

- [Home](#)
- [Testimonials](#)
- [Guarantee](#)
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- [Affiliates](#)
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- [Contact Us](#)



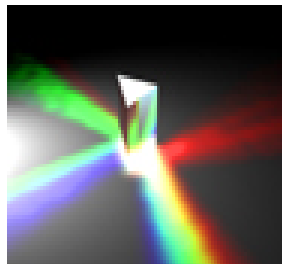
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Main Menu

- [Home](#)
- [Testimonials](#)
- [Guarantee](#)
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Subliminal Suggestion



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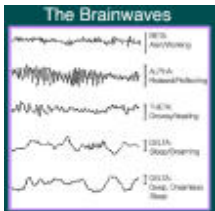


Autogenic Training

Autogenic, which means "self-regulation or -generation," refers to the way in which your mind can influence your body to balance the self-regulative systems that control circulation, breathing, heart rate, and so on. Autogenic training allows you to control stress by training your autonomic nervous system to become relaxed.

It is suggested that you learn progressive relaxation first. Autogenic training will then teach you to respond, in a passive manner, to verbal and visual cues that reduce tension. By focusing on relaxing phrases and images, the training conditions positive, relaxing responses, such as rhythmic breathing and heart rate and a warm, relaxed, heavy feeling throughout the body.

Autogenic training is based on the notion of passive concentration: that is, you try to achieve your goal of relaxation by not working actively to do so (as in progressive relaxation).



How Does it Work ?

Accurately calibrated sine wave frequency generators were used to generate different frequencies in each ear.

Experimenting through the whole range of alpha waves (from 8 - 12 Hz) it was found that a combination of frequencies consistently caused a spontaneous relaxation of mind and body.

You can now recreate the effect for yourself by downloading the frequencies directly from the internet and listening to them on headphones. The programme lasts for 20 minutes and works every time

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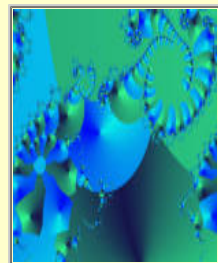
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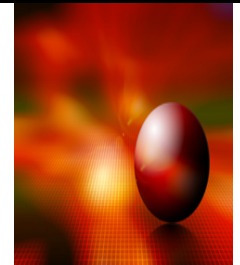
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-  **Yoga Weight Loss Secrets**
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-  **Natural Stress Relief**
A simple and effective remedy against stress and anxiety. Scientifically validated.
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