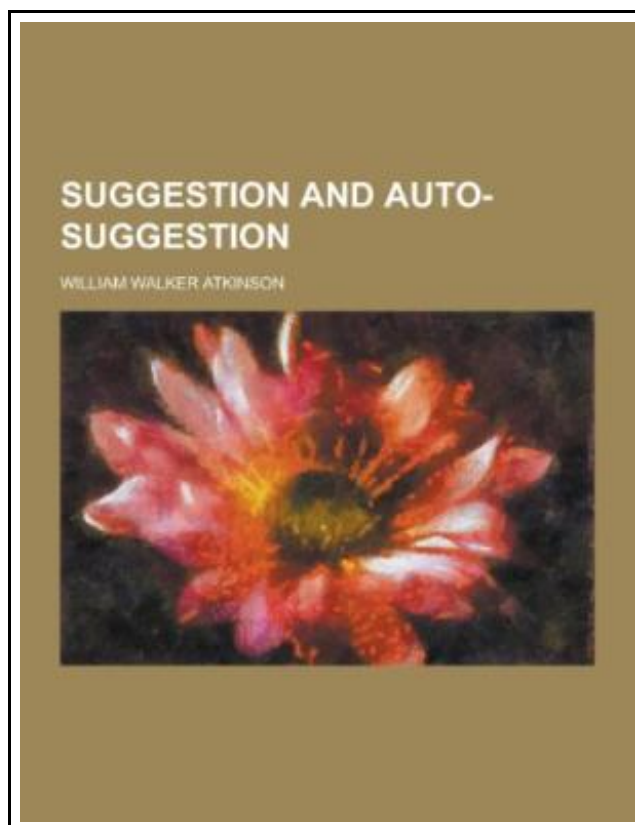


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Theclassics.Us, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1909 edition. Excerpt: . CHAPTER XVIII. AUTO-SUGGESTIVE METHODS. The majority of writers and teachers of Auto-Suggestion confine themselves to methods similar to those of the cults and metaphysical schools, inasmuch as their methods consist almost entirely of certain more or less well-selected affirmations, statements, or auto-suggestions, which the person is expected to repeat to himself, with the idea of thereby impressing upon his subconscious mentality the idea back of the words. This, of course, is an important part of the true method of Auto-Suggestion, but there are other features to be included in order to obtain the best results. There is the danger of one becoming mechanical in the automatic statements of I am this or I am that of the affirmative methods. There is the tendency of the habit-mind to take up the affirmations or statements and to continue the repetition along automatic lines, similar to the meaningless repetitions of the parrot, or the mechanical repetitions of the phonograph. In this way .the affirmations fail to carry their dynamic force to the subconscious mind, and consequently the impressions cease to be clearly and distinctly made. The process becoming mere habit, is like the phenomenon of the mind refusing to be impressed by a continuous accustomed noise or sound, while alive to any variation therefrom. The affirmations must be made in a manner which will hold the attention and interest, and must also be accompanied by correlated actions, in order to become fully effective in the work...



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