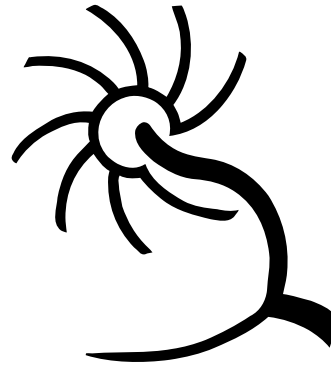




# Indications

These Aurelis indications are available on CD/mp3/  
AurelisOnLine:

Acting energetically / ADHD / Aid at Mourning / AIDS / Alcohol Problem / Allergy - General / Amenorrhoea / Anorexia Nervosa / Anorgasmia / Assertiveness / Asthma / Attaining Flow / Being friendly to yourself / Better Concentration / Bulimia / Burnout / Burns / Change Management / Chronic Aggression / Chronic Bladder Irritation / Chronic Cough / Chronic Eczema / Chronic Fatigue / Chronic Headache / Chronic Hiccup / Chronic Itch / Chronic Tinnitus / Colitis / Conscious breathing / Creative Blockade / Creative Visualisation / Customers Contacts / Dancing from Inside / Deep cleansing of wider self / Deep Motivation / Depression / Diminishing Pain (1, 2, 3) / Discover Your Vitality / Drug Addiction / Ego-strengthening / Elegance in movement and dance / Enjoy Learning / Enjoying Life / Epilepsy / Equanimity / Fear / Fear of Exams / Fear of Failure / Fear of Flying / Feelings of inferiority / Finding Your Own Morality / Forgiveness / Frigidity / General Healing / Giving birth / Hay Fever / Healing help for Cancer (1, 2, 3) / Healthy Immune System / Heartburn / Hidden Talents / High Blood Pressure / Hyperventilation / Impotence / Infections - general / Infertility (♀) / Inner conflict / Inner guide / Inner openness / Irritable Bowel / Large Source of Strength / Leadership / Living as a Couple •••



Aurelis supports you in the best way with autosuggestive selfhelp (effective communication with your own subconscious).

This method has been developed by Dr. Mommaerts, MD, MSc, author of several books about autosuggestion and mind-body medicine.



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Dr J-L Mommaerts, MD, MSc

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**Aurelis®**  
*key to the door of your inner strength*

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Optimal use of *autosuggestion*  
= optimal use of your  
*total self!*





## Aurelis CDs

- ❖ on each cd +/- 74 min. of speech + background music
- ❖ playable on any audio-cd player with cd-r + any cd-rom player
- ❖ Each cd is also available as downloadable mp3.

You compose your own sessions through a combination of a relaxing intro, an Aurelis-technique and an appropriate exit

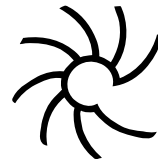
Each session lasts +/- 15 minutes.



## Website...

On the Aurelis website you find a lot of information about the principles and the use of Aurelis and AurelisOnLine. You can also ask a question yourself or make an appointment for further support of your self-help

[www.aurelis.org](http://www.aurelis.org)



## Aurelis is:

- ❖ open and honest
- ❖ deeply supporting
- ❖ naturally spontaneous
- ❖ totally non-aggressive
- ❖ without side-effects
- ❖ an invitation to your own inner strength.



## Working principles

**Deep relaxation:** diminishment of the normal hectic stream of thoughts, through which you get more on line with yourself and more open to a change that fits your total personality.

**Autosuggestion:** in a broad sense, an efficient communication with the deeper self. E.g.: you get an urge to yawn by seeing someone else yawn. Applied intensely and effectively in deep relaxation, it offers enormous possibilities.



## Indications (continuing)

- Local anesthesia / Long Relaxations / Low Back Pain / Maintaining Health / Making Life Choices / Meditation / Meditation at Life Ending / Meditation with two / Menopause / Multiple Sclerosis / Myalgia / Mystical Meditation / Mystical Meditation (2) / Narcolepsy / Nature Meditation / Nausea / Non-Allergic Rhinitis / Obsessive Thinking / Old Unresolved Emotions / Painful Jaw / Painful Menstruation / Palpitations / Panic Attacks / Parkinsonism / Peri-Operative / Phantom Pain / Phobia / Postnatal 'Blues' / Post-Traumatic Stress / Pregnancy / Premature Ejaculation / Pre-Menstrual Syndrome / Psoriasis / Quit Smoking (1, 2, 3) / Raynaud's Phenomenon / Relieving Guilt / Relieving Stress (1, 2, 3) / Rheumatoid Arthritis / Rigid Neck / Self acceptance / Self Exploration / Sexual disposition / Sexuality (1, 2) / Short relaxations (1, 2, 3) / Shoulder pain / Sleeping Better (1, 2, 3) / Slimming (1, 2, 3) / Social Phobia / Spasms of the Oesophagus / Sports Performances / Stage Fright / Standing Strong in Life / Start Your Day Energetically / Strengthening Aurelis / Studying Better / Stuttering / Symptom Exploration / Tics / Travel Sickness / Tremor (Tremble) / Vaginism / Vertigo / Visit at the dentist / Working with unnamed symptom / Youthful Ageing

Your data: .....

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