



# Self Mastery Through Conscious Autosuggestion

*Émile Coué*

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## **Self Mastery Through Conscious Autosuggestion** Émile Coué

The Coué method centered on a routine repetition of this particular expression according to a specified ritual—preferably as much as twenty times a day, and especially at the beginning and at the end of each day. When asked whether or not he thought of himself as healer, Coué often stated that "I have never cured anyone in my life. All I do is show people how they can cure themselves." Unlike a commonly held belief that a strong conscious will constitutes the best path to success, Coué maintained that curing some of our troubles requires a change in our unconscious thought, which can be achieved only by using our imagination. Although stressing that he was not primarily a healer but one who taught others to heal themselves, Coué claimed to have effected organic changes through autosuggestion.

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