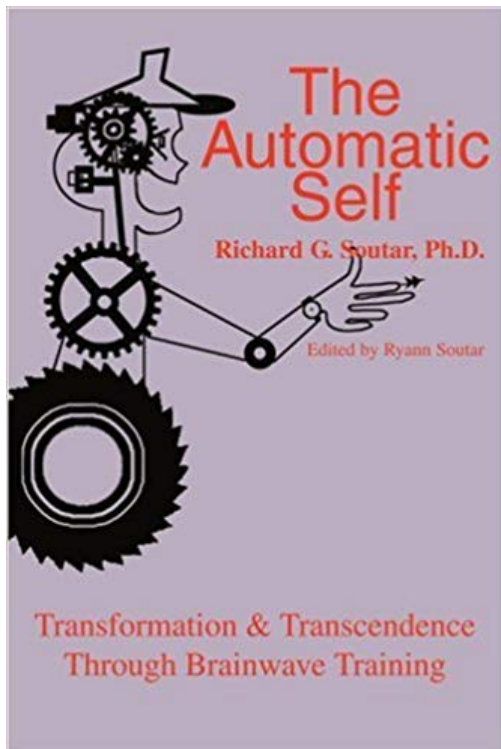


The Automatic Self: Transformation & Transcendence Through Brainwave Training *by* Ryann Soutar, Richard Soutar



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The Automatic Self explores the reasons for our behavior from the perspective of the behavioral sciences and neuroscience combined. It sees the reason for much of our suffering grounded in the automatic mechanisms of the brain and how they dominate us until we mature enough as social organisms to become highly self-aware and learn to direct and control them through positive effort. This book further offers to make available to the reader the latest neuro-technologies that can help us transform ourselves. Through enhanced self-awareness training and the social accuracy that results from such training we can move into a life where we can successfully access the social resources we need to thrive as individuals and move beyond individual transformation and into the fulfillment of self-transcendence.



Reviews of the **The Automatic Self: Transformation & Transcendence Through Brainwave Training** by Ryann Soutar, Richard Soutar

Marilbine

I highly recommend this book. Dr. Soutar integrates quantum theory, neuroscience, and spiritual (soul) considerations within the context of brainwave training in a clear, understandable narrative that both professional and lay readers will find highly engaging. Explained in the book is how our habitual ways of thinking and doing lock us into closed routines of living and how brain-wave training can help us transcend this closed circuitry. The neural activities in these closed brain circuits can be observed through QEEG recording analysis. Suggestions are given on how brain training, which alters neural activity, is itself a spiritual journey. Dr. Soutar is well read so this book is also an excellent source for references and further reading on this area.

Granijurus

If you know anything about Buddhism spend your time in practice rather than reading this book. Yes there are about 500 words about neurofeedback (of which I am a total believer); the rest is a collection of disconnected notecards about developmental theory, neuropsychology, pop psychology, psychotherapy, mystical insight and other stuff that doesn't seem to fit. And the editing is dismal. It is full of syntax and grammatical errors. I do believe Soutar is a brilliant man but he should spend some time as a recipient of neurofeedback to work on his own ADHD and lack of focus. Dr. Soutar you have profound insight and you can do better than this.

Tygokasa

From social distress, stress, and fear to our own self-fulfilling prophecy, *The Automatic Self*, helps the reader understand how individuals evolve into the persons and personalities we become, victims of our own 'core beliefs', through our life experiences and automatic nature. Soutar notes,

"The self, then, is a sensory-based information system that selectively absorbs information from the environment in an automatic fashion based on priorities established as a consequence of the history of interactions. The prime directive in this system is to avoid pain and access pleasure... The self becomes an automatic response system that operates very fast and mostly below the level of self-awareness."

This book helps the reader understand the destructive and non-productive thinking patterns that work against optimal health, while simultaneously guiding the reader towards the paths of wellness and wellbeing.

As a pioneer in the field of neurofeedback, Soutar also outlines how with brain-wave training, or neurofeedback, individuals can become self-aware as a consequence of the training and thus, start catching themselves in their automatic thoughts. *The Automatic Self* is not a self-help book, but rather a book on how to best understand and help yourself.

Robert, E. Longo, MRC, LPC, BCN
Therapist/Neurotherapist
Cotton Grove Family Physicians

Kerdana

The anchor topic of the book is neurofeedback (EEG biofeedback). However, The Automatic Self goes far beyond neurofeedback and touches deep layers of human life. This book is about us - about you and me.

The Automatic Self is one of those rare visionary books that are obviously the result of decades of personal experience transformed with great empathy into insight and wisdom. If you are - like me - interested in understanding what makes us humans tick, the Automatic Self is certainly a book for you. I appreciate its easy-to-understand language and its structured logical flow.

After having conquered stage one of learning neurofeedback - the familiarization with equipment, neurosciences, protocols, certification etc.- you are ready for stage two. Stage two is to become a mindful provider. That's where The Automatic Self comes in. If you intend to go there, You may not just want to read the book; you may want to understand and integrate Richard Soutar's message. So far, I have not come across anything else that could match it.

The only thing I stumbled over is the word "automatic" as illustrated on the cover by cogwheels; it may be misleading and limiting. As a natural scientist with a shamanic flair I do not discover anything automatic whatsoever about individual human life. I prefer to call what the book is truly about rather the "non-conscious" Self. Semantics.

If you are not a neurofeedback provider, you may benefit from the book just as much. If you are interested in your own Self and the Self of others, here is quite a bridge between technology, science, and spirituality. I am impressed, feel inspired and motivated by Richard Soutar's thoughts. As a human being, an active meditator, a human factors expert, and as an experienced neurofeedback provider, I highly recommend the book.

Martin H. Gremlich MSc .Nat. ATP, life skills coach, human health and behaviour, founder of Institute for Human Biology, author of ASP Sleep Profile."

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