

Title:

Self hypnosis secrets

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Summary:

Self-hypnosis or auto suggestion is a process by which an individual can train herself to let

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Article Body:

Self-hypnosis or auto suggestion is a process by which an individual can train herself to let

Self-hypnosis can be learnt and practiced by any individual through practice. While it is easy

There are three major techniques of self-hypnosis - visual imagery, eye fixation and progression

Visual imagery is a technique demanding imagination of a beautiful place after closing your eyes

Some practitioners of self-hypnosis suggest turning off lights and music while practicing self

Self-hypnosis can be done for self-actualization, but if you plan to do it for pain relief or

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