

Auto-Suggestion

Affirmations

VS

Autosuggestion is a broader term that encompasses various techniques involving self-suggestion.

Autosuggestion involves the repetition of statements or ideas in a relaxed state, often before sleep or in a meditative state, to influence the subconscious.

Autosuggestion can include a wider range of techniques, including visualization, mental imagery, and relaxation techniques.

The primary purpose of autosuggestion is to replace negative thoughts, behaviors, or beliefs with positive ones through consistent repetition.

Nature

Affirmations specifically refer to positive statements that challenge and replace negative beliefs.

Process

Affirmations are usually consciously repeated multiple times throughout the day to reinforce positive beliefs.

Scope

Affirmations primarily involve the repetition of positive statements.

Purpose

Affirmations are targeted specifically at challenging and changing negative beliefs or attitudes.

Suggestion And Autosuggestion In Mental Healing

**Yogi Ramacharaka, William Walker
Atkinson**



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