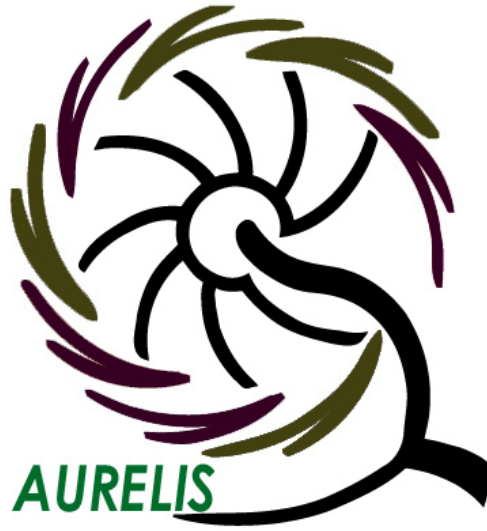


# Aurelis<sup>®</sup> guide

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

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DISCLAIMER: The use of the CD and of the information in this guide is your responsibility. If you suspect to suffer from a medical condition or a serious mental disorder, then you (also) have to contact a doctor or other therapist. Under no circumstances can Aurelis be considered as a replacement for medical care, recommendation or medication prescribed by your doctor according to scientific insights. Aurelis can be used together with whatever therapy and does not preclude any application of this. It is not suitable to use Aurelis when your attention is needed elsewhere, for instance while driving.

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EXPECT no miracles from Aurelis. However, you can expect an effective aid on your way towards a better health and well-being. It is for that purpose *very important* that you thoroughly read and apply this guide. Using Aurelis demands some discipline and searching for the optimum mental attitude. On these conditions the effect follows spontaneously and is certainly worthwhile.

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INSTALLATION: You can play this CD on audio-CD players with CD-r and (preferably) a programming facility. At the same time it is also a CD-ROM. This normally starts automatically when placing the CD in your CD-ROM player. Otherwise click on Start and then on Run. Type d:\start (if 'd' is the letter of your CD-ROM player). Click OK. The program then starts immediately.

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Text and speech: J.L. Mommaerts  
Music: Dirk Herten  
([www.pianorolls.com](http://www.pianorolls.com))

*Original CD's keep Aurelis alive and make it possible to further develop the products. Can we ask you for your cooperation?*

## To read before your first session

Welcome at Aurelis and congratulations that you have made for yourself this important step towards the use of your *total* self towards a better health and well-being. If Aurelis is new to you, then it is important that you read thoroughly through this first part now.

Most important is this: the best mental attitude at a session is that you simply let yourself go. Don't try to do a session 'as well as possible'. That would diminish the spontaneity. If you let yourself freely go and choose the same session several times, you can be astonished that you find things that you didn't hear the first time. That is normal and it's a sign that you are doing fine.

So let yourself go along with the story. At the same time translate it to your own story by not always literally following what is being told. If you view the pronounced story as a line, then your story twists around that line, adapted and completed with your own elements. If you do not want or cannot follow something from the pronounced text, then you simply don't do it. If something touches you deeply, then go along with this for a while and let the story simply continue on the background. Your conscious awareness is not put aside. You come into a state of deep relaxation if you wish that, but that is not strictly necessary for the effect.

Aurelis gives you entrance to your own 'inner strength'. This is: it helps you to use your own mind effectively in pursuance of an aim chosen by you yourself. The more the aim comes from yourself, the more aid you can expect. You then change as a person to the degree that you are ready for that.

The effect of Aurelis comes in a natural way. Therefore it will not always be immediately clear to you what brings about your change. You feel it in an indirect way, by means of yourself, as if it all happens spontaneously and eventually that is also the case. Therefore you can be proud upon yourself for any growth or healing with the use of Aurelis.

The week menu that you find on the back of the cover, gives you a directory to walk through the CD. You can also easily make it a 2-week menu by simply doing each day twice. After the week menu you then choose for yourself the sessions according to your own intuition. It is interesting to be able to alternate several techniques with each other. Together they are more powerful than the sum of each separately. It depends completely upon you however. For instance, if a session specifically touches you, then you may listen to it several days in a row.

You best choose for your Aurelis sessions a time of the day that you are fit. You obtain the biggest effect with a very clear mind. Dozing off during a session indicates a chronic sleep disorder.

It is not necessary to continue using Aurelis in order for the effect to become permanent. How long and how much you have to use it, is individually very diverse. Your symptom and your sense are the best guides in this matter. Use Aurelis now and then also when your first aim has been reached or your problem has been solved. You will be glad to notice that you will always again be ready for new things, ready for a further personal growth.

I wish you a good health, very much well-being and interesting experiences with Aurelis.



Dr. Jean-Luc Mommaerts, MD, MSc



## Mental attitude during a session

Using Aurelis is communicating with your deeper self. That is not 'just anything'. It is important to realise that *the deeper self does not want to be changed from outside*. A purely conscious decision to deep change is therefore insufficient and can even cause an inner fight that thwarts the aim. Contrary to this, Aurelis has entirely been oriented towards *changing from within* (= 'growth'). Nevertheless the deeper self can feel this differently and then it reacts with uncooperativeness and resistance (such as 'disbelief' or all kinds of excuses not to need to be busy with the sessions). If you get beyond that, then you have before you a powerful instrument. It is worthwhile to give yourself all chances with this.

WHAT FOLLOWS IS VERY IMPORTANT FOR THE EFFECTIVENESS OF YOUR SESSIONS.

Strive each session again towards:

- openness  
Always be open for the possibility that you can grow through this. That is: *belief in yourself*. Belief in your possibility to reach more well-being and health.
- attention  
Remain attentive the whole session through to what it does to you, how it touches you here and now. Never underestimate the importance of this! The effect depends much more on 'living it' than on 'understanding it'.
- actively searching for meaning  
Always assume that each sentence is meaningful, also and especially to you personally. This means that sometimes during or after a session you undertake an emotional search to this meaning.

- patience  
Don't expect the desired result immediately. Real healing can only happen at its own pace: sometimes quickly, sometimes slowly. If you 'demand' a quick effect from yourself, then it certainly goes slower.
- being positively critical  
This means that during the session itself you avoid the question: 'How can this help me?' Rather ask this question - appropriately - purely rationally and afterwards, but not emotionally and during a session.
- spontaneity  
Let it happen 'spontaneously'. Consciously you give the direction, but the change into that direction comes from within. Therefore 'nothing' and at the same everything effectively happens.
- self responsibility  
This is primordial. Aurelis is like a door with which you get beyond an otherwise almost impenetrable wall. You are however the one who has to open this door from within yourself. If you wait for something that happens outside you, then it doesn't happen.

Continue practicing with Aurelis in a benevolent, friendly way. If you do not immediately and entirely succeed in your goal, then of course you are not to blame for this. Don't be disappointed either. The effect comes when you, as a whole person, are ready for it. Through a good communication with your own deeper self you already reach a fantastic goal in any way.



# Tips for self motivation

These tips can help you to regularly keep using Aurelis:

## *Looking back, looking forward*

When lying in bed you can look back on the day's session with some satisfaction. Think for just a while then about what you have possibly 'learned' and how it has moved you. You can then also look forward to the next session. Will you get this good feeling again?

## *Try to immediately get something from it*

If you let yourself go in a session, you will experience a deep relaxation and an increased feeling of well-being. Try not to thwart this within yourself by the feeling that this in fact cannot be, that you for example have to work very hard for this effect. A session is a nice gift from yourself to yourself. Let yourself entirely go along with it.

## *Talk about it with others*

Discuss your experiences with friends, family members... However make sure that possible reactions of disbelief do not influence you in a negative way. Do not start any kind of 'fighting'.

## *Make sure that you can stand entirely behind it*

Aurelis is based upon rational starting points. Apart from other sources you find much information about this on the website. Take some time for this and then decide rationally and emotionally whether the following is correct: what you do during a session is VERY IMPORTANT TO YOU. If you come to this decision, then do no longer let yourself be distracted by all kinds of small objections. Go for it!

## *Create a meaningful environment and surroundings*

The next section is about this.



# Care for a good atmosphere and surroundings

## **Some background for this section**

The subconscious is not in a direct way sensitive to concrete matters. For instance a beautiful poem does not affect you materially of course unless you are a blind person reading braille. The meaning of it, by which you are touched in your deeper self, is in itself always non-material. On the other hand *the fact that something is concrete* (such as concrete surroundings), has much importance for the subconscious. The fact that it is concrete, in itself has much meaning. It is this meaning that can deeply touch someone.

This principle is sometimes abused. Something that is in itself inactive, can nevertheless give the impression that it's working. However not the thing in itself is active, but the meaning that you (more specifically your deeper self) grants it. Your deeper self is in such a case not compelled to growth. The real problem continues to exist and only gets a superficial 'solution'.

## **Some proposals in the framework of Aurelis-setting**

With Aurelis you work in principle purely with your own mind, therefore little concretely. Here follow some proposals about how you can nevertheless use above-mentioned sensitivity for concreteness in an Aurelis-setting in an interesting and especially *open* way, as well as additional advice about how you can make your Aurelis-experiences even more intense and effective.

These are especially some aids to reach a kind of meaningful environment. Once again: these aids develop their activity *exclusively* by means of the functioning of your own mind.

## **Most important: do what you feel good with while doing it.**

Be friendly to yourself. That doesn't mean: 'make no effort'. Look at it on a somewhat longer term. Sometimes a little bit of experimenting with attitude, surroundings etc. is required, but try to find what feels best to you, for now and for later.



Discuss beforehand with your family members what you are going to do and for what purpose.

It would not be nice if they would be negatively astonished by seeing you during a session. They may get a wrong idea about this. Therefore discuss it and perhaps let them also read this text.

Take care of your posture

Two good postures are as follows:

- ❖ You simply sit in a chair, very relaxed but nevertheless straight. Legs and arms are not crossed. Your feet are standing firmly on the ground. Your back is very slightly bent. Your head too slightly bends forward. This is what is called the 'coachman's posture'.
- ❖ Another very good posture is the meditative sitting posture. If you don't know this yet, I advise to use a firm and high cushion. Sit to the fore of the cushion and cross your legs (tailor's posture, half or full lotus posture). Best is that your knees touch the ground but this can already take some exercise. You do not have to enforce this. Make sure that your basin is tilted a bit forward and that your back is very straight. This may be somewhat uncomfortable (even painful), but after a while you will notice that you can do it quite well. It is important that you continue searching for the best attitude that causes no pain. If you do not want or cannot continue sitting with crossed legs, you can also fold your legs under you (kneeled posture with lower legs flat on the ground). Then perhaps you can fold a cushion and put it between your legs so that in fact you are sitting on it.

The meditative sitting posture is a special body posture that has the additional advantage that it is not used during the normal activities of the day. Through this you define a special mental space for a session. Your body and deeper mind 'recognize' the posture and react more easily. Once again: this is not necessary. You do what you can, what makes sense to you and what you can completely agree with.

### Define some special time and place beforehand

The use of Aurelis takes more or less a quarter of an hour per day. Try to not consider this as 'lost time' in which you could do other things. Look at it rather as 'your time', the time that you get - from yourself -. Agree *beforehand* with yourself that you get this quarter of an hour daily at least during a certain period of time that you also agree beforehand with yourself. This time then is not something that exists among or beside all other occupations. There is no question of finding the needed extra time. On the contrary, those other occupations are 'that what you do outside your quarter of an hour'. It is important enough!

Also pay attention to the physical surroundings. Take care for a subdued light and pleasant temperature. If somehow possible, reserve a special little place in your house for your sessions, albeit by means of a little mat that you spread out somewhere. Make sure that you are not disturbed. Lay off the phone. An ear-phone is sometimes a good idea.

### If you want to burn a candle or incense, that's OK.

Follow your own way. Experimenting with things can do no harm. Perhaps you unexpectedly find something in it. There is nowadays a large choice available in ordinary stores. Search around a bit and use what you find yourself most comfortable with. This last is really the only valuable criterion. You can let yourself be guided by what you read on the package, but eventually only let yourself be led by yourself. Especially make sure that you cause no fire hazard, the more so if you close your eyes during a session (this is never necessary).

### 15 minutes 'post-meditation'

If you have enough time for that purpose, you can practise a bit of adapted meditation during 15 minutes after a session. With or without music you can post-meditate entirely by yourself about one or several things that have affected you during the session. This considerably heightens the effectiveness of the session.

This is really meditation, no ‘mind games’ or worries! During this time take notice of your own ideas in an uninhibited way. Do not force them to remain with the subject. If you see that they are wandering away, then bring them back in a friendly way. Even if your ideas perhaps sometimes seem more like a troop of shrieking little monkeys in a forest than like the mind of a Zen master, the principle of ‘friendly bringing back’ remains the same. After a while the little monkeys will become automatically quieter. You can also specifically practice on this through the use of some specially for this purpose composed sessions in Aurelis (indication: ‘Strengthening of Aurelis’).

### Aurelis in group

What you may also do, is doing a session together with one or more others. Towards a specific aim, such as to stop smoking, this is certainly interesting. Also with sessions about well-being it can lead to very pleasant experiences.

Afterwards you will probably need to compare experiences. That is very nice! Through this you will also more readily tend to clearly formulate your own questions. Whenever you like, you can pose such a question in the Aurelis Q&A Section on the website ([www.aurelis.org](http://www.aurelis.org)).



# Aurelis website

You are wholeheartedly invited on the Aurelis website. Here you will find:

- much background information about Aurelis
- a vast Q&A about Aurelis, autosuggestion and psychosomatics in general.
- the possibility of communicating something about your experience with Aurelis or ask a question yourself.
- the possibility of registering yourself for free for Aurelis MiniMails: little e-mails that you receive daily about a choice of 19 subjects.
- the possibility to subscribe for AurelisOnLine, a system that gives you access to *all* Aurelis-indications, a choice of background music etc.
- a list of available Aurelis indications
- information about where you can go for further personal support for your self-help with Aurelis
- health recommendations
- a forum
- an affiliate program
- ...

Always welcome!

