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Advanced Autogenic Training and Primal Awareness: Techniques for Wellness, Deeper Connection to Nature, and Higher Consciousness, by James Endredy is truly a new and innovative approach to AT, one that respects the important basics, but which goes far beyond what the creators of AT had originally imagined.

Advanced Autogenic Training and Primal Awareness ...

Advanced Autogenic Training and Primal Awareness is a

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marriage of his power of storytelling and his vast personal history with the practice. It is not often in this lifetime that one meets a true spiritual master, but this generation has James, and this book is a must-have for those desirous of deepening their connection with the I AM."

Advanced Autogenic Training and Primal Awareness - Books

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Amazon.com: Advanced Autogenic Training and Primal ...

He offers advanced trainings to rekindle your primal touch sensitivity, experience enhanced sight and hearing, and awaken your primal sense of smell. He reveals how to use AT to restore our primal connection to the world of Nature through practices such as Forest Bathing, Nature's Breath, and Primal Fire Connection.

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Advanced Autogenic Training and Primal Awareness Techniques for Wellness, Deeper Connection to Nature, and Higher Consciousness (eBook) : Endredy, James : "A step-by-step guide to optimize health, reconnect with Nature, and access the vast knowledge of the universe through autogenic training.

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Advanced Autogenic Training and Primal Awareness | A step-by-step guide to optimize health, reconnect with Nature, and access the vast knowledge of the universe through autogenic training - Provides step-by-step instructions for 40 autogenic and primal mind techniques - Explains how to add healing affirmations and visualizations to autogenic practice as well as work with colors and chakras - Includes techniques to restore our primal connection to the world of Nature through practices such as ...

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Advanced Autogenic Training and Primal Awareness ...

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Advanced Autogenic Training and Primal Awareness ...

By adding Primal Mind awareness to classical Autogenic Training we discover a new way to create moments of psychophysiological homeostasis--a balance between mind, body, the natural world, and the spirit of all things. That balance is the main goal of this book. AT-PM practices produce altered states of consciousness.

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such as Forest Bathing, Nature's Breath, and Primal Fire

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