



Global Grey Ebooks

**SELF MASTERY THROUGH
CONSCIOUS AUTOSUGGESTION**

EMILE COUÉ

**SELF MASTERY
THROUGH CONSCIOUS
AUTOSUGGESTION**

EMILE COUÉ



Self Mastery Through Conscious Autosuggestion by Emile Coué.

First published in 1922.

This ebook edition was created and published by Global Grey on the 28th September 2021.

The artwork used for the cover is 'The Velino above the Cascade of Terni'

painted by Jean-Baptiste-Camille Corot.

This book can be found on the site here:

[self-mastery-through-conscious-autosuggestion-ebook.html](https://www.globalgreyebooks.com/self-mastery-through-conscious-autosuggestion-ebook.html)

©Global Grey 2021

[globalgreyebooks.com](https://www.globalgreyebooks.com)

Contents

Self Mastery Through Conscious Autosuggestion

Thoughts And Precepts Of Emile Coué

Observations On What Autosuggestion Can Do

Education As It Ought To Be

A Survey Of The "Séances" At M. Coué's

Extracts From Letters Addressed To M. Coué

The Miracle Within

Some Notes On The Journey Of M. Coué To Paris In October, 1919

"Everything For Everyone"

I am now going to show you how everyone can profit by the beneficent action of *autosuggestion* consciously applied. In saying "every one", I exaggerate a little, for there are two classes of persons in whom it is difficult to arouse conscious autosuggestion:

1. The mentally undeveloped who are not capable of understanding what you say to them.
2. *Those who are unwilling to understand.*

HOW TO TEACH PATIENTS TO MAKE AUTOSUGGESTIONS

The principle of the method may be summed up in these few words: *It is impossible to think of two things at once*, that is to say that two ideas may be in juxtaposition, but they cannot be superimposed in our mind.

Every thought entirely filling our mind becomes true for us and tends to transform itself into action.

Thus if you can make a sick person think that her trouble is getting better, it will disappear; if you succeed in making a kleptomaniac think that he will not steal any more, he will cease to steal, etc., etc.

This training which perhaps seems to you an impossibility, is, however, the simplest thing in the world. It is enough, by a series of appropriate and graduated experiments, to teach the subject, as it were the A. B. C. of conscious thought, and here is the series: by following it to the letter one can be absolutely sure of obtaining a good result, except with the two categories of persons mentioned above.

First experiment.³ Preparatory.--Ask the subject to stand upright, with the body as stiff as an iron bar, the feet close together from toe to heel, while keeping the ankles flexible as if they were hinges. Tell him to make himself like a plank with hinges at its base, which is balanced on the ground. Make him notice that if one pushes the plank slightly either way it falls as a mass without any resistance, in the direction in which it is pushed. Tell him that you are going to pull him back by the shoulders and that he must let himself fall in your arms without the slightest resistance, turning on his ankles as on hinges, that is to say keeping the feet fixed to the ground. Then pull him back by the shoulders and if the experiment does not succeed, repeat it until it does, or nearly so.

Second experiment.--Begin by explaining to the subject that in order to demonstrate the action of the imagination upon us, you are going to ask him in a moment to think: "I am falling backwards, I am falling backwards. . . ." Tell him that he must have no thought but this in his mind, that he must not reflect or wonder if he is going to fall or not, or think that if he falls he may hurt himself, etc., or fall back purposely to please you, but that if he really feels something impelling him to fall backwards, he must not resist but obey the impulse.

Then ask your subject to raise the head high and to shut his eyes, and place your right fist on the back of his neck, and your left hand on his forehead, and say to him: "Now think: I am falling backwards, I am falling backwards, etc., etc. . ." and, indeed, "You are falling backwards, You . . . are . . . fall . . . ing . . . back . . . wards, etc." At the same time

³ These experiments are those of Sage of Rochester.

