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The Science of Meditation and the State of Hypnosis

Self-Hypnosis for Self-Analysis When we want to do self-analysis of a symptom (headache, cough, unexplained fatigue, an itch, pain, etc.), or uncover the origins of a self-defeating emotional overreaction

(e.g., defensive anger or hot temper when “hot buttons” are pushed), we go into self-hypnosis and set up our own ideomotor signals.

Self-Hypnosis

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