



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

*Ronald A. Havens*

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## **Self Hypnosis for Cosmic Consciousness: Achieving Altered States, Mystical Experiences and Spiritual Enlightenment** Ronald A. Havens

This book describes procedures designed to induce spiritual or mystical experiences and altered states of consciousness. They offer an unbiased and expansive view of the world that challenges and replaces our limited way of knowing and perceiving. One momentary immersion can change a person's psychological and emotional conditioning forever, perhaps even altering basic hormonal, neurological and biochemical states.

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