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Psycho-Integration

The Silence of Thought: A Method for Regulating Psychic Life Through Sensory, Motor, and Verbal Focusing

Author: Georges Pégand

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Psycho-integration is a method of sensory and motor focusing that helps achieve psychic balance and neurovegetative harmony.

Created by Georges Pégand, psycho-integration is a method of sensory and motor focusing that helps achieve psychic balance and neurovegetative harmony.

Inspired by mystics who practiced dhikr and similar methods practiced by Christians as "Prayer of the Heart," philocalia, hesychasm, and epiclisis, Pégand discovered that monastics had achieved the best conditions for nervous system balance in and through prayer. He then developed a neurocybernetic model of human behavior and experimented with it at Bordeaux University Hospital and in a center for people with cerebral palsy.
