

**Ali Özden ÖZTÜRK (MD) – Türkiye**  
**ESH Treasurer**

**Suggestion's Voice & Life's Breath**

In these difficult times, we understand better the importance of the harmony and the strength of the body& soul. Body needs breath to stay alive and well; and our soul finds strength and healing through positive suggestions.

Hypnotic suggestions can become the gentle voice of the healing calling the harmony of the body& soul. Hypnotic suggestions can become the enchanting voice of the life providing us a calm, strong and fresh breath. Hypnotic suggestions can become the soothing voice of the soul strengthening our resilience.

In this presentation, I will talk about the power of suggestions and their importance in and for our lives by elaborating the main principles of AUCH Method:  
"Awareness, Differentiation and Feeling".