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## HERMAN ARIANA

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Advanced Autogenic Training and Primal Awareness | 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 ...

*Advanced Autogenic Training and Primal Awareness by James ...*

Beginning with the 7 standard formulas of AT, the author provides step-by-step instructions for 40 AT and primal mind techniques. He offers advanced trainings to rekindle your primal touch sensitivity, experience enhanced sight and hearing, and awaken your primal sense of smell.

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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.

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