

FIRST ANNIVERSARY ISSUES

ALTERED STATES

MYSTERIES OF THE MIND

2024

FIRST ANNIVERSARY
ISSUE

**BLOG.
HYPNOSIS.
LAND**

ACROSS CULTURES & TIME

**SAME,
SAME, BUT
DIFFERENT**

THE BRAIN: WAVES,
NEURO-CHEMISTRY &
ENTRAINMENT

HOW DEEP WILL YOU GO?

WELCOME

ALTERED STATES: MYSTERIES OF THE MIND

VOLUME 1

Hello...

Welcome to the first anniversary issue of:
Altered States: Mysteries of the Mind.

I'm John Vincent, co-founder and researcher of
this project aimed at highlighting...

That for eon's of time... across every culture and
country in the world, its the same, but different.

Altered States of Consciousness (ASC's) have
been used for two main purposes:

1. Insight & Intuition. This comes from the
Oracle, Shaman, Witch-Doctor etc. or it comes
from Within You.

2. Healing & Change. This is either created by
the Healer, Medicine Man etc. or it comes from
Within You.

Within these pages we visit ancient Egyptian
Civilization, connecting it with understandings
from Heart-Math and other Neuro-Physiological
discoveries, gaining deeper insights into
consciousness.

Then take a trip to India and understand the
notion of Unity from multiple ancient
perspectives.

We present some of our favorite blog topics
from the first year of exploring:

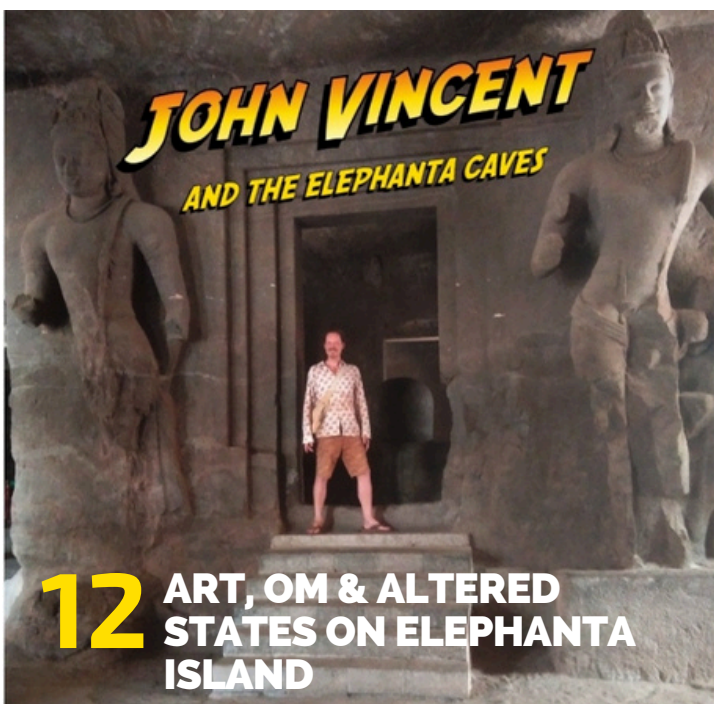
Ancient Civilizations & Altered States of Consciousness

Peace,
John Vincent

Researchers & Editors:
John Vincent &
Heloise Hedge

Writers: John Vincent,
Heloise Hedge &
Sam Jones

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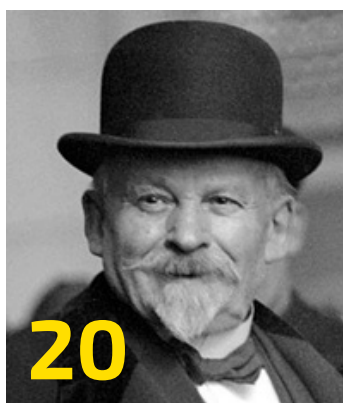
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ART, OM & ALTERED STATES ON ELEPHANTA ISLAND



ANCIENT EGYPT

In Ancient Egypt, the Pineal Gland was symbolically represented as the 'Eye of Horus'.



ÉMILE COUÉS

"Autosuggestion, is quite a new subject, and yet at the same time it is as old as the world."

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Ancient Egyptian Symbolism, Piezoelectric Crystals & Your Pineal Gland

Aortic Standing Waves, the 4th Ventricle and more...

The connection between the Eye of Horus and the human brain's Ventricle Systems is a fascinating one...

In ancient Egyptian culture, the Eye of Horus was a representation of the concept of **'wholeness'** and **'completeness'**.

It also offered protection against illness and harm.

The Eye of Horus is a composite symbol with six different parts, each with their own mythological and symbolic significance.



Smell, Sight, Wisdom, Hearing, Taste and Touch.

The Eye of Horus can be seen as a representation of the brain's vital fluid systems, important in maintaining balance, health and well-being.

The brain's ventricles are fluid-filled cavities responsible for the production of **Cerebrospinal Fluid** and its circulation...

Playing a crucial role in protecting and nourishing your brain.



Mathematical & Anatomical Precision

One of the most intriguing aspects of the Eye of Horus is it's **mathematical composition**.

Comprised of six distinct parts, each of these is assigned a fractional value: **$\frac{1}{2}$ $\frac{1}{4}$ $\frac{1}{8}$ $\frac{1}{16}$ $\frac{1}{32}$ $\frac{1}{64}$**

These fractions, with their precise values, hold both mathematical and mystical significance.

$\frac{1}{2}$ Smell: the Triangular Part

The triangular part on the left (front) of the eye's pupil symbolizes smell.

Remarkably, this corresponds to the olfactory (sense of smell) tracts within the brains structure.

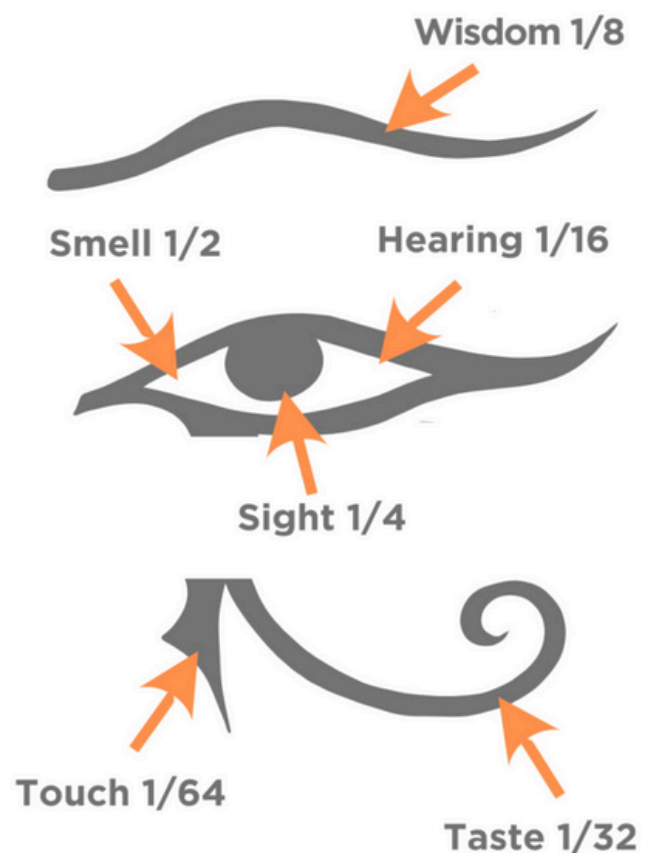
The alignment suggests that the **Ancient Egyptians** had deep understandings of neural pathways and complex neural processes.

$\frac{1}{4}$ Sight: the Pupil

The central pupil of the Eye of Horus represents sight...

Mirroring the pathways in the brain responsible for visual perception.

THE SIX PARTS OF THE EYE OF HORUS UNPACKING THE SYMBOLISM



EXPLORE MORE @ [BLOG.HYPNOSIS.LAND](https://blog.hypnosis.land)

The 6 Parts of the Eye of Horus

1/8 Wisdom: the Eyebrow

Wisdom is depicted by the eyebrow of the eye, aligning with the Corpus Callosum's location and shape in the brain.

The Corpus Callosum serves as a conduit allowing information to transmit between the brain's hemispheres.

It symbolizes the important connection between wisdom and cognitive harmony.

1/32 Taste: the Curved Tail

The curved tail symbolizes taste, mirroring the pathways associated with the interpretation of taste sensations in the brain.

1/64 Touch: the Straight Object

The straight object descending from the eye, represents touch. In the brain this aligns with the **Somatosensory Pathways**.

These pathways are responsible for conveying various bodily sensations...

from the lightest of touches to Proprioception (otherwise known as Kinesthesia).

The relationships between the Eye symbolism and corresponding parts of the brain are uncanny and suggest a deep understanding of neural pathways of the brain, their function and how to 're-program' them.



The **Light** Came from **Within**... Piezoelectric Crystals in the Brain, the Pineal Gland & Enlightenment

Did you know there are crystals in your brain?

Recent discoveries shed light on the connection between the brain, Piezoelectric Crystals and...

The '*Seat of the Soul*', the Pineal Gland deep inside the brain.

Sparking intriguing discussions about its potential role in higher states of consciousness.

The human brain continues to amaze scientists and researchers alike with its intricate mysteries.



Piezoelectricity in the Brain, a Surprising Revelation!



Piezoelectricity is the property of certain materials to generate electrical charges in response to mechanical pressure.

Crystals are not something you might typically associate with the soft tissue of your brain...

But emerging research reveals the presence of **Piezoelectric Crystals** in our brains.

The Pineal Gland's Role in this Enigma...

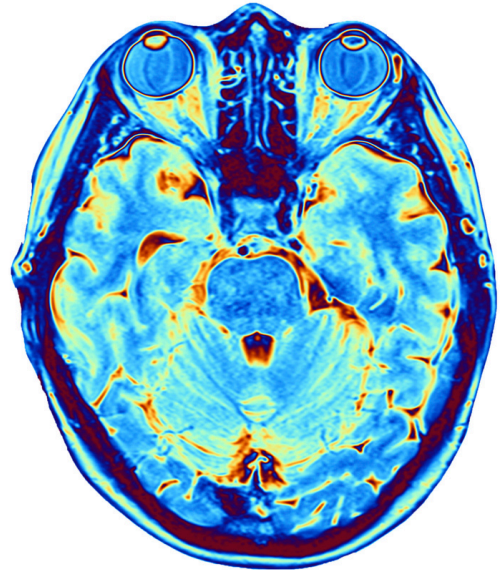
The Pineal Gland is a small pinecone-shaped gland inside the **Third Ventricle** of your brain... and it has been associated with mysticism and spirituality throughout cultures and ages.

Could this **Piezoelectric Effect** play a role in our spiritual experiences and Altered States of Consciousness?

Many think that this would help to explain part of the mystery of ancient **Mystical Experiences**.

This idea has been gaining mainstream scientific acceptance...

...so yet again, science proves what spirituality has been teaching for centuries.



Crystals in the Brain: Reaching Enlightenment

So, how does it work?

The **Mechanical Pressure Waves** generated during deep meditation, breathing techniques and other practices stimulate the Piezoelectric Effect in the Pineal Gland's crystals in the brain leading to:

Unique Neurological and Spiritual Experiences... and even linked to **Enlightenment**.

Called the 'Third Eye'... light of all colours is produced by these piezoelectric crystals... the effect of this being similar to light hitting the back of the retina, except **the light comes from within**.

Deep inside the brain, crystals are creating 'Visions' and Mystical Experiences.

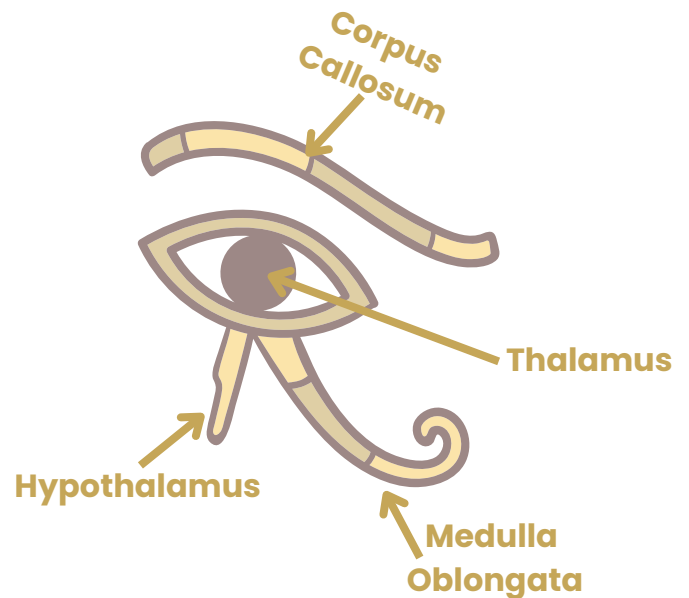
In many ancient cultures, the **Pineal Gland** was symbolically linked to the '**Third Eye**' representing spiritual insight beyond ordinary perception.

In Hinduism, the 'Ajna' (the brow chakra) represents the third eye.

and in Ancient Egypt, the Pineal Gland was symbolically represented as the '**Eye of Horus**'.

For Tibetan Buddhists, the 'Third Eye' represents inner vision, intuition and higher states of consciousness.

and 16th Century philosopher René Descartes referred to the Pineal Gland as the "**Seat of the Soul**".

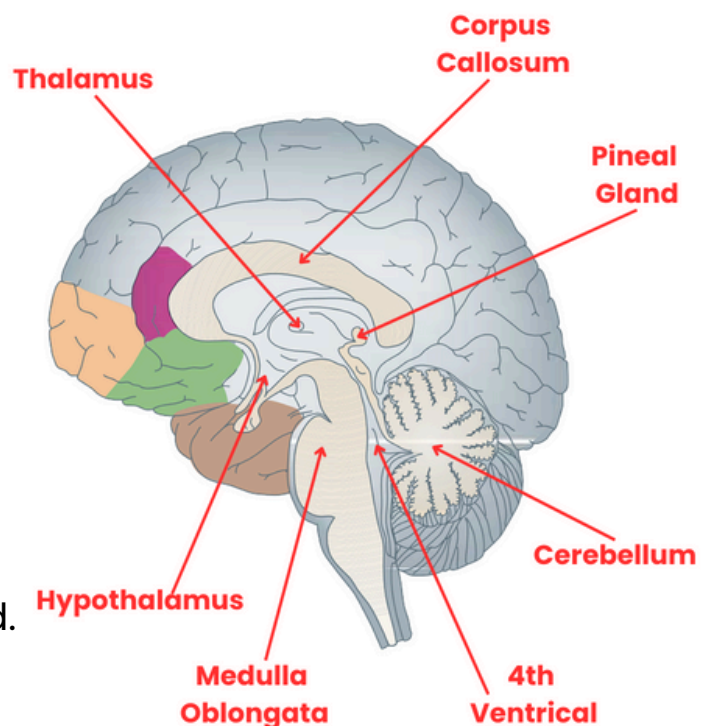


The Pineal Gland is located near the Fourth Ventricle

The Fourth Ventricle (in the brain stem) is integral to autonomic functions: including heart rate, breathing and consciousness.

The brain's Ventricular System consists of interconnected fluid-filled spaces (or ventricles).

These are crucial in the circulation of Cerebrospinal Fluid (CSF) throughout the brain and spinal cord.

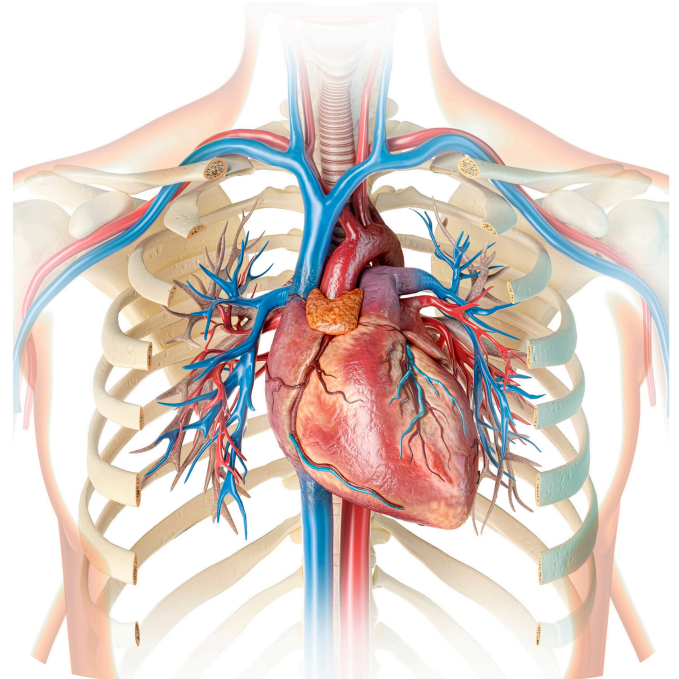


Aortic Standing Waves & the Fourth Ventricle, Neural Signaling from the Heart to the Brain

The Aortic Standing Wave refers to the Rhythmic Oscillations of blood pressure and flow within the Aorta (the body's main artery).

This wave arises from the interaction between the heart's pumping action and the arterial systems.

"A standing wave is the combination of two waves each having the same amplitude and frequency, but moving in opposite directions."



During Meditation, Hypnosis and other similar practices the Parasympathetic Nervous System becomes more dominant...

This means a reduction in heart rate and blood pressure.

This shift creates a more Coherent Cardiovascular Rhythm.

Practicing **Heart Brain Coherence** changes your Aortic Standing Wave. This changes the way you feel, your healing response and even develops deeper spiritual connections.

Heart-brain coherence is a state of optimal functioning... where your heart, mind and body are in synchronization. How? Deep breathing while focusing on gratitude or love to create heart-brain coherence.

Your Heart Influences Your Brain

The Aortic Standing Wave is a pressure wave...

This **Physical Pressure Wave** transforms into an **Electro-Chemical Wave** through the creation of an electrical charge due to applied mechanical pressure (the Piezoelectric Effect).

This Physical Pressure Wave, generated in the heart, modulates the Fourth Ventricle deep inside the brain.

As the pressure changes, the electrical systems in the brain change. This initiates a cascade of neural responses and in turn creates the **Altered States of Consciousness** experienced during meditation.

The transformation of physical cardiovascular waves into neural signals contribute to the heightened sense of tranquility, clarity and **altered perception** often reported by meditators.



In Summary... Crystals in Your Brain

A deliberate act like **Meditation** stimulates the Parasympathetic Nervous System, this in turn changes blood pressure and heart rate... putting the heart into a **Heart Brain Coherence**... Heart-Brain Coherence changes the Aortic Standing Wave (a pressure wave).

This physical pressure wave is transformed by Piezoelectric Crystals deep inside the brain into electrical signals, activating different circuits in the brain... creating **Altered States of Consciousness** and deeper spiritual connections.

Art, Om & Altered States on Elephanta Island

...aka the City of Caves (Gharapuri)

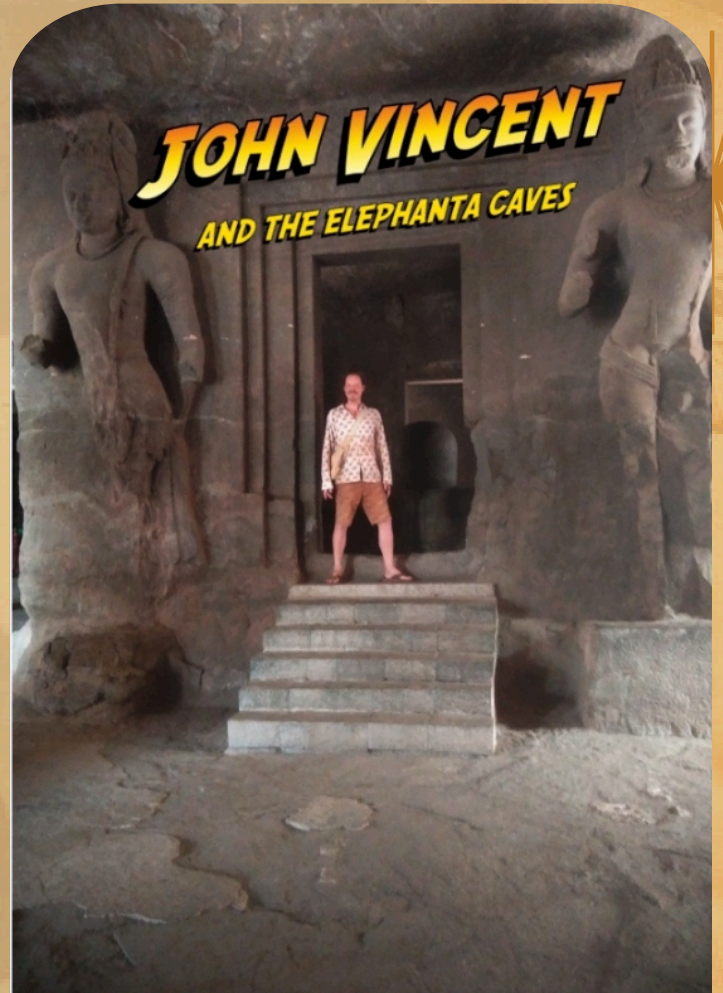
By John Vincent...

One hour after setting sail (crossing 10km of the Arabian Ocean) just south of Mumbai, India, we land.

Setting foot on 'Elephanta Island' or Gharapuri, the City of Caves, we began the hot trek upwards... to Elephanta Caves.

Dug deep into the volcanic rock formation, these caves were built well over a millennium ago.

Excavated by hand and covering an astounding 60,000 square feet.



Entering cave number one of five... the scale of things is quite mind-blowing.

Astoundingly impressive, the caves are carved out of solid rock, a temple structure complete with detailed sculptures and reliefs...

But there is much more to: Elephanta Caves...



ENTRANCE TO THE CAVE OF ELEPHANTA.

Elephanta: 60,000 Square Feet of Temple Caves

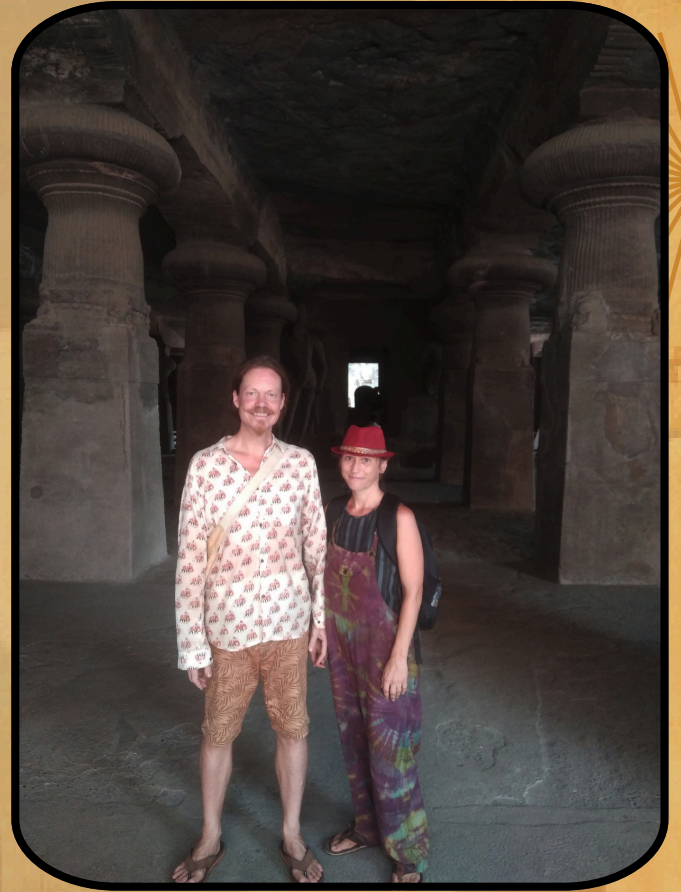
Sunlight filtering through the doorway, casting a dramatic light on the colossal pillars lining the interior, our expedition begins...

The Elephanta main cave follows a 'mandala design' according to archaeologist George Michell.

Geometrically laid out in this balanced, mathematical, artistic way, representing the divine source from which creation emanates.

What is it that drove people to create these kind of amazing places?

Spending decades, centuries, a life-time constructing these marvels... this takes real devotion.



What was it they were trying to say? What message did they want to travel through time?

I believe that at the heart of the Elephanta Caves lies a profound message!

A message as relevant today, as ever... a message about the spiritual journey of the individual soul.

The Ultimate Goal of the Spiritual Journey: Union with the Divine

Through intricate sculptures, reliefs and architectural design, the caves offer deep insights into the stages of spiritual evolution... and ultimately the path towards enlightenment.



The Shiva and Parvati depiction... a celebration of divine love and partnership, and also the triumph of good over evil.

Representing the **Cosmic Balance** and Harmony between Shiva (the Masculine Principle) and Parvati (the Feminine Principle).

These are mind-bogglingly remarkable rock-cut sculptures.

The intricately carved figures (some standing up to 20 feet high) were made to express these philosophies and pass them on throughout time.

The Hindu Cosmology teaches the interconnectedness and unity of all things and existence...

With the divine permeating every aspect of creation.

This is the same message that quantum mechanics teaches us... and the timeless message of *Animism*.



Om in a Small Cave

The remains of a Buddhist Stupa and caves for meditation have been uncovered in the cave system and date as far back as 2200 years ago...

Finding one of the smaller caves, deeper into the complex, an urge to start 'toning' took me.



Shiva (who the temples caves are dedicated to) is the original master of Yoga.

'Om maṇi padme hūṃ' is the main Buddhist Mantra, so Om (or Aum), seemed like the obvious sound to chant...

Joining me, my traveling companion brought in the feminine energy and timber to the vocal toning.

Suddenly the small cave filled with sound...

Volume is an interesting phenomena. The energy of the vocal toning became concentrated as the sound-waves interacted with the cave walls, reflecting back, enriching the overall tone and creating a denser sound field.... almost like they were designed for this exact thing!

The effect was mesmerizing... taking me back, years in time, to the first powerful experience of over 150 people chanting 'Om' sitting in a circle, under a Banyan tree... the chorus effect and magnitude of the sound resonating my body.

Trapped within the cave walls, the sound waves transformed the experience of our vocal toning... leaving me to meditate for a short time alone in this cave my partner wondered off...

"The goal of life is to radiate happiness from each and every cell of your being"

Shiva Sutras



Shiva is the first teacher of the science of Yoga and Elephanta Caves has one of the oldest sculptures depicting him Meditating in Lotus Position.

Thousands of years later... here I am, in lotus, deep in meditation . . .

Dissolving into the formless...

One with All . . .

"Everything is nothing, and nothing is everything"

Altered States & Adventures

Are you ready for the trip of a lifetime...?

Join us in 2025 for an Adventure in Nepal in Altered States... forget trekking to Everest base camp... we'll be going deep 'Inside'.

Sound Healing, Tibetan monks Chanting, Deep Meditations and Mindset Mastery workshops...

Plus of course you'll have a guided tour of the 'City of Temples' Kathmandu and so much more... check our [website](#) for details.

NEURAL OSCILLATIONS



Brainwave Frequencies (or **Neural Oscillations**) refer to the electrical patterns produced by synchronized neuron activity in the brain.

Brainwave activity is a result of this intricate electrical communication between billions of neurons in the brain... Neurons are specialized cells that transmit information through electrical and chemical signals.

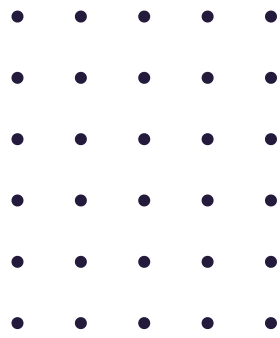
When these neurons communicate with each other, they create 'electrical impulses' that can be measured by EEG electrodes placed on the scalp...



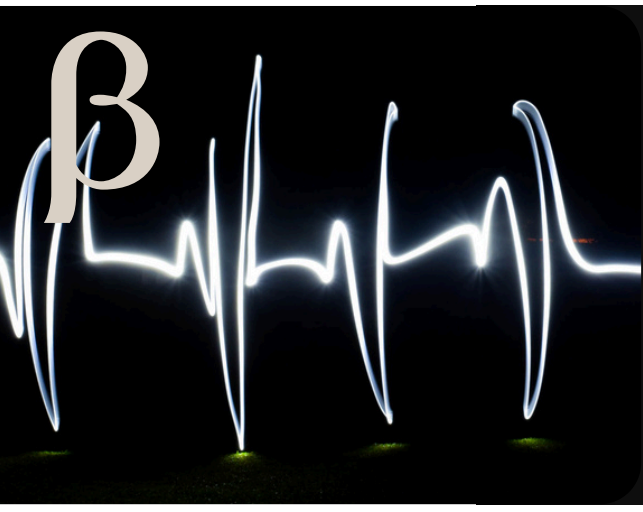
- • • • • As the neurons send signals back and forth they produce
- • • • • rhythmic patterns of electrical activity, giving rise to
- • • • • measurable brainwave oscillations.
- • • • • These Neuro-Oscillations are the **'symphony of the brain'**
- • • • • with different groups of neurons working together in
- • • • • synchronized patterns....

These electrical signals are measured in cycles per seconds or Hertz (Hz). The brainwave patterns can be categorized into different frequency bands based on their oscillation rates...

With each brainwave frequency associated with different mental states, cognitive processes and levels of consciousness.

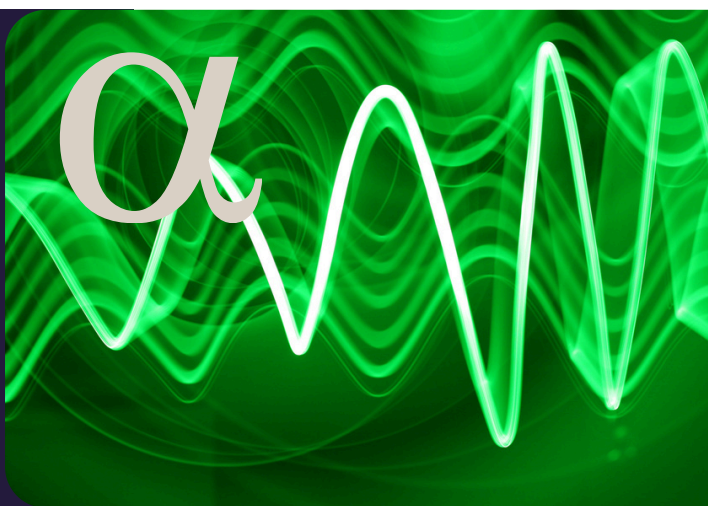


The Five Primary Brainwave Frequencies

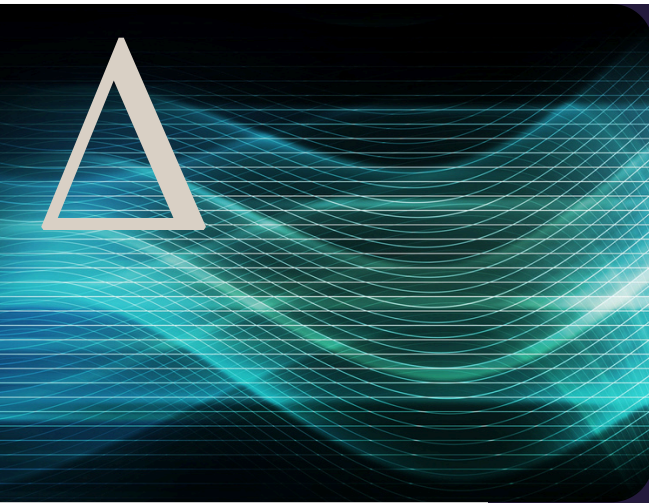


Beta (13-30 Hz): Beta waves are dominant when we are awake and engaged in active mental and physical activities. They are associated with alertness, focus and problem-solving abilities. Higher beta activity can indicate stress or anxiety.

Alpha (8-12 Hz): Alpha waves are present when we are awake but in a relaxed and calm state, such as during meditation or day dreaming. They are associated with a sense of relaxation, creativity and a state of 'mindful alertness'.



Theta (4-7 Hz): Theta waves occur during deep relaxation, meditation and light sleep. They are linked to creativity, intuition and accessing subconscious memories. In this state, the mind is more open to new ideas and insights.



Delta (0.5-4 Hz): Delta waves are the slowest brainwave frequency and are present during deep dreamless sleep. They are associated with restorative and healing processes in the body, as well as memory consolidation.

Gamma (above 30 Hz): Gamma waves are the fastest brainwave frequency and have been linked to higher cognitive functions, information processing, and problem-solving. They are also associated with peak states of consciousness and insight.



Multiple Brainwave Frequencies

Different brainwave frequencies are not isolated, they often occur simultaneously in different parts of the brain, and their patterns can change depending on our mental state and activities. For example, during meditation a person may experience increased alpha and theta activity, indicating a state of relaxation and heightened awareness.

Brainwave Entrainment

Entraining the Brain with External Stimuli

Heinrich Wilhelm Dove, a German physicist, was the first person to discover the phenomenon of **Binaural Beats** back in 1839.

This auditory illusion laid the groundwork for future exploration into Brainwave Entrainment.

Of course, many Natural Entrainment Techniques (chanting, vocal toning, singing bowls, etc) have been using this sort of phenomenon for thousands of years.

When exposed to repetitive sensory inputs with particular frequencies, the brain responds by adjusting it's own electrical oscillations to match the external stimulus.



This phenomenon is known as **Frequency Following Response (FFR)** or Entrainment.

Through various techniques, like Binaural Beats, Isochronic Tones and Audio-Visual Entrainment...

We can tap into these mind-modulating frequencies and Alter our States of Consciousness.

Binaural Beats

An Auditory Illusion... what better way to enter **Altered States**

Headphones are needed for Binaural Beats because they involve two slightly different frequencies being played into different ears.

for example 200Hz in one ear and 208Hz in the other ear.

The difference is 8Hz and the mind 'hears' this 8Hz frequency that isn't really there.

This **Audio Hallucination** is **Trance**.

Hearing a thing that is not really there, is what makes Binaural Beats the most effective Brainwave Entrainment Technique for Hypnosis.

Guiding your brain into desired brainwave states, such as: Theta, Alpha, Delta and even Gamma (higher brain functions).



Monaural Beats

One Continuous Beat...

Monaural Beats have been used throughout MANY Ancient Cultures, now gaining popularity in the realm of consciousness exploration and meditation practices.

These beats have been studied for their potential to influence brainwave activity and induce altered states of consciousness.

Monaural Beats are created by combining two pure tones of slightly different frequencies into one. As the two pure tone waves interact they produce interference patterns that sound like a **Rhythmic Pulsation**.

This is perceived as a **Single Continuous Beat**...

Unlike Binaural Beats, which require the use of headphones to perceive the effect, the collapsed waves of Monaural Beats can be experienced without any specialized equipment.

The rhythmic patterns of the Tibetan Singing Bowl produces Monaural Beats naturally, synchronizing brainwave frequencies with the bowl.

Isochronic Tones

On and Off Pulses of Sound...

Isochronic Tones are distinct and evenly spaced pulses of sound that are used to synchronize our brainwave patterns.

These tones are produced by turning on and off very rapidly a pure sine wave, creating a distinct pulsating pattern.

The duration of the 'on' and 'off' phases determines the frequency of the tone.

Similar to Binaural Beats, Isochronic Tones are effective at guiding the brain into desired states of relaxation...

and unlike Binaural Beats, Isochronic Tones don't require the use of headphones and can be experienced through speakers.



Audio Visual Entertainment

Synchronizing Light & Audio Frequencies

Audio-Visual Entrainment (AVE) combines visual and auditory stimuli to influence brainwave activity.

By synchronizing light pulses or flickering with specific audio frequencies, AVE can induce desired mental states.

Visual stimuli provide an additional sensory input that engages the visual cortex of the brain.

The light pulses activate the visual system and stimulate neural pathways associated with visual perception and processing, creating an Integrated Multi-Sensory Experience.



Cross-Modal Integration & Enhanced Entrainment Efficiency



The auditory beats and visual light pulses are processed by separate sensory systems but converge in the brain to create a unified perceptual experience.

Left, the **Neural Harmonizer*** our Visual, Auditory, Kinesthetic (VAK) BWE Machine in the 'Live' Hypnosis Lounge.

*the first device of its kind.

Enhanced Entrainment Efficiency

Auditory & Visual Stimuli

The combination of auditory and visual stimuli lead to more efficient and effective entrainment (Enhanced Entrainment Efficiency) compared to using auditory stimuli alone.

The visual component adds another layer of sensory input that reinforces the desired brainwave frequency, making the entrainment process more effortless...



Something no-one else has done...

We've added the Kinesthetic part... after a long weekend at Wim Hof's house hearing all about the importance of the Vagus Nerve, I wondered what would happen if that was stimulated at the same time... VAK BWE

Practical Applications of Brainwave Entrainment



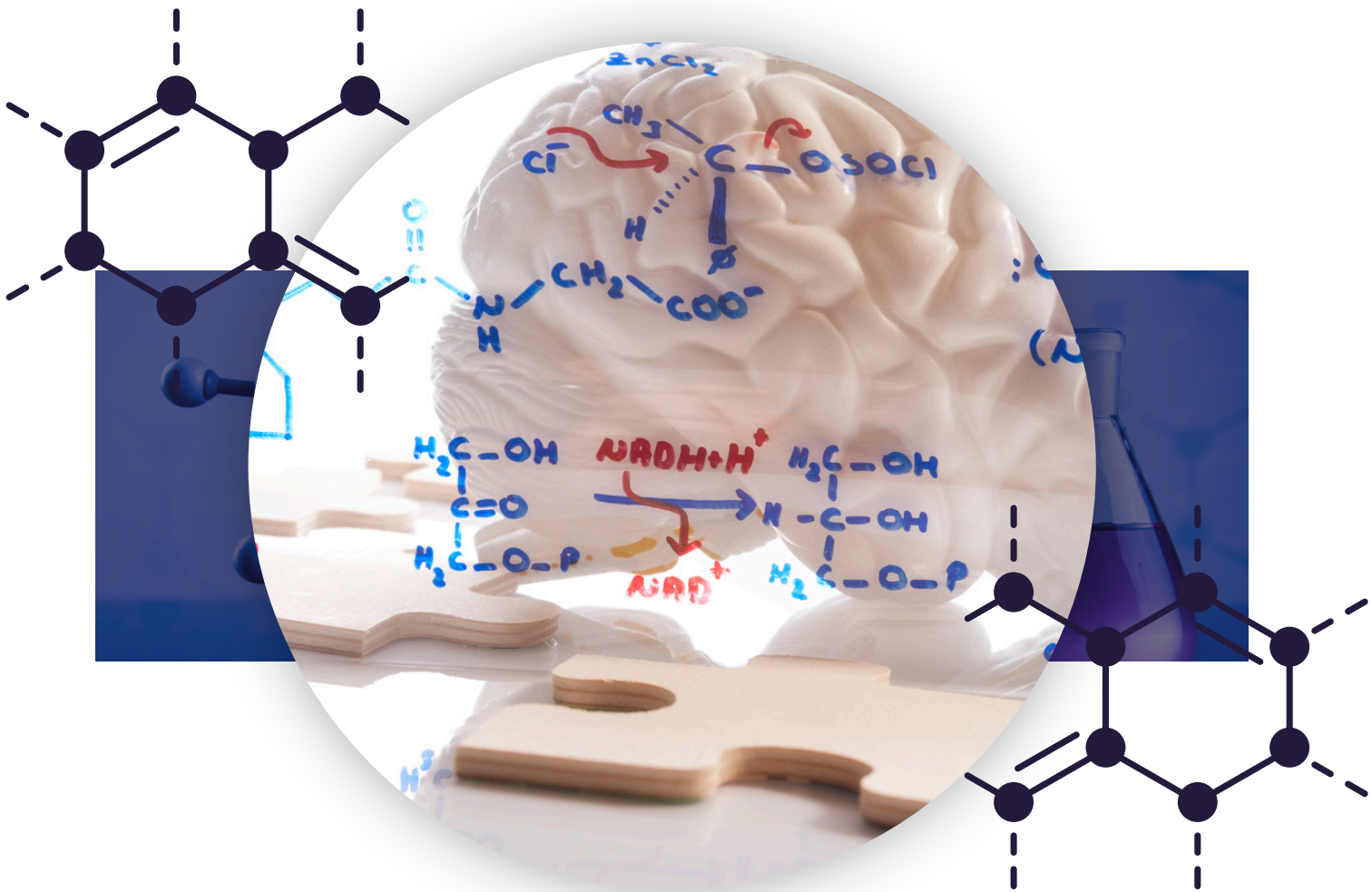
Brainwave Entrainment is constantly evolving... its practical applications are many, including:

Stress reduction, meditation, sleep improvement, deep relaxation, heightened focus, cognitive enhancement... and achieving altered states of consciousness.

Brainwave Entrainment provides a valuable tool for personal growth, well-being and self-discovery.

Neurotransmitters & How You Can Deliberately Effect Them

CHEMISTRY OF THE BRAIN

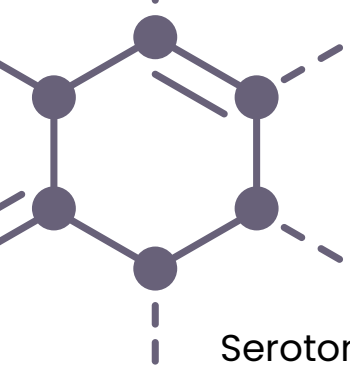


Neurochemistry is the intricate science of Neurotransmitters and their role in the brain's functioning. There are many ways to influence these different Neurotransmitters.

Changing brain chemistry contributes to changes in cognitive, emotional and physiological states...

Through various natural techniques, practices and lifestyle choices, we have the power to affect these neurotransmitters... shaping our mental and emotional experiences... maybe more.

We cover **7 Neuro-Trance-Mitters...** and 7 simple, natural ways to boost these Neurotransmitters.



1. Serotonin

The Mood Stabilizer

Serotonin, aka the 'Happiness Hormone'...

Serotonin contributes to mood stability and feelings of well-being, affecting overall cognitive function.

It also helps regulate sleep, appetite and digestion.



2. Dopamine

The Pleasure Pathway

Dopamine is often called the 'Feel-Good' Neurotransmitter because it's central to our reward system, driving us to seek out pleasurable experiences.

Dopamine plays a vital role in motivation, addiction and mood regulation.



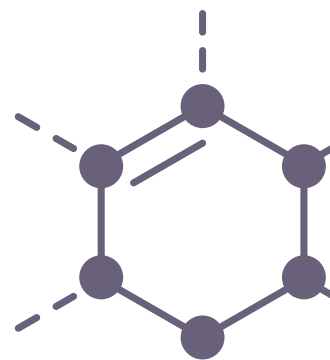
3. Oxytocin

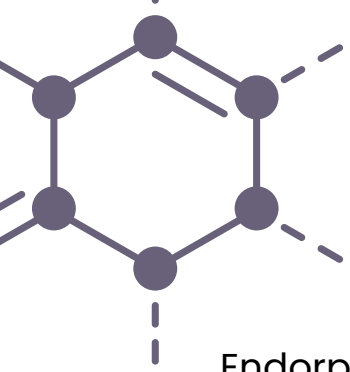
The Bonding Hormone

Oxytocin, otherwise known as the '**Love Hormone**'.

Oxytocin plays a pivotal role in social connections, trust and maternal bonding.

It manages key aspects of both female and male reproduction systems.



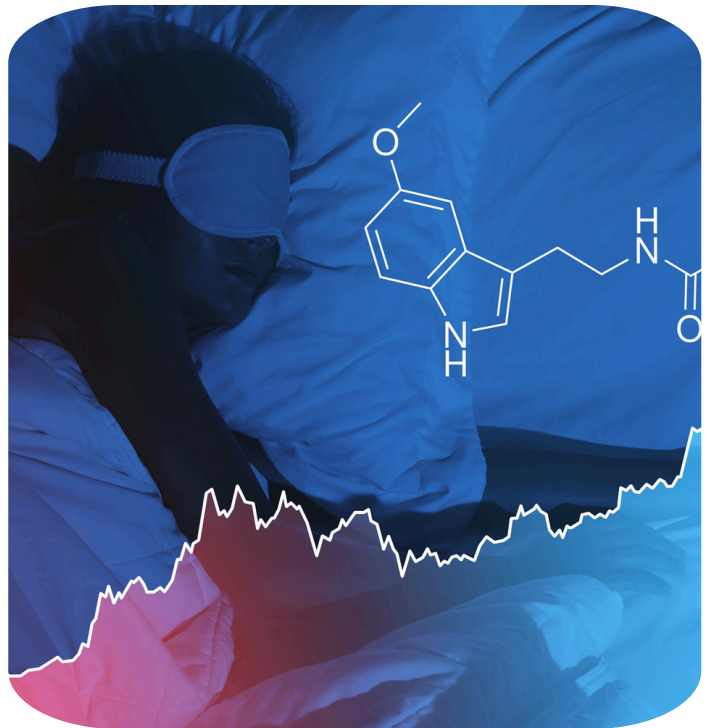


4. Endorphins

The Natural Painkillers

Endorphins, short for 'Endogenous Morphine', are the body's natural painkillers.

Endorphins play a crucial role in reducing pain perception and enhancing our mood.



5. Melatonin

The Sleep Regulator

Melatonin, the 'Sleep Hormone', regulates our sleep-wake cycles, responding to light and darkness.

It helps us fall asleep and stay asleep, making it crucial for a good night's rest and overall health.



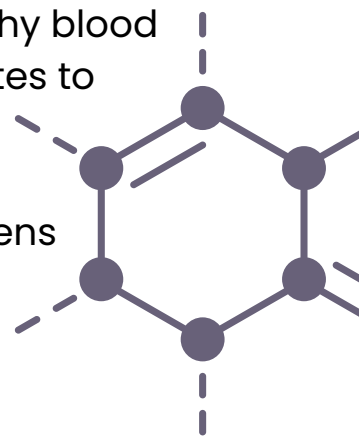
6. Nitric Oxide

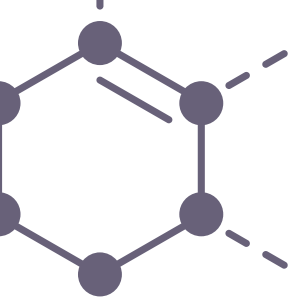
The Blood Flow Enabler

Nitric Oxide (NO), aka 'Laughing Gas', is a molecule that plays a vital role in regulating blood flow, vasodilation (expanding blood vessels) and neurotransmission.

It helps maintain healthy blood pressure and contributes to cognitive function.

Eating lots of leafy greens will boost your levels.





7. BDNF

The Brain Growth Factor

Brain-Derived Neurotrophic Factor (BDNF) is a growth factor that promotes the growth and maintenance of neurons in the brain.

It supports learning, memory and overall cognitive function.

7 Natural Ways to Boost Neurotransmitters

Become the bartender of your own brain... AND shake up a new neuro-cocktail! Here are 7 natural ways of creating your own brain-cocktails.

The effects on neurotransmitters can vary and results may take time... remember practice, practice, practice.

1. Transcendental Meditation (TM)



TM has been scientifically shown to increase **Serotonin** production... Promoting inner peace and emotional balance.

This meditation involves the silent repetition of a mantra or sound for 15-20 minutes...

The deep state of rest and relaxation attained leads to releases of **Dopamine**... Enhancing feelings of contentment.





2. Loving-Kindness Meditation

aka the **Maitrī Meditation** fosters deep feelings of compassion and social connection, leading to increased Oxytocin levels.

Unconditional friendliness... extending genuine warmth and care to others.



3. Gratitude

Expressing gratitude and counting your blessings boosts your **Serotonin** levels, fostering a positive outlook.

Keeping a gratitude journal, carrying gratitude stones, saying prayers...

4. Breathwork

From ancient Pranayama to modern techniques (like Wim Hof Method and S.O.M.A Breath), using specific breathing exercises can influence **Nitric Oxide** production, improving circulation and overall well-being.



Reaching states of relaxation, self-awareness and mental clarity.

5. Yoga Nidra

An ancient healing practice of deep meditation, revered for centuries for its powerful effects on the mind, body and spirit.

Often referred to as the 'Yogic Sleep', it is a yogic practice that can lead to profound relaxation and **Endorphin** releases.

6. Relaxation Techniques

Engaging in relaxation practices such as deep breathing exercises, progressive muscle relaxation, self hypnosis, meditation, etc...

Massage, listening to music or brainwave entrainment... simple relaxing activities you enjoy...

Taking time to do these practices to calm your mind and body... as you relax you'll promote Melatonin release.



7. Mindfulness Meditation

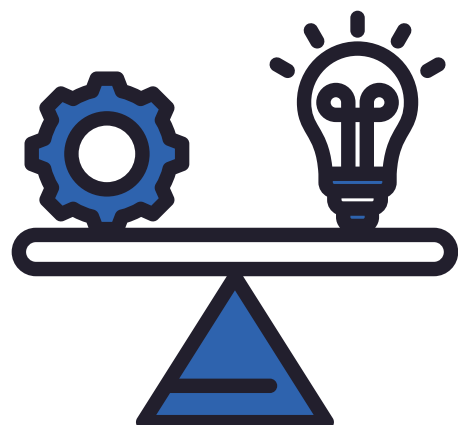
Mindfulness... a meditative, mental training practices that teaches you to suspend judgment, slow down racing thoughts, let go of negativity and be in the present moment.

Regular mindfulness meditation supports the release of BDNF and improves cognitive function.

Practice, Practice, Practice...

To get the best results from any of these practices, consistency is key and results vary based upon it, it is essential to maintaining a balanced lifestyle.

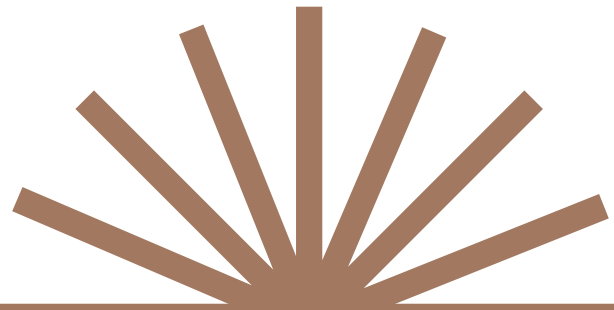
Your overall well-being depends on a combination of factors including diet, exercise, sleep and emotional health.





The Art and Science of
Autosuggestion

*Its Historical Roots and the
'How to'*

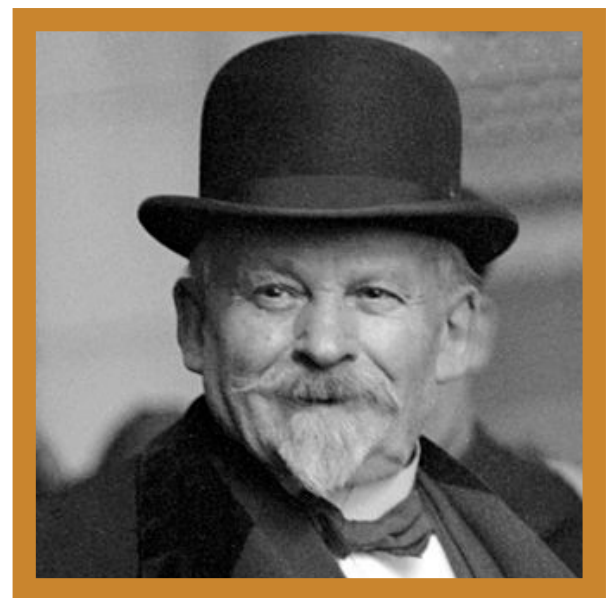


“Autosuggestion, is quite a new subject, and yet at the same time it is as old as the world.”

Émile Coués

Autosuggestion is a powerful tool that allows you to tap into your unconscious/subconscious mind and change your thoughts, beliefs and behaviors.

The concept of Autosuggestion was first introduced by Émile Coué, a French pioneer of hypnosis. He understood that the mind has the ability to influence the body's healing process.



Émile Coués may not be a household name, but his impact on the field of self-improvement and hypnosis is nothing short of remarkable.

Coué initially pursued a career as a pharmacist.



However, his fascination with the mind and its connection to physical health led him on a journey of exploration and discovery.

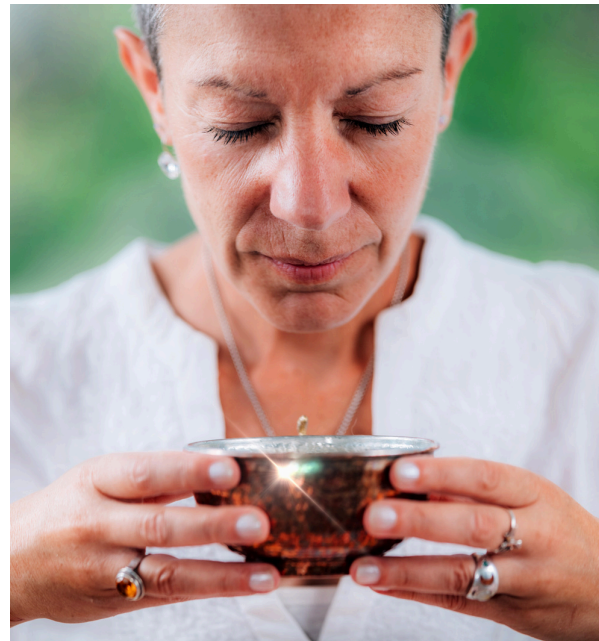
And he became intrigued by the power of suggestion and its potential to effect positive change in individuals.

Autosuggestion

What set Coué apart was his emphasis on empowering individuals to take control of their own healing and personal development.

He developed a method based on the power of suggestion and self-affirmation, which he called 'Autosuggestion'. Coué's groundbreaking work laid the foundation for modern-day practices such as self-hypnosis and affirmations.

He believed that by consciously implanting positive suggestions into the mind, you can activate inner resources and transform your life.



He believed that the true healer resides within each person, and through autosuggestion, individuals could tap into their own inherent power to bring about positive change in their lives.

'**Sankalpa**' is a **Hindu concept** which refers to a positive intention or resolution made by an individual. Through repeated affirmations and visualization, individuals seek to align their thoughts and intentions with their desired goals and outcomes.

Sankalpa represents the conscious and heartfelt resolve to achieve a specific goal or transformation in one's life. It is a deep inner conviction that springs from the core of one's being.

Ancient Egyptian Civilization was deeply rooted in spirituality and the afterlife... and this understanding of the power of thought and affirmation was prevalent.



Egyptians practiced rituals and affirmations to ensure the successful journey of the soul to the afterlife. They understood that the thoughts and intentions one held during life could influence their destiny after death.

Autosuggestion can be applied to various aspects of life, replacing negative and limiting beliefs with positive affirmations, promoting physical and mental well-being, enhancing performance in sports and on... and on...



Muscle Memory and Neuroplasticity

Autosuggestion can also influence muscle memory, aiding in skill acquisition and performance improvement. When you repeatedly visualize and affirm desired movements or actions, it enhances the connections between the brain and the corresponding muscle groups.

This process strengthens neural pathways and facilitates the execution of those movements, resulting in improved muscle memory and performance in various activities, such as sports, music, or dance.

Autosuggestion has been found to have a significant impact on neuroplasticity, by consistently practicing positive affirmations and suggestions, you can reshape your neural pathways, reinforcing desired thoughts, behaviors and beliefs. This process supports the rewiring of the brain and facilitates lasting changes.

How to Use Autosuggestion



Autosuggestion is relatively simple and can be practiced by anyone willing to invest time and effort. Here are the basic steps to follow:

Affirmation and Intention: Choose a positive affirmation or suggestion that aligns with your goals or desires. It should be a concise, present-tense statement.

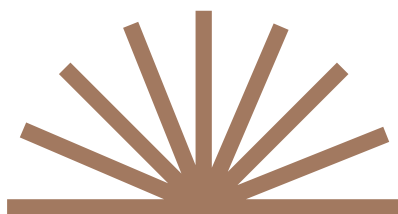
Relaxation: Find a quiet and comfortable place where you can relax without distractions. Take a few deep breaths and release any tension from your body and mind.

Repetition: Repeat the chosen affirmation in your mind or aloud, with conviction and belief. Repeat it several times, allowing the words to sink into your subconscious mind.

Visualization: While repeating the affirmation, visualize yourself already achieving the desired outcome. Imagine the details, emotions and sensations associated with your success.

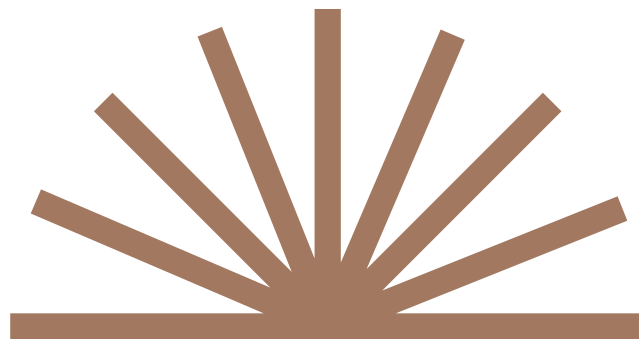
Consistency: Practice autosuggestion regularly, ideally twice a day, it need only take a few minutes. Consistency is key to creating lasting changes in your subconscious mind.

Émile Coués autosuggestion has evolved into a widely practiced method for personal development and self-improvement. And with it you can unlock this potential and create positive change in your life.





*Beneath the cultural cloaks and contemporary labels lies a universal truth: your mind responds to **Repetition, Suggestion, and Intention** in Altered States of Consciousness (ASC)*



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