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**abc16. The State of Rapport**

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For those people who do not know of this word is pronounced as rappor with a drawn out ‘o’ as in the oar of a boat. We will define ‘rapport’ as a place the mind gets to when it focuses intently on itself. It is a relaxed blank mind state that is, in fact, an altered state of consciousness. Meditation and the state of hypnosis are very similar if not the same thing. A peak experience is also an altered state of mind where intent, sustained focus is directed on some exhilarating experience.

Meditation has three stages that are claimed to exist but ‘Rapport’ has only one state, blissful relaxed focus on oneself. Getting in rapport with another person is a separate skill that some people have learned to master. Those skills are not the topic of this paper. Getting in rapport with oneself is just as valuable a skill and can lead to many wondrous things.

In the state of ‘Rapport’ one can give instructions to oneself. One can talk to oneself and ask oneself to perform tasks. The key skill to learn when attempting to get in “Rapport”, is how to get to that state of mind where these things are possible. That may take some instruction.

Learning how to make your mind go blank is not an easy skill. It takes time and effort but everyone can do it. There is no one, that is of sound mind, that cannot achieve “Rapport’ with themselves. Causing all thoughts to just stop seems impossible to many, but that is just because they are not open to the impossible.

Drills will help a person achieve ‘Rapport’ with themselves. There are many drills and many relaxation techniques. Guided imagery, backward counts, intent focus on an itch, muscle relaxation and many other well known procedures. It will take a minimum of 21 days of daily practice to build a mind-tool that will ease oneself into Rapport. Once built, that tool can be used for a lifetime.

This article is placed here as a sort of dangling carrot, so to speak. Those people who pass it off as nothing, will not achieve the benefits of this state of mind. Those people who, see the light, will enquire further and learn new skills to help them with the fast paced stressful lives that we all live today. For those with eyes to hear and ears to see, there are new adventures waiting.

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