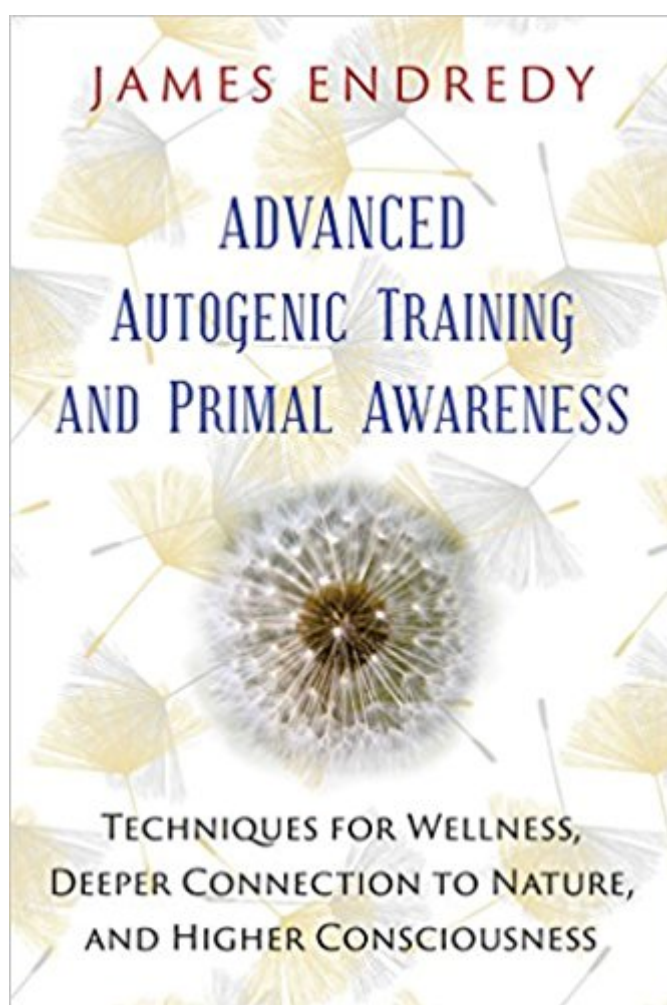


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# Advanced Autogenic Training And Primal Awareness: Techniques For Wellness, Deeper Connection To Nature, And Higher Consciousness



## Synopsis

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 Forest Bathing, Nature's Breath, and Feeling in the Dark

Developed by German doctor Johannes Schultz in the early 20th century, autogenic training teaches you how to use the mind-body connection to influence and regulate the body's normally involuntary autonomic functions by passively tapping into your central and peripheral nervous systems. Often used for stress relief, autogenic training can also be used for asthma, chronic pain, migraines, constipation, anxiety, panic attacks, and a host of other conditions. In this book, James Endredy takes autogenic training to a new level, revealing how to use AT practices to optimize health as well as reawaken your senses, reconnect with Nature and tap into the vast knowledge and power of the universe. Beginning with the 7 standard formulas of AT, the author provides step-by-step instructions for 40 AT and primal mind techniques. He explains how to add specific healing affirmations and visualizations to your AT practice as well as how to work with colors and the chakras. 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. Drawing on more than 25 years of experience living and working with indigenous cultures, including the Huichol, Iroquois, Sioux, Maya, and Hopi, Endredy shows how, much like a vision quest, this unique combination of AT and primal mind awareness offers rites of passage sorely missing from modern life. It gives you the tools to go deeper into your physiological being, to directly experience how we relate to the world, and to reconnect with the ancient wisdom within each of us.

## Book Information

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## Customer Reviews

“James Endredy continues to tap into the primordial ways of healing. Advanced Autogenic Training and Primal Awareness is a 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. (Shawn Tassone, M.D., Ph.D., coauthor of Spiritual Pregnancy: Develop, Nurture & Embrace the Journey)“In this comprehensive and intriguing training guide James Endredy not only makes a powerful case for fostering the primal mind of our ancestors and indigenous teachers but in a step-by-step process provides numerous specific exercises and techniques for cultivating a shamanic state of awareness. (JosÃ© Luis Stevens, Ph.D., author of Awaken the Inner Shaman and Encounters with Power)

James Endredy leads workshops throughout the United States, Mexico, and Canada and is actively involved in preserving the world's indigenous cultures and sacred sites. The award-winning author of several books, including Ecoshamanism, The Flying Witches of Veracruz, Teachings of the Peyote Shamans, and Earthwalks for Body and Spirit, he lives in Vermont.

This is really an excellent book. It is very well -referenced. it offers just the right amount of history, background and necessary physiology, and then dives right into very well organized and clearly described exercises.

I'm a big fan of Autogenic Training. I cut my teeth on this process as a fresh Ph.D. looking for an alternative to hypnosis to explore altered states of consciousness and the psychic/spiritual realms. Hypnosis, as popular and effective as it is, nevertheless has an aura of ambiguity around it. What is hypnosis? How can you tell if someone is hypnotized and how deeply? Our answers to such questions

are more matters of operative convenience than necessarily agreed upon specific realities, such as a saying it is a state of heightened suggestibility. Besides, being

“suggestible” doesn’t sound like a positive attribute. Autogenic Training, however, has very specific steps in a mind-body process of disengaging the conscious-sensory mind and activating the subliminal mind, the subconscious and its imagination and ability to affect bodily functions. The training also gives specific focus to developing the skill of “passive volition.” Set your intention, and then let go and let the intention do the work. I’m sure you’ve heard of such advice. In Autogenic Training, we learn this specific skill. To the wise, passive volition actually is suggestibility, but one voluntarily engaged as a positive, creative act. This same ability underlies the various improvisational arts, including “channeling,” although this fact may be hard to recognize by folks who maintain a dualistic notion of reality. I have found Autogenic Training opens an important doorway to higher consciousness. I’m glad to come across a book that focuses on this spiritual dimension of Autogenic Training.

**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. The author has written previously on the subject and knows it well, but he has brought to it an entirely new (to AT) dimension, one that I have been familiar with and am glad to see the connection I’ve experienced be explored.

“Primal awareness.” The author shows us how to use AT to develop this special relationship to the outer world. Primal awareness has to do with a very fundamental response that we have (but often ignore) to the outer world. It is easiest to recognize when I give as an example,

“the vibes we feel when we walk into a forest.” It is a direct experience of inner relatedness. Something about the forest “speaks to us.” It is not what we see, and it is not “feeling” in the sense of emotionality, but something we perceive nevertheless. In my work, I call it “seeing with heart awareness,” but regardless of the name we give to it, it is a dimension of consciousness that has the effect of uniting us with the world, rather than separating us as our senses do.

The first half of the book gives the Autogenic Training part. He has expanded its applicability in many ways, going beyond generalized healing to working with the subtle energies of the body parts, and introduces color and other modalities to accomplish a wide variety of goals. The second half of the book he explains how to build upon the AT skills to develop

your primal awareness of your surroundings and how to interact with it accordingly. This work takes us into many types of initiation rituals that allow us to form working alliances with nature. Reading his accounts of making a primal connection with the elements, water, air, fire, and water, I found that even imagining it as I read to be a very inspirational experience. If you have the time to spend alone exploring your consciousness, this book will keep you busy and entertained for several years! Think of the money you'll save from not bothering to go to the movies!

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