

# Autosuggestion

## Introduction

From latin "*suggerere*" to french "*faire venir dans la pensée*", "*inspirer à quelqu'un une opinion*", un dessein, suggérer une solution. According to a latin-swedish dictionary: "föra in under". The english "suggest" simply means "föreslå" in swedish. If I understand correctly, "suggestion" means "to convey, introduce an idea from underneath".

An idea, a thought can be brought to an individual from his environment or from within. The idea that comes from within oneself may have been there earlier, more or less influenced by the outer world - circumstances, your immediate surroundings, advertising, political propaganda and so on.

An individual who wants to change his/her life, actions (stop smoking, drinking, stuttering, mitigate or cure psychosomatic diseases, take care of his health, develop his inherent powers and much more) can do this through selfsuggestion, autosuggestion.

Émile Coué (1857-1926) the founder of Conscious Auto-suggestion, has clearly and Plainly described what auto-suggestion is and how it should be put into practice. In the beginning of the 20th century his method was spread around the world, but gradually it fell into oblivion or came back in new shapes. Uncountable methods for "personal development" have since seen the light of day. But all these methods use only a fraction of what Coué presented in his texts.

If you are interested to get an understanding, read Émile Coué: Oeuvres complètes, Editions ASTRA, 1976, ISBN 2-900219-30-2, or on internet (seekword: Emile Coue). A scanned text from 1923 in swedish you may read here: Medveten autosuggestion. About the basics of autosuggestion and its practice through the Correctus Method, You may read below.

## The basic principles

1. The idea, the thoughtform, the mental representation tends to manifest itself if possible.
2. In the choice between will, intellect, reason and desire for satisfaction, the desire almost always gains.
3. When the goal is defined in the subconscious, this always finds possibilities to reach the goal. The suggestion works when it's transfered to the subconscious, then it becomes an auto-suggestion.
4. The goal can be defined by yourself for your own good or by your environment, political propaganda and advertisements for their own interests. You chose, the way of freedom or the way or slavery.
5. The instrument, the ability of self-suggestion is gained and maintained through psychophysical practice.

## Application

The individual who wants to successfully use auto-suggestion and the Correctus Method goes through the following four phases.

1. Insight into and understanding that one's own behavior, way of life is unsatisfactory and even harmful to oneself and the environment. The stronger the insight is the more sure it leads to a decision to change the situation. An alcoholic, smoker, violent person first of all must clearly see his shortcomings, his weaknesses before any kind of progress at all is possible.
2. Then comes the second step, insight into two different activities, the first which is preceded by will, the second by desire. You must clearly see the difference in your actions, you perceive, you recognize differences between the first and the second.
3. In the third step attention/watchfulness is practiced, the physiological function of the sense-organs. Presence, Be Here and Now, Watchfulness, Attention during a longer time, until only one mental form is present.
4. In the fourth and last phase you have developed the necessary ability to relax and a considerable degree of the power of awareness. Now you can bring your conscious decisions into your subconscious. You can rub out unwished habits (bad habits), you can secure good habits and develop your personal qualities - in short, you can simply reach your personal potential.

## Conclusion

With the help of the Correctus Method and CorrectusBack you may with effectivity and speed develop the power of auto-suggestion and reach health, joy and happiness. You can: Free yourself from bad habits/activities such as smoking, desire for alcohol or other drug addictions. You can get rid of character traits like laziness, ill will ... You can relieve or cure all your psychosomatic diseases. You can secure your new healthy way of life. You can promote and optimize your talents, your good qualities or sport results. You can free yourself from influences from without (advertisements, propaganda and so on), you can think your own thoughts, feel your own feelings, you will be free.

Good luck

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