

# Vipassana



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**I**n a few weeks I will spend 10 days in silent meditation near Kaufman, Texas. I have never spent more than an hour in meditation and I have never done anything like this before. That is one of the reasons I am doing this, but I also want to observe my mind for an extended period while my intention is to exert no control over it at all. This has academic, philosophical, professional and personal appeal to me; although I may never do anything like it again. I am usually thinking about something more or less intentionally

and I have no wish to give that up. I think the here and now is generally overrated unless I am anxious or angry, in which case it is the best place to be while these counterproductive psychophysiological emotions subside. Also, it is sometimes nice to notice the landscape.

I regularly lead clients who suffer from anxiety or anger toward some discipline of intentional relaxation that suits them. The discipline can be as mechanical as neurofeedback or it can involve sophisticated metaphysical philosophy and elaborate practice. The point is to get whatever issues my client believes are *causing* their anxiety or anger off the table, so they can pay attention to the state their body and mind are actually in. It turns out that in this condition people can relax the tension that perpetuates their activated state, just as they can intentionally raise their arms or wiggle their ears. I sometimes demonstrate this by actually training my clients to wiggle their ears, and by hypnosis or guided relaxation. Once they understand their anxiety or anger as habitual physical behavior, they can begin to systematically retrain themselves to the new habit of equanimity. Trust me. Call me.

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