



Self Hypnosis for Cosmic Consciousness: Achieving Altered States, Mystical Experiences and Spiritual Enlightenment

Ronald A. Havens

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Explores the hypnotic pathways that can lead to an alternate experiential world. This world of inner peace and happiness can be created by even a momentary immersion in the unknown potentials that lie just beneath the surface of everyone's conscious awareness. It is a world removed from the cares and concerns of contemporary life, and every perception is charmed by a sense of beautiful magic. It is a world that soothes the soul, brings contentment, and heals wounded spirits. The alterations of consciousness dealt with throughout this book merely involve a different way of perceiving the world, not a way of tapping into some mythical external "Universal Mind" and are most certainly not a source of superhuman powers or energies. The experiences generated by the hypnotic approaches described in this book can range from relatively mild or temporary states of relaxation to intense bursts of overwhelming sensation, or even to profound alterations in thought or understanding. Join in this exploration of these altered states of consciousness and sit back, relax and enjoy whatever happens.

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