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About Aurelis

AURELIS: **AU**tosuggestion **REL**axation **I**nnner **S**trength is a project (see project modules) that aims to provide anyone with the power to use more of his or her inner-mind possibilities. This is done through:

- ✎ Autosuggestion: the ability to communicate with the inner mind (the vast neuronal network of the brain that produces much more than consciousness), in any possible way, with goals that are pertinent to the person as a whole.
- ✎ Relaxation: making a person act more as a whole, instead of being divided into competing parts. Thus: relaxing the struggle, diminishing aggressive energy.
- ✎ Inner strength: the ability to accomplish specific goals.

Thought of the day

Gone

Alone: others are gone.
Lonely: your soul is gone.

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Why Aurelis?

The purpose of the AURELIS project is to use autosuggestion as a means to communicate with the subconscious and to direct its tremendous power in order to gain better health and well being.

AURELIS is thereby centered on an ongoing (r)evolution in medicine. It brings together several needs and possibilities that both have multiplied in importance worldwide during the last decennia. Namely:

- ✎ the need for a really strong answer to the burgeoning amount of psychosomatic illness and addictions.
- ✎ the need for self-care
- ✎ the possibility of transgressing into a new medical way of thinking, that is consistent with the scientific principles of the present one
- ✎ an advanced use of informatics, remaining within the range of widely available hardware.

Medicine has never been a once-and-for-all science. It continually evolves and regularly undergoes a paradigm shift. The 'regular' medicine as we know it at this turn of the 21st century, is in fact still very young and probing. For instance: nearly all medications prescribed before World War II were -as shown in retrospect- pure placebos without any directly positive physical action. Yet these medications were efficient because they carried the expectation / belief of cure. Moreover, it is a scientific fact that most of the medications of today have a placebo-effect of 40% or more, sometimes even 80% (as in the case of many antidepressants). These numbers are of course much higher than most people are aware of. This has led some of the most insightful thinkers to the following lamentation:

To make use of the enormous powers of the 'placebo effect', but without any need for the misleading 'placebo' itself is the aim of the AURELIS project. AURELIS is a self-help method that for the first time in history utilizes in a direct way the amazing power of the subconscious to achieve personal goals. Much more than positive-thinking techniques, the methods used in the book 'Heal Yourself' teach people to take control of their subconscious power and use it to benefit their lives. Thereby, all readers and previous readers of positive thinking books are likely to be interested in AURELIS ideas and practice.

Philosophy

The central theme of the AURELIS philosophy is (a specific use of) autosuggestion. This is the use of the powers of the subconscious. Since subconscious elements are always present in anything that humans say, do or feel, the range of problems that are relevant is quite enormous. It is therefore no exaggeration to claim that anyone can make practical use of AURELIS-material as a problem-solving solution in one way or the other.

Autosuggestion is:

- ✎ the placebo effect, but without placebo (hence it provides more than 50% of the effectiveness of most medications, which is scientifically proven, but without their side effects.)
- ✎ in a negative way, the cause of psychosomatic illness, which is the main reason for consulting a general practitioner in at least 70% of the reported cases worldwide. This program turns autosuggestion into a positive tool.
- ✎ the active principle behind hypnosis (the other part of hypnosis being hocus-pocus). Hypnosis as show business is another category and not a part of this program.
- ✎ an explanation for many other phenomena in health care, as well in western society as in others.

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Why revolutionary?

There are different reasons for this:

- ✎ A psychosomatic illness has, as its name implies, a psychological cause. However, it is not something one can 'want'. It is not because one wants an endogenous eczema (but who would?) that one has it. The reason for this is that such an illness originates in the subconscious mind. Now, psychosomatics encompass at least 70% of the reasons why people consult their physicians. However, medicine has no good answer to this. Autosuggestion is a good answer. In fact, it is rationally the only real answer to psychosomatics, because it works on the same level.
- ✎ Addictions like smoking behavior and overeating are conditions that originate in or are perpetuated by the subconscious mind too. One cannot make oneself addicted through sheer will power (again, who would want to?). Likewise, one cannot cure completely and efficiently from an addiction through sheer will power. Contrary to this, autosuggestion is a very strong cure if you know how to use it. In fact, the same subconscious power one struggles against in order to overcome any addiction is turned from an enemy to a collaborator through the appropriate use of autosuggestion.
- ✎ Miracle cures do happen. Sometimes people do cure from severe illnesses through the power of their faith. But having real faith (whether in God, in science, in alternative explanations...) is a strong autosuggestion. In fact, autosuggestion is the central theme behind all kinds of miracle cures. One can say that if God exists and wants someone to be cured, the subconscious of that person, thus: the power of autosuggestion, is more than probably God's preferred method.
- ✎ It is well known and scientifically documented that the placebo effect of medication easily attains more than 50% of the total desired effect. In many cases, the success rate is even much higher. The placebo effect mainly comes through the belief of the patient that he will become better by taking his pills. Again, it is the faith/belief/expectation that cures. In other words, the healing power comes from autosuggestion. Medication has many dangerous side effects. If one can get to the placebo effect without the placebo, it would be a huge improvement for millions of patients. AURELIS as a project is being developed to accomplish this.
- ✎ In matters of health, people are looking for more than present-day allopathic medicine can give. They rightly sense that a kind of medicine purely based on experimental science can only help in restricted domains (but there of course, it can help very much). For most of what is intrinsically human, more is needed. Therefore, in the US people already spend more dollars on alternative medicine than on the totality of 'classical' medicine. In European countries the trend points in the same direction. AURELIS and the ideas about autosuggestion open up the whole domain. This provides a very plausible explanation of what is happening and leads people toward looking for healing power where it truly resides: inside themselves.

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Project Modules

AURELIS is a project that consists of :

- ✎ a series of books
- ✎ a series of daily MiniMails (free subscription)
- ✎ a line of CD-AUDIO products
- ✎ AurelisOnLine: online self-therapy
- ✎ a line of downloadables
- ✎ workshops
- ✎ Aurelis mental coaches to support the self-help with personal consultations
- ✎ the promulgation of a revolutionary wave in medicine

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 Aurelis	More than 1,000 sessions at more than 200 domains. Possibility to live coaching and further support.	 Aurelis Coaching Institute	 Open Leadership	 Connect Your Self	 People Of This Planet
 AureliZEN	 Open Mindfulness	 Empathy For Health	 Daily Twinkles	 Cup Of Stillness	 Open Smoke Free
 Open Sexuality	 Open Svelt	 Open Sleep	 Open Stress Free	 Open Tinnitus	 Open Pain Free
 Open Palpitations	 Aurelis News	 Ascimo	 Palpci	 Burnout	 Psoriasis


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AurelisOnline

All **domains** (+/- 920 suggestion techniques!) in one product! AurelisOnLine is the best instrument in the world that supports you with autosuggestion self-help. It's a key to the door that leads you to the power of your own deeper self. This is a very effective help on several domains such as quitting smoking, stress resistance, getting slim, burn-out, ... With AurelisOnLine you can get started straight away: on any computer (without being hooked to the screen), anywhere in the world, at any time of the day. AurelisOnLine is always ready for you!

You can choose from a variety of indications, alternating this with pure relaxation or deeper meditation if you like. Moreover we provide you with a lot of support. With the help of the guided demo you can already taste it.

With AurelisOnLine you can do as many sessions as you want and from any computer (at work, at home, in a hotel in another country etc.), through cable/ADSL or modem. Moreover, not only you but your whole family and your friends can make use of your AurelisOnLine.

You get entrance to the whole system, this is: ALL domains. New indications during the period of your subscription are immediately available to you for free! After paying subscribing, you immediately get a password. After paying, you get 2 passwords that are valid for the period of your choice.

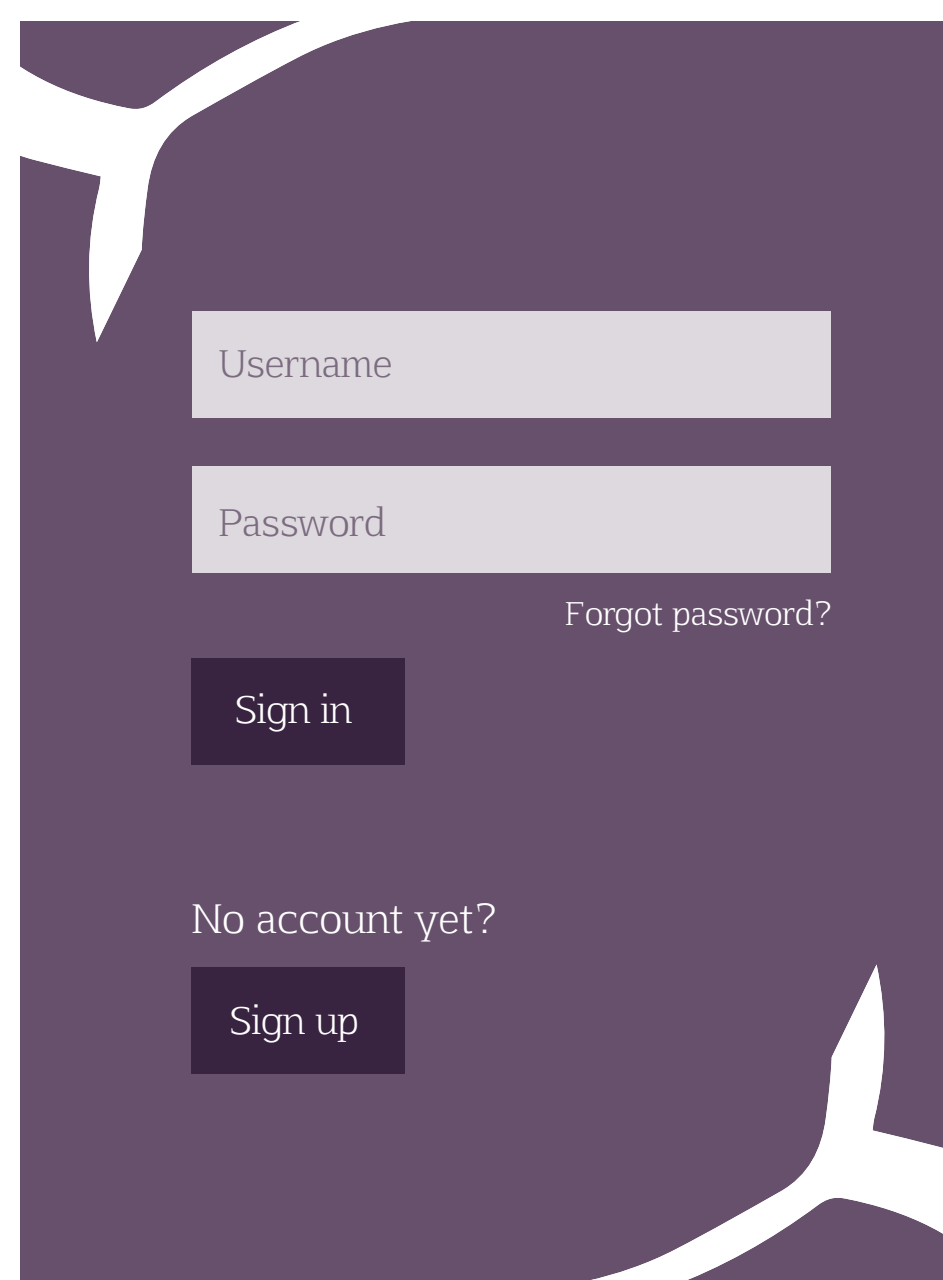
3 months AurelisOnline



12 months AurelisOnline



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About Autosuggestion

The subconscious is not something we can hold or describe in detail. It is constantly moving and irrefutably active. Without this continuous functioning of the subconscious we would come to a standstill as a computer without electrical supply. We are also indebted to the subconscious that we stay in reasonably good health.

By means of autosuggestion we communicate with our subconscious. Although this is what we do all day long, we feel something lacking. Modern man has lost the contact with his subconscious for a major part. This is the cause to many problems, as illustrated by psychosomatics. It is of utmost importance that we learn to use suggestion to improve the contact with our own subconscious.

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Apply Autosuggestion

To use autosuggestion correctly, it should be clearly distinguished from superficial positive thinking. With the latter you try to force yourself to particular thoughts from the outside. This could lead to negative consequences. With autosuggestion you come in contact with your complete self, as a result of which the change happens from within and will be more efficient and durable. Autosuggestion can become even more effective, if you bring about a combination of relaxation, concentration and motivation in yourself. Cognitive strategies are thought techniques that enable you to aim suggestions at a target more efficiently. They are sometimes used spontaneously. With AURELIS you can learn to apply a select number of these techniques in various domains.

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The use of visualization and metaphors

Visualization is frequently applied in sports, but in fact everyone can put it to good use. If you have (too) little imaginary capabilities, it can be improved with some practice. Visualization can be used for your own health, as a means of self-care. However, it is not a magic remedy. If you cannot manage to visualize, there is no need to panic. Visualization is just one way of having the power of metaphors work for you. A metaphor in its turn is only one way of applying autosuggestion. Through metaphors you can start a dialogue with your subconscious. As a metaphor speaks a very foreign language, it cannot be translated or understood just like that. This is not at all needed in order to be effective.

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Relaxation

Many people in western countries are tense all the time and therefore do not know what a state of relaxation feels like. They are no longer aware of their tension. A very deep relaxation is rare in the West and very difficult to attain. Most western people do not think it worthwhile. Regular sessions (via yoga, Tai Chi, massage) in which one can attain a reasonably deep relaxation offer many advantages in the short term (weeks, months) as well as in the long run (after many years). In the short term, relaxation promotes well being, lessens symptoms such as pain, and is a good starting point in order to work with autosuggestion. In the long run, it lowers the chances for serious illness. The degree to which these chances diminish, is (still) difficult to determine on a scientific base. A number of problems that come with deep relaxation are mostly easy to manage.

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Placebo: The Pill of the Quack

The placebo effect is the effect that any medical therapy can have and that is not accomplished through its own physical action, but through the suggestion that it may have such an action. Therefore any placebo effect is proof of the psychological power that an individual can use in order to become and to stay healthy. Under the right circumstances, everybody is sensitive to the placebo effect. The contribution of placebo to present-day western medication is between 20 and 80 percent of the total action (this is: of the difference that a person experiences after taking the medication versus what the same person would experience when taking no medication at all. This effect is proven in thousands of double blind studies. However, placebo is not deliberately used as such in western medicine. The conscious use of a placebo presupposes that the patient is being led astray one way or the other. On the other hand, autosuggestion is a means to attain the placebo effect without the deceit that is inherent to placebo.

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The Power Of Prayer As Autosuggestion

In all times and cultures, prayer has been used as a means to influence the own health or that of a beloved person. Prayer can be seen as one method to use autosuggestion. Characteristics of efficient autosuggestion are very much in line with the characteristics of a good prayer. This vision on prayer has no implications for its intrinsic value. The place of pilgrimage Lourdes is a good example of how closely prayer and autosuggestion are related to each other. Faith is a good method to gain better health, but behind that faith lays the same power as autosuggestion. It is not necessary to be a religious believer in order to be able to use that power.

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Learn To Listen To Your Symptoms

Most medications are purely symptomatic. They only alleviate symptoms, without any influence on the causes of illness. Therefore it is 'nature' or the patient himself that in the meantime leads to the cure/healing. A purely symptomatic mode of treatment ignores the importance of the symptom as a message. This message can however be very important to the health in the short and in the long run. A symptom is, like all communication from the subconscious, not translatable as such. In order to properly receive the message, one first has to accept the symptom as a message. With the use of autosuggestion, for instance in the manner of a visualization, one can enter into a dialogue with the symptom. 'Insight' in the meaning of the symptom is much less important than a proper living experience of it. Nobody can give you this living experience. It has to emerge from your deeper self.

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Suggestion Is More Powerful Than The Will

In western culture, will power is regarded as a huge virtue. However, there are different kinds of will power, based either on a neurotic suppression of desires or based on an integration of them. If suggestion confronts will power, the latter has no chance. A good example of this is the following: in trying to fall asleep, one cannot command oneself to sleep. It has to come spontaneously. Lots of problems that are tackled with pure will power can be solved much better with the use of suggestion.

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The Patient As Cure

In medicine as well as in psychology, there is a growing attention for the bi-directional influence between mind and body. This has translated itself among others in distinct specializations. A lot of scientific research proves the huge psychological influence on many bodily processes. However, this knowledge reaches many physicians only with great difficulty. Apart from the already proven influences, there are still very many possibilities. The scientific methods of investigation that medicine has developed until now are very appropriate for disentangling the physical causes of illness, but much less for the psychological causes. While giving more attention to the psyche, very probably a lot more psychological power will be scientifically proven.

In the meantime, people look for cures and tools that hold the promise of a better use of their own psychological powers. Alternative medicine does not always come up with an answer worthy of its promises. In the end, through the explicit use of autosuggestion, people will be able to take more responsibility for their own illness and health. In no case may this lead to feelings of guilt.

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Preliminary remark

These MiniTexts are organised into subdomains. Each of these contains +/- texts.
Each text is written in a way that your own subconscious (‘deeper self’) is transformed into your best friend. Never do the texts lead you to an aggressive fight against yourself. These texts can effectively help you in communicating with your own deeper self, but this does not happen automatically. You yourself have to DO something with the texts. You have to let their meaning-for-you touch you as deeply as possible. Whether the texts really help you depends primarily on yourself. This takes some will power, but never engenders any aggression against yourself.

Directions for use

The effectiveness of the texts does not come from merely reading them, but from thinking them over and feeling them deep inside yourself.
Reading too quickly impedes this.
The reading is minimal. Take care that the doing is maximal.



Becoming Slim	Depression	Education	Good Leadership	Health General	Inner Magic
Living & Dying	Living Together	Meditation 1	Meditation 2	Meditation 3	Meditation 4
Meditation 5	Meditation 6	Quit Smoking	Relieve Your Stress	Relieving Pain	Religion
Sea Meditation	Sexuality	Sleeping Better	Sports Motivation	Tango Dancing	



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Becoming Slim

Depression

Education

Good Leadership

Health General

Inner Magic

Friendly

Be friendly to everything that touches you, ever has touched or ever could touch you.

A little spontaneous smile has a very large value.

Living & Dying

Living Together

Meditation 1

Meditation 2

Meditation 3

Meditation 4

Meditation 5

Meditation 6

Quit Smoking

Relieve Your Stress

Relieving Pain

Religion

Sea Meditation

Sexuality

Sleeping Better

Sports Motivation

Tango Dancing



Weekly Session

Here you find each week another Aurelis session that you can do for free. You can listen to, but not download this session.

Parallell Existence

In imagination you follow your loved one as a parallel being. At absolutely no moment do you lose your own identity, while you follow every physical, emotional and intellectual movement of your loved one.

Thought of the day

Growth

Beauty
can only grow.

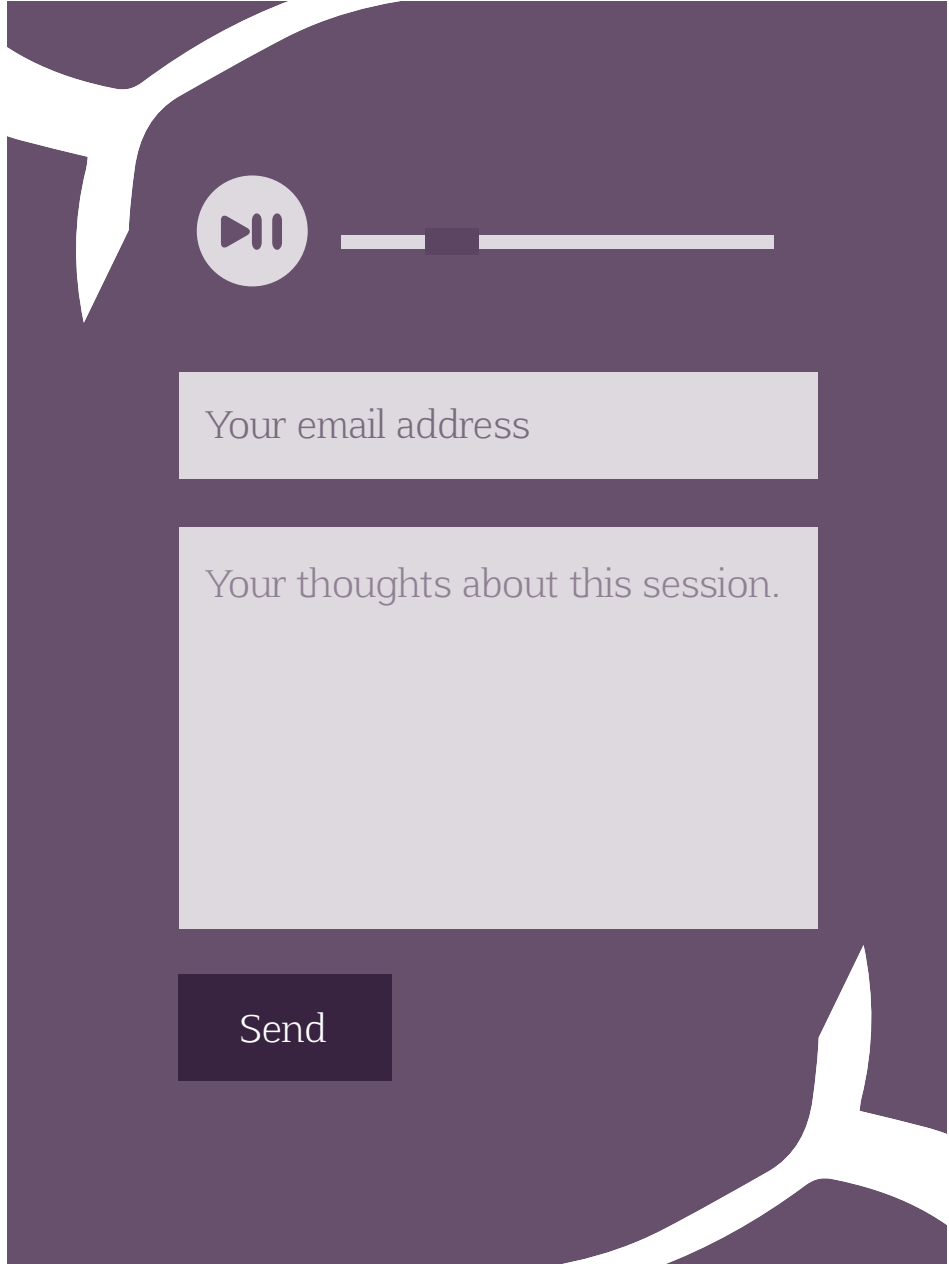


Illustration of a smartphone screen showing a session interface. At the top, there is a play button icon and a progress bar. Below that, there is a text input field labeled "Your email address". Underneath the email field is a larger text area labeled "Your thoughts about this session.". At the bottom of the screen, there is a "Send" button.

