different flows when taking charge off a location, as before. What you did at the place may be as important, even more so, than what happened to you there. And the other flows too: what another or others did to themselves or others there, and what you did to yourself

there.

Other items

Then go on to the next item on the list. The general idea is to start at the most heavily charged, and work your way down to the least. This may match up with the number of crosses you wrote next to each location, or it may not. Just do it in the order you think best.

If you think of more items that should go on the list, just add them to the list and address them at the appropriate time later in session, or a future session.

End point

This Places Relief routine is completed when you feel like you have discharged as much harmful energy off your list as you can at this time, and mention of a name from your list doesn't cause you a significantly bad reaction. This doesn't mean you have to rush out and scatter rose petals at the locations, although you just might.

<End of p69>

CHAPTER 5: TESTIMONIALS

These are copied from the Yawnguy page at www.yawnguy.com, which (mostly) has links to their first appearance online. There is little value to a statement like “It's fantastic – JM” without any further attribution.

Rub & Yawn Success

[Photo of Lina] I kept yawning the whole week – it does work! It is very interesting experience actually, as soon as I start yawning I feel much better in a couple of minutes and I keep smiling, can not explain why, just happens! – Lina Bourdon

PaulsRobot Success

I just wanted to tell you that I did a session with the robot today and WOW is all I can say. It really did work. I was skeptical I will admit, but I was very pleased. – JH

Yawnguy Video Success

Who is this guy? He's absolutely brilliant! Fantastic, absolutely wonderful, practical video. – jlandles 28/2/08

PaulsRobot Success

Very interesting, and it works for sure! – Rimma Kukarkin 14/10/07

PaulsRobot Success

Feeling very calm...Recommend this to anyone. – cmc 24/5/08

PaulsRobot Success

Quickly felt empowered – rh 3/5/08

PaulsRobot Success

Feel freed up and happy – Earl 5/5/08

PaulsRobot Success

Took another longstanding negative thought form, and let go of many aspects of it that had actually acted like glue but I had never taken a look at before. It was extremely freeing. I feel very empowered that I never have to get stuck in that mind trap again! AWESOME STUFF!! – Robert 8/5/08

Rub & Yawn Success

[Photo of Guy] Interesting technique – I found it relaxing and energising. – Guy Tweedale

Rub & Yawn Success

[Photo of Vicky] I read all about your Yawn Machine and found it fascinating and yawned about 20 times.....and felt good! I will definitely be passing your web site to others to read. – Vicky Ross

PaulsRobot Success

I did a session with your robot and I found it most valuable if correctly done. Within an hour it helped me in gaining much more control over mental pictures. The amazing thing is that this produced lasting tangible effects in everyday life: some unwanted automatic reactions have completely disappeared! Thank you very much for this tool! – Nico, Italy

PaulsRobot Success

I found your robot quite valuable to me....Although the long term effects of yesterday's use of your robot remain to be seen, I would say that after doing it I did not have socks on. (Also I did not before starting, but that is literally not important here...) (I have often wondered about that phrase "knock your socks off"). Thanks for making that process available online. Good karma for you. – Jim Cline

Rub & Yawn Success

Paul is so good at writing his information and getting the person to relax into a state of letting go. The process is non invasive and easily moves you into an altered state. – Eileen Fairbane

Rub & Yawn Success

[Photo of Rehan] I've visited yawnmachine.com and tried it some few days back. I got pleasure to read through your fantastic machine. Although it took me more than an hour but after this I was relieved. I am thankful to Paul for sharing his ability. Most possible that I will try it for another time. Thank you!. – Rehan Rafique

Rub & Yawn Success

The Yawn Machine renews my awareness and has kept me healthy. I've moved from a dreamy state to an alert one within a couple of hours of starting. I've also recommended the YM to several family members and they have had similar successes when they've tried it. I've found that this is good a couple of days before a major test, event, or when I'm studying. – Stephen Von Hatten, Pismo Beach, CA, USA

Rub & Yawn Success

Only 40 minutes and I discharged an age old stress I was carrying around. Reminds me a bit of NLP. Thanx for putting this up on the web! – Samvado Gunnar Kossatz

[This] has become even more mysterious. The problem I was auditing was about relationship patterns of mine. One very important person regarding this pattern I had tried to get in contact with (to clear things up) for 10 years now asking everybody I thought could help including web-searches etc. without success. She mailed me about 5 hours after I finished the [session]. Blew my socks off! – Samvado Gunnar Kossatz.

Rub & Yawn Success

[Photo of Saravjit] I visited www.yawnmachine.com and tried out your technique. It is brilliant and it works! It is fascinating to be connected to a soul who is contributing so much to all of us and helping us relieve the residual poison of modern life – personal stress. – Saravjit Singh

Rub & Yawn Success

I must tell you, I stumbled on your yawn guy site and checked out the yawn video. I have been depressed and have severe anxiety for the past few years. Your video really helped me. I was amazed that it worked. I felt this serene, genuinely happy feeling after finishing, something that I had not experienced in quite a while. I felt light, like a cloud and not anxious at all, for around 3 days after doing it, I actually laughed a lot and felt genuinely happy, after doing it the first time. It was a total Godsend. I definitely felt more at peace for around 3 days. Then I went on the internet and looked up negative stuff and slumped back a little into my depression and anxiety, but then I checked out the video again and it helped me. I was amazed at how much the theory behind it made sense. I was having trouble controlling my mental pictures, I kept seeing negative things in my mind all the time. I felt like the world was against me or something, and nobody was friendly, but I guess it was me thinking that people were gonna give me experiences that I had experienced in the past, in the present. Thank you so much for the video, I was more there after doing it. – [Message Board post] Lemuria 10/5/08

Rub & Yawn Success

[Photo of Lynda] A quick try of the Yawn Machine certainly proved its worth even in that short time. Definitely going to try it again and will probably do so on a fairly regular basis. Thank you! – Lynda Cookson

Rub & Yawn Success

Total focus on a relationship issue helped to move it forward. Didn't yawn but felt the issue change and the tension release, very calm at this time. – (Group session) Peter Thompson, 10/2/08

Rub & Yawn Success

Image became intangible and floated around. The time-shift was a really powerful feeling. – (Group session) G.R., 10/2/08

Rub & Yawn Success

[Photo of Nimsy] I watched your [Rub & Yawn] youtube video, which I found amazing. I went along and did the technique while you were explaining it, and found that the problem I was working on unblocked and cleared. I definitely found the [Rub & Yawn] technique useful and will be using it again. – Nimsy Sleep Tips

PaulsRobot Success

I straightened out 2 major things in my life in just 2 sessions that I had been carrying around with me for 20 & 10 years. – Chris S 24/5/08

Rub & Yawn Success

[Photo of Paul] I just wanted to tell you how grateful I am for your rub and yawn technique. I have always rather severe bouts of depression but once I made an effort to use the technique to release it regularly I feel it comes far less frequently. Thanks so much. – [Facebook message] Paul J. Salerno 2012-10-27

Rub & Yawn Success

[Photo of Clifford] Paul, you are brilliant. Just tried your Rub and Yawn tech. Got it going after doubts at start. Laughed an awful lot as well, felt very good and free. – Clifford Taylor 6/6/10

PaulsRobot Success

I use PaulsRobot a lot and I find it awesome! – [Message-board post] kate8024 2014-02-22

PaulsRobot Success

Brilliant. This really works! Wish I would have found this sooner! – Ronnie, Southern CA 2010-12-17

PaulsRobot Success

Works perfectly, now I have a whole new game to play!!! Paul Edward Barber, Seattle, WA 2013-02-13

PaulsRobot Success

I think that I have changed for the better, this actually made me think about my situation in a slightly different perspective. Darkfury, Rockland, ME 2013-01-02

PaulsRobot Success

I have really appreciated the service. Couldn't have gotten through this stressful year without the Rub & Yawn. – PaulsRobot Subscriber 7/6/11

PaulsRobot Success

[Photo of Nicholas] Great Stuff! I wish I had found out about this kind of thing many years ago. The Core Rub & Yawn process works wonders. When done correctly the results are amazing. – Nicholas Cope, Shropshire, UK 19/6/10

Rub & Yawn Success

[T]his [Rub & Yawn video] had me feeling as light as a cloud for days...I was just feeling vibrant from the inside, very happy, like the weight of the world I had been carrying around dissipated...It was a priceless, euphoric feeling...I had gone for so long feeling immense stress 24/7, and the after effect was the most genuine, serene, happy feeling I have ever felt or recall feeling. It was like I could once again experience the way I saw the world as a carefree happy child, very in control of my thoughts. – [Message Board post] Pocky 29/8/08; a member of AboveTopSecret.com in the thread *Stress releasing video. What a godsend.*

Rub & Yawn Success

WOW thanks a lot I am feeling better. – [Message Board post] Spike Spiegle 3/9/08; a member of AboveTopSecret.com in the thread *Stress releasing video. What a godsend.*

PaulsRobot Success

WOW – Really great session. I'm always amazed at how well these robot sessions work! Made some nice break throughs, and insights. Feeling much better! Restored enthusiasm for work!! – Robert, Denver, Colorado USA 2012-04-14

PaulsRobot Success

I like Paul's Robot. Fun. – [Message Board post] thetanic 28/9/08

PaulsRobot Success

I tried it and found it very effective! :) – [Message Board post] Panda Termint 15/7/09

Rub & Yawn Success

I've done rub and yawn. It was really nice. It was very valuable to me. – [Message Board post] Alanzo 17/7/09

Rub & Yawn Success

I tried the "Rub and Yawn" and it worked without question. It also provided a visceral idea of the relationship of body to spirit, valuable to me both spiritually and artistically. – [Message Board post] nexus100 31/7/08

Rub & Yawn Success

[Photo of Patricia] I had a look at your web site and as I touched things and yawned the problem became more distant. Because I could disassociate then I could solve the problem fairly easily. – Patricia Irvine

PaulsRobot Success

I've been using your Robot [Facilitator] for years and find it very useful, thanks! – PaulsRobot User 19/12/11

Rub & Yawn Success

[Photo of Lee] I had a chance to look at your website and tried out the yawn machine – I'm very impressed! If nothing else, it has got me thinking about the times and circumstances every time I yawn – which helps me understand a bit more about myself! Very effective! – Lee Lam 21/10/07

Rub & Yawn Success

Hi Paul, I just tried your Rub & Yawn procedure for the first time. Love it. That's a fantastic way to restore energy. Thanks for that. – [Message Board post] Gottabrain 28/12/10

GLOSSARY

6-Direction Technique: A very effective creative visualization procedure, in which the person recreates the most important (at that exact moment) elements of a charged topic and places these mental/emotional creations in different directions around his body, as a means of discharging the unwanted energy attached to them. This is also done to gain control over such mental images. Includes directions like "Put that topic above you."

Charge: Harmful subtle energy connected to a topic or incident, made from blocked life-force, that is released in a session. This release is often accompanied by yawns or sighs or other bodily discharges. When topics or incidents are fully discharged the memories remain but they are no longer unpleasant.

Discharge: The entire aim of Rub & Yawn and almost all of the PaulsRobot procedures is to release the charge stored (mostly) in the space of the body and about a meter around it in the associated subtle energy fields there. The subtle energy effects are not readily seen, but the physical manifestations (shutting down or discharges or neither) are fairly obvious and can be worked with as excellent indications of what to do next.

Flat: A procedure is flat when there is no more change occurring, no more charge coming off.

Flow: One of the directions an action can take. The main flows are (Flow 1) something happening to self or another/others doing something to self, (Flow 2) self doing something to another/others, (Flow 3) something happening to another/others or another/others doing something to themselves or others, and (Flow Zero) self doing something to self. Any one or more of these flows in an incident or topic could be charged and need relieving. Some examples are (F1) Alice hits you, (F2) you hit Bob, (F3) Celeste hits Dave, and (F0) you hit yourself.

Ownership: Sometimes handling a specific charge works better when the person concentrates their attention into a particular area of the body or space around them, as if the charge were "owned" there. The more familiar alternative is to address some charge generally.

Reach & Withdraw: A simple and effective procedure to gain familiarity with something, whether a real-life object/area or a mental-emotional memory. One reaches, putting attention on the thing, then withdraws, taking attention off the thing, then reaches again, and so on.

Residual discharges: Yawns or other discharges that sometimes come off at the beginning of a Rub & Yawn session, formal or informal, that are not connected to any specific topic. These would occur irrespective of whatever one's attention is on.

Rogerian: This is the only talk therapy of the three techniques used here at PaulsRobot. The other two are 6-Direction and Reach & Withdraw. It is designed to be as close as possible to real Rogerian Therapy from a regular human counsellor.

Rub & Yawn: A newly-developed procedure that can be used at any time. Contains three parts:

- vigorous **rubbing** of the body to energize it, and
- visualization in various specified ways of one's charged topic, resulting in
- **yawns** or other clearly visible physical discharges showing harmful energy being dissipated.

Session (at PaulsRobot): Period of time with a start and an end in which the user manipulates and discharges mental-emotional images.

Sessionable: In good shape for a session. Ideally, this means be well-rested, well-fed, not under the influence of drugs or alcohol, willing and able to read and follow the instructions, and have no distractions, enough time for the session, and nothing else likely to pull you out of session.

There is a sliding scale here, with session success being more/less likely as one's sessionability increases/decreases.

Shutting down: Going foggy, blanking out, losing focus, even slightly, as a result of some charge getting triggered. It is resolved easily by vigorous Rub & Yawn as long as one catches it in time. If not, it is easy to go to sleep, wasting valuable minutes of session time or life. It happens in life too, not just sessions, and the same remedy works in life.

Subtle energy: High-frequency energies of various kinds thought to make up the extended anatomy of a person (chakras, meridians, auric fields etc). The charge associated with the sensations, emotions and thoughts contained in a person's baggage also seems to be made up of subtle energy.

SUDS (Subjective Units of Distress/Disturbance Scale): A standard 0-10 negative scale for a client to rate her topic both before and after a session.

SUSHI (Subjective Units of Session Harmony and Insight): A new 0-10 positive scale for a client to rate her condition and ability or inability to find anything negative now to continue the session on.

Topic: The charged subject of a session, very personal to the individual, selected by the user and not from a provided list. General suggestions may be made, like *Relationship trouble?* but it is the user who selects his actual topic of *Lyn Rizzergard next door*.

Trigger: Cause a topic to go from a dormant state to an active one. Cause the charge from a topic to suddenly become active and impinge on a person, so that he will experience the downscale sensations, emotions and thoughts contained in this piece of "baggage" and tend to "act out" its content. In advanced PaulsRobot work one triggers things selectively and deliberately so that the topics in question can be discharged and therefore not be available to be triggered in the future. Life triggers topics randomly. In these sessions we aim at desensitizing such triggers.

Trio: A name for the grouping of the three procedures used here, Reach & Withdraw, 6-Direction, and Rogerian.

User: Client; person having a session at PaulsRobot, more active than a mere viewer. PaulsRobot is designed to be used by normal people, not clinical cases or the dysfunctional.

Yawn and Grow Rich course: A [free course](#) based on Napoleon Hill's famous book, *Think and Grow Rich*.

Yawnguy videos: Various [YouTube videos](#) that give a Rub & Yawn session to the viewer in real time.

Yawn Machine: A [text-only explanation](#) of Rub & Yawn. This informal procedure can be done anywhere, and doesn't require any text in front of one.

<End of book>