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Once learned,

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allows for very quick

entry into trance. The

affirmations and

suggestions that come

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practical ideas for

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Explaining how to perform a series of mental exercises which can help mind and body to relax and make your body receptive to the

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Resources

Autogenic training (AT)
can help reduce
anxiety, depression,
stress, and pain levels.
It can also help
promote immune
function, lower blood
pressure, and improve
digestion and bowel

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movements. So why don't more people know about autogenic training? I've struggled with half the things I just mentioned above.

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