



# NLP PRACTITIONER CERTIFICATION COURSE

DAY 5

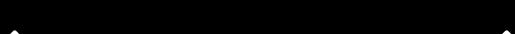
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# NLP PRACTITIONER CERTIFICATION COURSE

The NLP system inspires people to achieve their true potential by leveraging unfair advantages to achieve their fullest potential. Start your journey to self-fulfillment and follow your passion for helping others while enjoying a rewarding career in the health and wellness industry. Yogendra Singh Rathod designed a two-day NLP foundation workshop to teach lifelong NLP skills and a step-by-step human mind technology that promotes excellence, wellness, happiness, and holistic development.

- Reprogram your neurons to spark growth
- Increase energy & momentum
- Eliminate mental blocks & patterns of failures, fear & anxiety
- Increase business opportunities
- More fulfilment and purpose discovery
- Increase sense of happiness
- Unlocking the money flow





# NLP PRACTITIONER

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# NLP PRACTITIONER

## CIRCLE OF GRATITUDE MEDITATION:

### DEFINITION:

GRATITUDE MEDITATION IS A MINDFULNESS PRACTICE WHERE YOU FOCUS ON EXPRESSING GRATITUDE FOR THE PEOPLE, TOOLS, AND RESOURCES THAT SUPPORT YOUR LIFE. BY VISUALIZING THESE ELEMENTS, SUCH AS LOVED ONES, NATURE, AND MENTORS, THIS MEDITATION SHIFTS YOUR EMOTIONAL STATE TO A HIGHER FREQUENCY, PROMOTING A DEEP SENSE OF CONNECTION, POSITIVITY, AND WELL-BEING. IT IS DESIGNED TO ENHANCE BOTH MENTAL AND PHYSICAL HEALTH BY FOSTERING APPRECIATION FOR LIFE'S BLESSINGS, LEADING TO INCREASED HAPPINESS, IMPROVED IMMUNITY, AND A SENSE OF INNER FULFILLMENT.

THIS EXERCISE INVOLVES VISUALIZING THREE CONCENTRIC CIRCLES, EACH REPRESENTING DIFFERENT LAYERS OF GRATITUDE. HERE'S HOW THE EXERCISE IS STRUCTURED:

### STEPS FOR CIRCLE OF GRATITUDE MEDITATION:

#### STEP 1: VISUALIZE THREE CONCENTRIC CIRCLES

- IMAGINE THREE CIRCLES AROUND YOU, ALL SHARING THE SAME CENTER. THESE CIRCLES REPRESENT DIFFERENT ASPECTS OF GRATITUDE IN YOUR LIFE.

#### STEP 2: DEFINING THE CIRCLES

##### FIRST CIRCLE (INNER CIRCLE - LOVED ONES)

- FILL THIS CIRCLE WITH PEOPLE WHO LOVE, SUPPORT, AND CARE FOR YOU. THESE ARE THE CLOSEST PEOPLE IN YOUR LIFE – YOUR FAMILY, FRIENDS, OR MENTORS WHO HAVE HAD A POSITIVE INFLUENCE ON YOU.



# NLP PRACTITIONER

## SECOND CIRCLE (OUTER CIRCLE - TOOLS & NATURE)

- IN THIS CIRCLE, EXPRESS GRATITUDE FOR THE **TOOLS, RESOURCES, AND ELEMENTS OF NATURE** THAT HELP YOU IN YOUR DAILY LIFE. THIS COULD INCLUDE THINGS LIKE:
  - **YOUR MOBILE PHONE, LAPTOP, OR JOB.**
  - **NATURE**, LIKE TREES, FRESH AIR, AND SUNLIGHT.

## THIRD CIRCLE (OUTERMOST CIRCLE - ANCESTORS & ROLE MODELS)\*

- THIS CIRCLE IS RESERVED FOR **ANCESTORS AND ROLE MODELS**. THESE ARE THE PEOPLE FROM WHOM YOU'VE INHERITED WISDOM OR WHO HAVE INSPIRED YOU. INCLUDE MENTORS OR FIGURES WHO PLAYED A ROLE IN SHAPING THE WORLD OR GUIDING YOU, WHETHER THEY ARE HISTORICAL FIGURES OR PERSONAL IDOLS.

## STEP 3: EXPANDING GRATITUDE

- AS YOU VISUALIZE, YOU CAN \*CONTINUOUSLY ADD MORE PEOPLE AND THINGS\* TO THESE CIRCLES.
- **FIRST CIRCLE**: FOCUS ON LIVING PEOPLE WHO ACTIVELY SUPPORT YOU.
- **SECOND CIRCLE**: ADD THE TOOLS, DEVICES, AND ELEMENTS OF NATURE THAT PROVIDE YOU WITH CONVENIENCE, SAFETY, OR JOY.
- **THIRD CIRCLE**: INCLUDE MENTORS, ROLE MODELS, AND ANCESTORS WHO'VE LEFT A LASTING IMPACT ON YOUR LIFE.

## STEP 4: EXPERIENCE THE FREQUENCY SHIFT

- AS YOU VISUALIZE EACH CIRCLE AND FILL THEM WITH PEOPLE AND THINGS, YOU WILL BEGIN TO FEEL A **NATURAL SHIFT IN YOUR EMOTIONAL STATE. THIS IS THE GRATITUDE FREQUENCY** AMPLIFYING WITHIN YOU, HELPING YOU FEEL MORE CONNECTED AND POSITIVE.
- WHEN YOU EXPRESS GRATITUDE FOR ANCESTORS AND MENTORS, PARTICULARLY THOSE IN THE **THIRD CIRCLE**, YOU'LL EXPERIENCE A **DEEP SENSE OF ALIGNMENT** WITH THEIR WISDOM AND SUPPORT, WHICH CAN ENRICH YOUR JOURNEY FORWARD.



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## STEP 5: ACKNOWLEDGING THE LARGER PICTURE

- THE OUTERMOST CIRCLES ARE **SPACIOUS**, SYMBOLIZING THAT YOU CAN ADD AS MANY PEOPLE OR THINGS AS YOU LIKE.
- THE **FIRST CIRCLE** IS PRIMARILY FOR THE PEOPLE YOU ENGAGE WITH EVERY DAY.
- THE **SECOND CIRCLE** INCLUDES ALL THE RESOURCES, TECHNOLOGY, AND GIFTS THAT NATURE PROVIDES.
- THE **THIRD CIRCLE** HOLDS THE **LARGER PERSPECTIVE** OF THOSE WHO CAME BEFORE YOU, HELPING TO SHAPE YOUR LIFE AND THE WORLD YOU LIVE IN.

## FINAL NOTE: CONTINUOUS ADDITION

- KEEP ADDING MORE PEOPLE, TOOLS, RESOURCES, AND ELEMENTS THAT YOU FEEL THANKFUL FOR. AS YOU EXPRESS GRATITUDE, LET THIS EMOTION EXPAND THROUGH ALL CIRCLES, CREATING A BROADER **SENSE OF FULFILLMENT AND APPRECIATION**.

THIS EXERCISE WILL ELEVATE YOUR EMOTIONAL FREQUENCY, MAKING YOU FEEL MORE EMPOWERED, CONNECTED, AND GROUNDED IN YOUR DAILY EXPERIENCES.

## BENEFITS OF GRATITUDE MEDITATION

- **SHIFTS TO HIGHER FREQUENCY:** GRATITUDE ELEVATES YOUR EMOTIONAL STATE, HELPING YOU FEEL MORE POSITIVE AND ALIGNED WITH HIGHER ENERGY LEVELS.
- **SLOWS AGING:** PRACTICING GRATITUDE CAN SLOW DOWN THE AGING PROCESS BY PROMOTING BETTER CELLULAR REGENERATION AND MAKING IT MORE EFFICIENT.
- **BOOSTS IMMUNITY:** IT ENHANCES YOUR IMMUNE SYSTEM, MAKING YOUR BODY MORE RESILIENT TO ILLNESS.



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- **BIOLOGICAL VS. CHRONOLOGICAL AGE:** WHILE YOUR CHRONOLOGICAL AGE IS FIXED, YOUR BIOLOGICAL AGE, WHICH IS DETERMINED BY THE HEALTH OF YOUR ORGANS AND CELLS, CAN BE MANAGED. GRATITUDE HELPS MAINTAIN A YOUNGER BIOLOGICAL AGE BY IMPROVING OVERALL HEALTH.
- **HOLISTIC HEALTH:** REGULAR GRATITUDE PRACTICES, COMBINED WITH MEDITATION, YOGA, AND POSITIVE THINKING, CAN REDUCE BIOLOGICAL AGING, IMPROVE HEALTH, AND BOOST WELL-BEING.

THIS SIMPLE PRACTICE OF GRATITUDE NOT ONLY IMPACTS YOUR MENTAL STATE BUT ALSO YOUR PHYSICAL HEALTH, MAKING IT A POWERFUL TOOL FOR LIVING A HEALTHIER, MORE FULFILLED LIFE.



# NLP PRACTITIONER

## MENTAL CATHARSIS TECHNIQUE

ALSO KNOWN AS WALT DISNEY TECHNIQUE OR DREAMER, CRITIC, DOER TECHNIQUE

### DEFINITION:

MENTAL CATHARSIS IS AN EMOTIONAL RELEASE TECHNIQUE WHERE INDIVIDUALS PURGE SUPPRESSED EMOTIONS, ALLOWING THEM TO LET GO OF MENTAL AND EMOTIONAL BLOCKAGES. THIS PRACTICE HELPS TO PROCESS PAST EXPERIENCES AND CLEAR NEGATIVE FEELINGS, LEADING TO A SENSE OF RELIEF AND MENTAL CLARITY.

### IT IS AN EXERCISE TO SILENT YOUR CRITIC.

### BENEFITS:

1. **EMOTIONAL RELEASE:** IT HELPS IN RELEASING PENT-UP EMOTIONS SUCH AS ANGER, SADNESS, OR FRUSTRATION.
2. **MENTAL CLARITY:** BY ELIMINATING EMOTIONAL BLOCKAGES, IT CREATES SPACE FOR CLEARER THINKING AND BETTER DECISION-MAKING.
3. **STRESS REDUCTION:** CATHARSIS REDUCES STRESS AND ANXIETY BY PROVIDING AN OUTLET FOR REPRESSED EMOTIONS.
4. **INCREASED SELF-AWARENESS:** IT HELPS INDIVIDUALS UNDERSTAND THEIR EMOTIONAL PATTERNS AND TRIGGERS, PROMOTING PERSONAL GROWTH.



# NLP PRACTITIONER

## STEPS TO PERFORM THE MENTAL CATHARSIS EXERCISE

### 1. POSITIONING:

IMAGINE THREE CIRCLES REPRESENTING THREE DIFFERENT MENTAL POSITIONS: THE DREAMER, THE CRITIC, AND THE DOER.

- **POSITION 1 (DREAMER):** THIS IS WHERE YOU ACTIVATE YOUR DREAMER SELF, THINKING OF ALL THE POSSIBILITIES AND GOALS YOU WANT TO ACHIEVE WITHOUT LIMITATIONS. SPEND ABOUT 30 SECONDS VISUALIZING THIS.
- **POSITION 2 (CRITIC):** MOVE TO THE SECOND POSITION, THE CRITIC, WHERE YOU WILL IDENTIFY THE NEGATIVE THOUGHTS OR INTERNAL RESISTANCE HOLDING YOU BACK. WRITE DOWN YOUR CRITICISMS AND REASONS WHY YOU FEEL YOUR DREAM CANNOT BE ACHIEVED.
- **POSITION 3 (DOER):** IN THE FINAL POSITION, YOU SHIFT TO THE ROLE OF THE DOER. HERE, YOU FOCUS ON FINDING SOLUTIONS AND ACTIONS TO OVERCOME THE CRITICISMS FROM POSITION 2. WRITE DOWN THE ACTIONS YOU WILL TAKE TO RESOLVE THOSE CRITIQUES.

### 2. VISUALIZATION:

- EACH POSITION REPRESENTS A PART OF THE PROCESS: DREAM, CRITIQUE, AND SOLUTION.
- MENTALLY VISUALIZE YOURSELF MOVING FROM ONE POSITION TO THE NEXT, ENGAGING FULLY WITH THE EMOTIONS AND THOUGHTS ASSOCIATED WITH EACH.

### 3. NOTEBOOK EXERCISE:

- WRITE DOWN YOUR THOUGHTS FOR EACH POSITION:
- **DREAMER PAGE:** LIST YOUR DREAMS AND GOALS.
- **CRITIC PAGE:** WRITE THE REASONS YOU THINK YOUR DREAMS ARE NOT ACHIEVABLE.
- **DOER PAGE:** CREATE ACTIONABLE STEPS TO OVERCOME THESE CRITIQUES.



# NLP PRACTITIONER

## 4. TRIANGULAR VISUALIZATION:

- IMAGINE A TRIANGLE, WITH THE DREAMER, CRITIC, AND DOER AT EACH POINT. VISUALIZE HOW EACH POSITION INTERACTS WITH THE OTHERS AND HOW YOU MOVE FROM ONE TO THE NEXT TO FIND BALANCE AND SOLUTIONS.

THIS EXERCISE IS POWERFUL BECAUSE IT ENGAGES BOTH YOUR CONSCIOUS AND SUBCONSCIOUS MIND, HELPING YOU MOVE THROUGH EMOTIONAL BLOCKAGES AND FIND CONCRETE ACTIONS TO TAKE TOWARDS YOUR GOALS.



# NLP PRACTITIONER

## HEALING MEDITATION:

**HEALING MEDITATION IS A GUIDED PRACTICE THAT USES VISUALIZATION AND METAPHORS TO ENGAGE THE BODY'S IMMUNE SYSTEM AND PROMOTE MENTAL AND PHYSICAL HEALING. IT HELPS TO CALM THE MIND, REDUCE STRESS, AND ALIGN THE BODY'S NATURAL DEFENSE MECHANISMS, WHICH CAN ENHANCE THE BODY'S HEALING ABILITIES AND SUPPORT OVERALL WELL-BEING.**

## BENEFITS:

- 1. IMPROVES IMMUNE RESPONSE:** HEALING MEDITATION STRENGTHENS THE IMMUNE SYSTEM BY CALMING IT AND PROMOTING A BALANCED RESPONSE.
- 2. REDUCES STRESS:** HELPS RELEASE NEGATIVE EMOTIONS AND MENTAL TENSION.
- 3. ENHANCES EMOTIONAL STABILITY:** ENCOURAGES EMOTIONAL HEALING AND CLARITY.
- 4. SUPPORTS RECOVERY:** AIDS THE BODY'S NATURAL HEALING FROM ILLNESSES OR CONDITIONS.

## STEPS FOR HEALING MEDITATION:

### 1. VISUALIZE AN INNER KINGDOM:

- IMAGINE YOUR BODY AS AN INNER KINGDOM WITH THREE GATES THAT GUARD THE ENTRANCE.

### 2. FIRST GATE - SURRENDER AND CALMNESS:

- VISUALIZE 100 WHITE SOLDIERS REPRESENTING YOUR WHITE BLOOD CELLS GUARDING THE FIRST GATE. THESE SOLDIERS ARE CALM BUT CONFUSED, UNSURE WHETHER TO FIGHT OR SURRENDER.
- ALLOW THESE SOLDIERS TO SURRENDER AND STOP THE UNNECESSARY FIGHT, REPRESENTING YOUR IMMUNE SYSTEM CALMING DOWN AND HEALING.



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## 3. SECOND GATE - CONFUSION AND RESOLUTION:

- AT THE SECOND GATE, THE SOLDIERS (WHITE BLOOD CELLS) ARE FIGHTING WITH THEMSELVES, SYMBOLIZING CONFUSION WITHIN THE IMMUNE SYSTEM.
- VISUALIZE THESE SOLDIERS RESOLVING THEIR INTERNAL CONFLICT, CALMING DOWN, AND FINDING THEIR CORRECT PURPOSE, WHICH HELPS IN STABILIZING IMMUNE RESPONSES.

## 4. THIRD GATE - OVERACTIVITY:

- THE THIRD GATE REPRESENTS OVERACTIVE IMMUNE RESPONSES LIKE AUTOIMMUNE DISEASES OR ALLERGIES. HERE, THE SOLDIERS ARE OVERREACTIVE, SYMBOLIZING HOW YOUR BODY SOMETIMES ATTACKS ITSELF.
- THROUGH VISUALIZATION, GUIDE THESE SOLDIERS TO CALM DOWN AND REGAIN CONTROL, RESTORING BALANCE TO YOUR IMMUNE SYSTEM.

## 5. METAPHORIC HEALING:

- USE METAPHORS IN THE VISUALIZATION TO CONNECT WITH YOUR SUBCONSCIOUS MIND. THE GATES AND SOLDIERS REPRESENT DIFFERENT PARTS OF YOUR IMMUNE SYSTEM. BY VISUALIZING CALMNESS AND RESOLUTION AT EACH GATE, YOU STABILIZE YOUR BODY'S DEFENSES AND PROMOTE HEALING.

## 6. EXPERIENCE THE SHIFT:

- AS YOU GUIDE THE SOLDIERS, YOU'LL NOTICE A SHIFT IN YOUR EMOTIONAL AND PHYSICAL STATE. THE IMMUNE SYSTEM STABILIZES, NEGATIVE ENERGY DISSOLVES, AND HEALING BEGINS.

THIS MEDITATION TECHNIQUE USES POWERFUL METAPHORS TO INFLUENCE THE MIND AND BODY, PROMOTING HEALING AND WELL-BEING. IT IS A COMBINATION OF VISUALIZATION AND GUIDED IMAGERY TO CALM THE IMMUNE SYSTEM AND RESOLVE INTERNAL CONFLICTS FOR BETTER HEALTH.