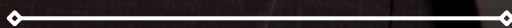




NLP PRACTITIONER

CERTIFICATION COURSE

DAY 2



@DR. YOGENDRA SINGH RATHORE



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





01 INTRO: LIFE IS A SERIES OF MICRO EXPERIENCE

02 THE STRUCTURE OF EXPERIENCE

03 CAUSE OF SOLUTION

04 NLP SUBMODALITIES

05 TECHNIQUES TO APPLY-

- (PATTERN - BREAKING TECHNIQUE)
- (THUMB TECHNIQUE)
- (NUERO- LOGICAL ALIGNMENT TECHNIQUE)



NLP PRACTITIONER

LIFE - LIFE IS A SERIES OF MICRO EXPERIENCE

HOW TO MEASURE LIFE?

- EXPERIENCE IS THE UNIT OF LIFE

WHAT WILL DEFINE THE QUALITY OF YOUR LIFE?

- THE QUALITY OF YOUR EXPERIENCES

WHEN THAT EXPERIENCE HAPPENS?

- WHEN YOU INTERACT WITH THE ENVIRONMENT

EXAMPLE:

- WHEN YOU TALK WITH SOMEONE
- WHEN YOU WEAR CLOTHES
- WHEN YOU DRIVE A CAR
- WHEN YOU TAKE PROMOTION
- WHEN YOU TAKE AWARD
- WHEN YOU DO A FIGHT

IMPROVE INTERACTION WITH YOUR



SELF



BODY



THOUGHT



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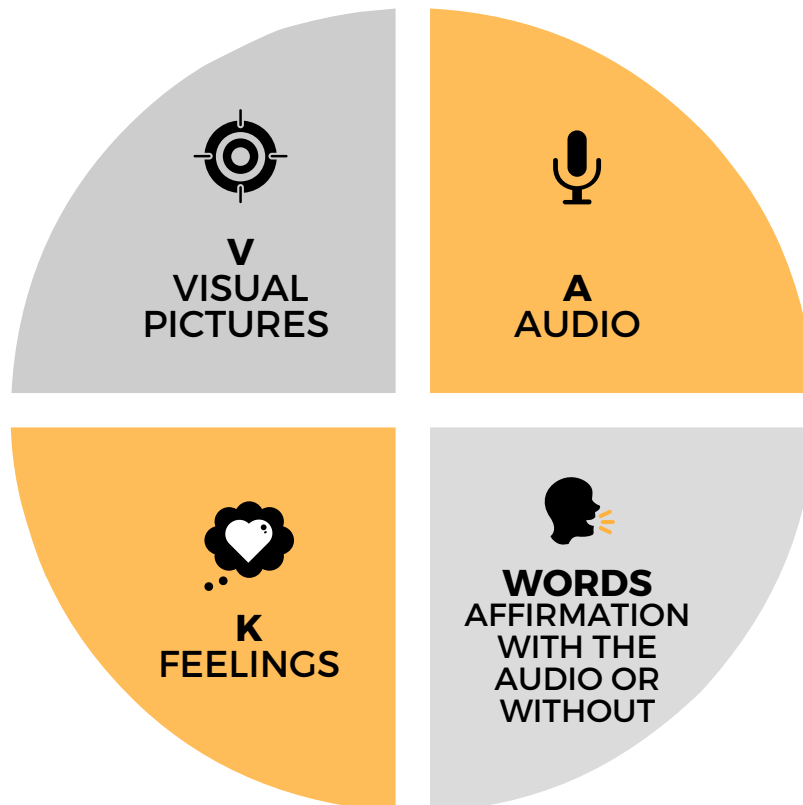
THE STRUCTURE OF EXPERIENCE

BEFORE CHANGING E2, WE NEED TO UNDERSTAND WHAT IS THE STRUCTURE OF YOUR EXPERIENCE.

“EVERY EXPERIENCE HAS A STRUCTURE & STRUCTURE CAN BE ALTERED”

E2 IS MADE OF 4 THINGS:

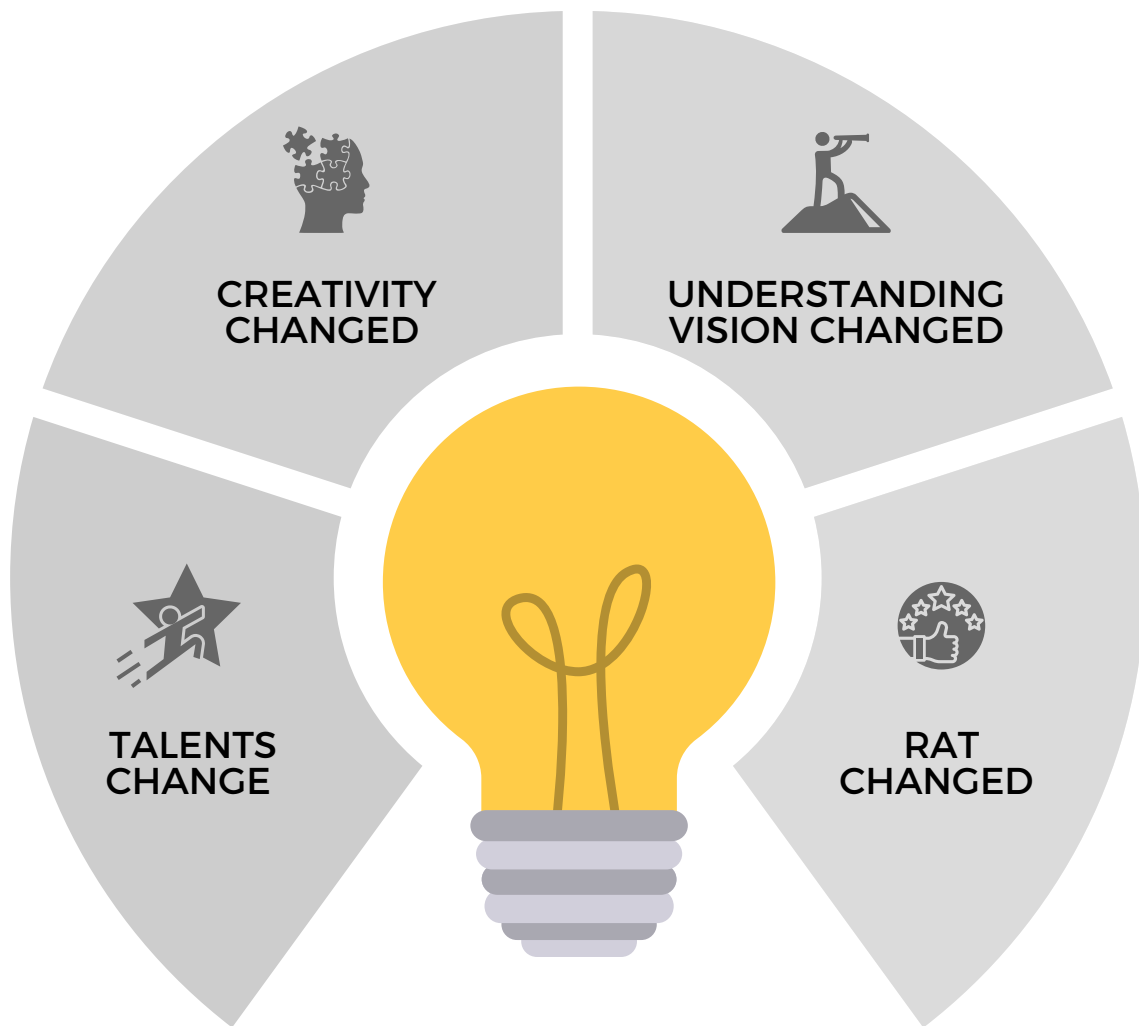
$$\mathbf{E2 = V + A + K + WORDS}$$





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CAUSE OF SOLUTION:





NLP PRACTITIONER

NLP SUBMODALITIES

V

VISUAL

COLORS

BRIGHTNESS

2D/3D

SIZE

CLOSE/
FAR

PANORAMIC/
FRAME

A

AUDIO

VOLUME

SPEED

TIME

MONOLOGUE

DIRECTION



NLP PRACTITIONER

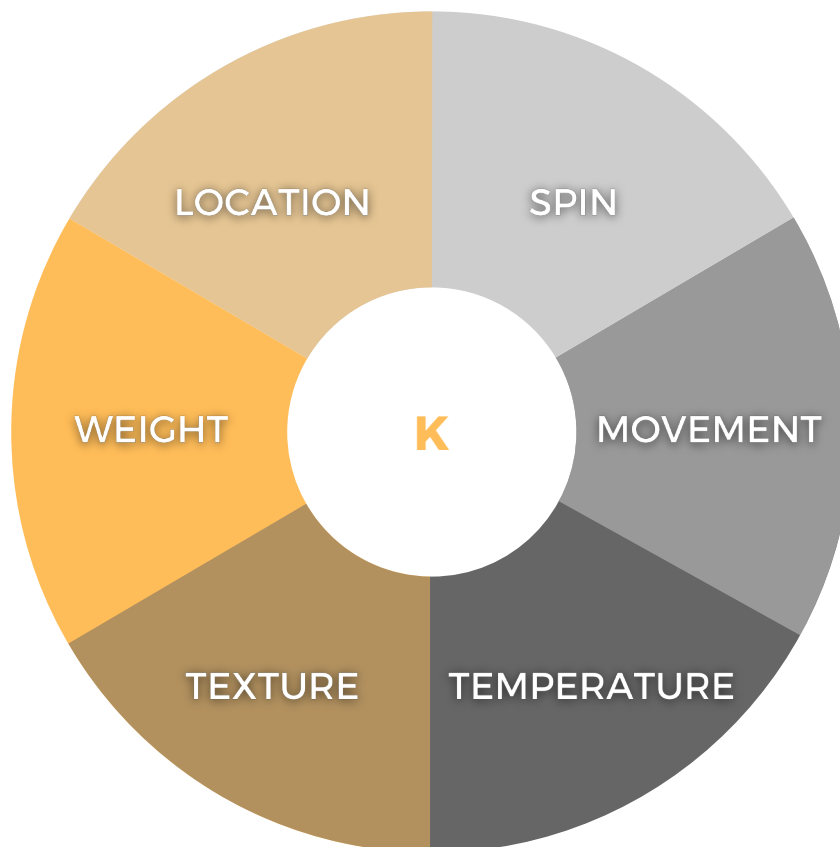
NLP SUBMODALITIES

K

CONVICTION

WHEN YOU PROCRASTINATE, YOU ARE NOT RUNNING AWAY FROM THE WORLD, YOU'RE RUNNING AWAY FROM NEGATIVE K BECAUSE YOU ANTICIPATE DOING THE WORK.
YOUR WHOLE PROCRASTINATION & BELIEF SYSTEM COMES UNDER IT.

THE SMALLEST STRATEGIES WILL BE OCD- OBSESSIVE COMPULSIVE DISORDER





NLP PRACTITIONER

TECHNIQUES TO APPLY

PATTERN - BREAKING TECHNIQUE OR HOW TO HANDLE K?

- YOU CAN PERMANENTLY REMOVE THE PAIN THROUGH THIS TECHNIQUE

APPLICABLE SITUATIONS OF PATTERNBREAK TECHNIQUE:

- FEAR
- HURT
- GUILT
- GRIEF
- ANGER
- CRAVINGS
- PHOBIA
- OCD (OBSESSIVE-COMPULSIVE DISORDER)
- DEPRESSION
- JEALOUSY
- BOREDOM
- FRUSTRATION
- OVERWHELM

PURPOSE-

- BREAK NEGATIVE PATTERNS OR CYCLES IN THINKING AND BEHAVIOR.

TECHNIQUE USE-

- UTILIZED IN MOMENTS OF EMOTIONAL DISTRESS OR MENTAL CHALLENGES TO CREATE A SHIFT IN PERCEPTION.



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STEP-BY-STEP MEDITATION FOR PAIN REMOVAL (PATTERN BREAK TECHNIQUE)

1. PREPARING FOR THE MEDITATION

INSTRUCTION:-

- SIT COMFORTABLY AND CLOSE YOUR EYES

BREATHING:-

- INHALE DEEPLY THROUGH YOUR NOSTRILS.
- EXHALE SLOWLY THROUGH YOUR MOUTH.
- REPEAT THIS PROCESS THREE TIMES, FOCUSING ON YOUR BREATH.

2. FOCUS ON THE PAIN

INSTRUCTION:-

- SHIFT YOUR ATTENTION TO THE AREA WHERE YOU FEEL DISCOMFORT OR PAIN.
- OBSERVE THE PAIN CAREFULLY WITHOUT ANY RESISTANCE.
- ALLOW THE PAIN TO INCREASE NATURALLY. DO NOT TRY TO STOP IT. LET IT BUILD UNTIL IT REACHES ITS PEAK.



NLP PRACTITIONER

3. VISUALIZE THE PAIN AS COLOR

INSTRUCTION:-

- VISUALIZE THE PAIN AS A SPECIFIC COLOR THAT FILLS THE PAINFUL AREA.
- SEE THE COLOR INTENSIFYING AND SPREADING IN THAT REGION.

4. TRANSFORM THE PAIN INTO A SHAPE

INSTRUCTION:-

- IMAGINE THAT THE COLOR OF THE PAIN TAKES ON A PHYSICAL SHAPE.
- THIS SHAPE COULD BE A CIRCLE, TRIANGLE, OR ANY SHAPE THAT COMES TO YOUR MIND.
- LET YOUR SUBCONSCIOUS GUIDE YOU TO FIND THE APPROPRIATE SHAPE.

5. VISUALIZE HOLDING THE PAIN OBJECT

INSTRUCTION:-

- PICTURE THE SHAPE YOU CREATED AS A SOLID OR SEMI-SOLID OBJECT, LIKE A JELLY OR SPONGE.
- IMAGINE HOLDING THIS OBJECT IN YOUR HANDS. FEEL ITS TEXTURE (SOFT, SPONGY, OR FIRM).



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6. RELEASE THE PAIN

INSTRUCTION:-

- NOW, VISUALIZE RELEASING THIS OBJECT INTO THE AIR.
- IMAGINE IT FLOATING UPWARDS AT LIGHTNING SPEED, BREAKING THROUGH THE CEILING, AND DISAPPEARING INTO THE SKY.
- SEE THE OBJECT VANISH INTO THE CLOUDS, LEAVING YOU.

7. FOCUS ON POSITIVE ENERGY

INSTRUCTION:-

- BRING YOUR ATTENTION TO YOUR HEART AND VISUALIZE IT SMILING.
- SEE YOUR HEART FILLED WITH A WARM, HAPPY SMILE.
- IMAGINE YOUR SHOULDERS AND EYES SMILING AS WELL.
- ALLOW THE FEELING OF SMILING TO SPREAD THROUGHOUT YOUR ENTIRE BODY.

8. AFFIRMATIONS FOR SELF-HEALING

INSTRUCTION:-

- IN YOUR MIND, REPEAT THE AFFIRMATION: "MY NAME IS [YOUR NAME], AND I AM BLESSED."
- FEEL THE POSITIVE ENERGY SPREADING THROUGH EVERY PART OF YOUR BODY.



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9. IMAGINE YOUR BODY AS LIGHT BALLOONS

INSTRUCTION:-

- PICTURE EVERY CELL IN YOUR BODY AS A LIGHT BALLOON.
- THESE BALLOONS ARE FLOATING INSIDE YOU—YOUR TOES, ANKLES, KNEES, THIGHS, STOMACH, HEART, LUNGS, NECK, EYES, AND HEAD.
- FEEL THE LIGHTNESS IN EACH PART OF YOUR BODY.

10. FINAL BREATHING AND GROUNDING

INSTRUCTION:-

- INHALE DEEPLY THROUGH YOUR NOSTRILS AGAIN.
- EXHALE SLOWLY THROUGH YOUR MOUTH.
- RUB YOUR HANDS TOGETHER, GENTLY PLACE THEM OVER YOUR EYES, AND SLOWLY OPEN YOUR EYES WHEN YOU'RE READY.
- STRETCH YOUR BODY AND BRING YOURSELF BACK TO THE PRESENT MOMENT.

11. OBSERVE THE RESULTS

INSTRUCTION:-

- FOCUS ON THE AREA WHERE THE PAIN WAS LOCATED AND NOTICE WHAT HAS CHANGED.
- OBSERVE IF THE PAIN IS GONE OR GREATLY REDUCED.
- FEEL THE LIGHTNESS AND RELIEF IN YOUR BODY.



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CONCLUSION

THIS MEDITATION AIMS TO HELP YOU LET GO OF PAIN AND EXPERIENCE A SENSE OF RELIEF AND REJUVENATION BY TRANSFORMING THE DISCOMFORT INTO A MANAGEABLE OBJECT, RELEASING IT, AND FILLING YOUR BODY WITH POSITIVE ENERGY AND LIGHT.

THIS GUIDE HELPS PARTICIPANTS EXPERIENCE THE MEDITATION SYSTEMATICALLY, WITH CLEAR INSTRUCTIONS AND A LOGICAL FLOW FOR EFFECTIVE PAIN REMOVAL.

ONCE YOU GET THE LOCATION OF AREA THEN YOU CAN EASILY APPLY PATTERN BREAK TECHNIQUE.

STANDARD LOCATIONS OF ANOTHER SITUATIONS.

- **HURT-** CHEST OR HEART AREA
- **GUILT-** STOMACH OR LOWER ABDOMEN
- **ANXIETY-** CHEST, THROAT, OR UPPER STOMACH
- **CRAVING-** MOUTH, THROAT, OR STOMACH
- **FEAR-** STOMACH OR SOLAR PLEXUS
- **ANGER-** CHEST, HANDS, OR HEAD
- **PHOBIA-** CHEST OR THROAT
- **DEPRESSION-** CHEST OR SHOULDERS (HEAVINESS)
- **PROCRASTINATION-** STOMACH OR LOWER BACK
- **REGRET-** CHEST OR LOWER ABDOMEN
- **JEALOUSY-** CHEST OR THROAT



NLP PRACTITIONER

TECHNIQUES TO APPLY:-

THUMB TECHNIQUE OR HOW TO HANDLE A?

- THIS TECHNIQUE WORKS FOR DOMINATING NEGATIVE BELIEF
- MAIN WORK OR THIS TECHNIQUE IS TO CONTROL YOUR INNER VOICE

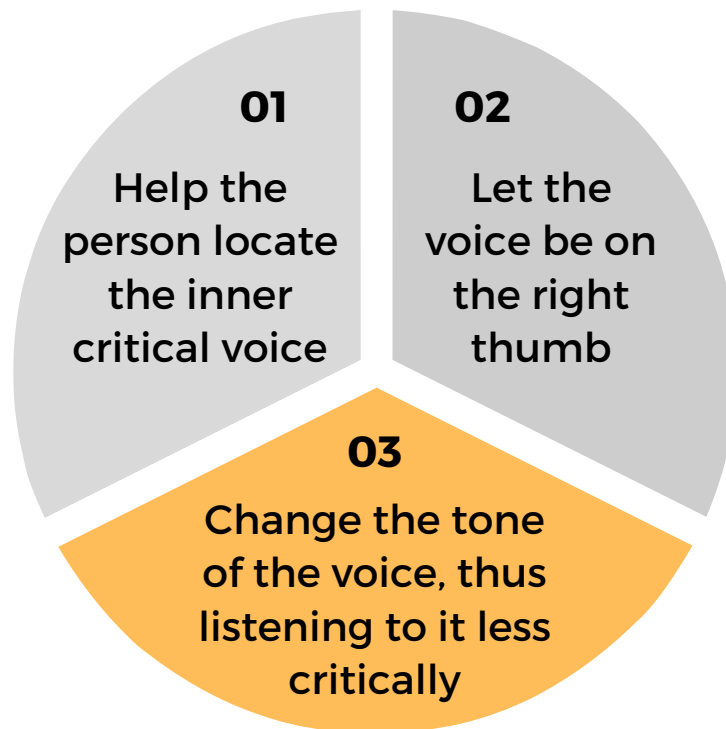
APPLICABLE SITUATIONS OF THUMB TECHNIQUE:

1. SELF TALK MANAGEMENT
2. CRITIC SILENT
3. SELF DOUBT, NEGATIVE THINKING
4. BELIEF SHIFTING



NLP PRACTITIONER

MUTING INNER CRITICAL VOICE



COMMAND

- EXTEND YOUR HAND WITH YOUR THUMB UP.
- NOW IMAGINE YOU ARE SHIFTING THIS VOICE FROM ITS LOCATION TO THE THUMB OF YOUR EXTENDED HAND.
- NOW CHANGE THE VOLUME AND TONALITY OF THIS SOUND.



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- LISTEN TO THIS VOICE IN THE VOICE OF SOME FUNNY CHARACTER OR COMEDIAN.
- IMAGINE THIS SOUND IS GETTING MUTED COMPLETELY.
- NOW EXTEND YOUR OTHER HAND AND IMAGINE SOME PERSONALITY WITH A MORE EMPOWERING SOUND ON YOUR PALM.
- LISTEN TO THIS EMPOWERING SOUND WITH BETTER TONALITY.
- NOW IMAGINE THAT THIS SOUND TRAVELS FROM HERE AND GETS LOCATED AT THE SAME LOCATION WHERE YOU HAVE ERASED THE UNWANTED SOUND.
- ENJOY THIS PROCESS FOR SOME TIME.



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TECHNIQUES TO APPLY:-

NUERO- LOGICAL ALIGNMENT

- IF YOU WANT TO ACHIEVE ANYTHING IN YOUR LIFE, YOU NEED TO ALIGN THESE 7 THINGS IN LIFE & IF YOU ARE STUCK IN LIFE OR NOT ACHIEVING YOUR GOALS THAT MEANS THESE 7 LEVELS ARE MISALIGNED.
- **PURPOSE**
- **IDENTITY** - SPECIE, GENDER, NATIONALITY, RELIGION, ROLE
- **VALUES** - KNOWLEDGE, GOOD MARKS, GROWTH, SUCCESS, CREATIVITY, CURIOSITY, LEARNING, PLAYFULNESS
- **BELIEFS**
- **CAPABILITIES / SKILL**
- **BEHAVIOR**
- **ENVIRONMENT**



NLP PRACTITIONER

NUERO- LOGICAL ALIGNMENT

STEPS FOR NEURO LOGICAL ALIGNMENT TECHNIQUE

1. *PREPARATION:*

- FIND A COMFORTABLE POSITION AND CLOSE YOUR EYES.
- INHALE DEEPLY THROUGH YOUR NOSE, THEN EXHALE SLOWLY THROUGH YOUR MOUTH.
- REPEAT THIS DEEP BREATHING FOR A FEW CYCLES AND THEN BREATHE NORMALLY.

2. *IDENTIFY YOUR CURRENT ENVIRONMENT:*

- VISUALIZE YOUR CURRENT ENVIRONMENT LEVEL.
- REFLECT ON BOTH POSITIVE AND NEGATIVE ASPECTS OF YOUR ENVIRONMENT.
- NOTICE ANY SUPPORT OR HINDRANCES PRESENT IN YOUR ENVIRONMENT.

3. *OBSERVE YOUR BEHAVIORS:*

- REFLECT ON YOUR BEHAVIORS IN YOUR CURRENT ENVIRONMENT.
- IDENTIFY ANY POSITIVE OR NEGATIVE BEHAVIORS RELATED TO YOUR ENVIRONMENT.
- MAKE A MENTAL NOTE OF THESE BEHAVIORS.



NLP PRACTITIONER

NUERO- LOGICAL ALIGNMENT

4. *EVALUATE YOUR SKILLS:*

- IDENTIFY THE SKILLS RELEVANT TO YOUR CURRENT ENVIRONMENT (E.G., MARKETING, COOKING, CODING).
- REFLECT ON YOUR EXISTING SKILLS AND NOTE ANY GAPS OR AREAS FOR IMPROVEMENT.

5. *EXPLORE YOUR BELIEFS:*

- REFLECT ON YOUR BELIEFS REGARDING YOUR CURRENT ENVIRONMENT AND GOALS.
- IDENTIFY ANY LIMITING BELIEFS THAT MAY IMPACT YOUR SUCCESS.

6. *EXAMINE YOUR VALUES:*

- OBSERVE THE VALUES THAT ARE IMPORTANT TO YOU (E.G., HEALTH, BUSINESS, HONESTY, LOVE).
- CONSIDER HOW THESE VALUES ALIGN WITH YOUR GOALS.



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NUERO- LOGICAL ALIGNMENT

7. *ASSESS YOUR IDENTITY:*

- REFLECT ON YOUR IDENTITY IN RELATION TO YOUR GOALS (E.G., "I AM A CHAMPION," "I AM A HIGH PERFORMER").
- CONSIDER THE IDENTITY YOU NEED TO EMBODY IN ORDER TO ACHIEVE YOUR GOALS.

8. *SET AN IMPORTANT GOAL:*

- CHOOSE AN IMPORTANT GOAL YOU WANT TO ACHIEVE IN THE NEXT 5-6 MONTHS (E.G., RELATED TO HEALTH, CAREER, OR BUSINESS).
- VISUALIZE YOUR GOAL AND THE CHANGES YOU WISH TO MAKE.

9. *REVERSE JOURNEY VISUALIZATION:*

- IMAGINE THE JOURNEY TOWARDS ACHIEVING YOUR GOAL, STARTING FROM THE GOAL AND MOVING BACKWARD THROUGH THE LEVELS (IDENTITY, VALUES, BELIEFS, SKILLS, BEHAVIORS, ENVIRONMENT).

10. *ALIGN YOUR LEVELS:*

- ENSURE THAT EACH LEVEL ALIGNS WITH YOUR GOAL, NOTING ANY ADJUSTMENTS NEEDED.
- VISUALIZE HOW ACHIEVING THIS GOAL WILL IMPACT YOUR LIFE.



NLP PRACTITIONER

NUERO- LOGICAL ALIGNMENT

11. *CELEBRATE YOUR ACHIEVEMENT:*

- IMAGINE CELEBRATING YOUR SUCCESS AS IF YOU HAVE ALREADY ACHIEVED YOUR GOAL.
- VISUALIZE HOW THIS ACHIEVEMENT FEELS PHYSICALLY AND EMOTIONALLY, ALLOWING EACH CELL OF YOUR BODY TO CELEBRATE THE MOMENT.

12. *CONCLUDE THE EXERCISE:*

- SLOWLY RUB YOUR HANDS TOGETHER AND PLACE THEM OVER YOUR EYES.
- GRADUALLY OPEN YOUR EYES AND RETURN TO YOUR SURROUNDINGS.

KEY NOTES:

- THE EXERCISE EMPHASIZES THE ALIGNMENT OF DIFFERENT LEVELS (ENVIRONMENT, BEHAVIOR, SKILLS, BELIEFS, VALUES, AND IDENTITY) TO ACHIEVE A SPECIFIC GOAL.
- VISUALIZATION AND REFLECTION PLAY A SIGNIFICANT ROLE IN THIS TECHNIQUE, HELPING INDIVIDUALS GAIN CLARITY AND MOTIVATION TOWARD THEIR OBJECTIVES.



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THE PUNISHMENT SYSTEM INCLUDES PSYCHOLOGICAL PAINS:

- REVENGE
- REGRET
- RESENTMENT
- GUILT
- GRUNGE
- ENVY
- JEALOUSY
- HURT
- UNFULFILLMENT
- DISAPPOINTMENT
- INCONSISTENCY

IDENTITY HAS VARIOUS LAYERS:

- **SPECIE IDENTITY** - YOU ARE HOMOSAPIEN
- **GENDER IDENTITY** - MALE/ FEMALE CREATED BY SOCIETY.
- **NATIONALITY IDENTITY**- NATIONALITY
- **RELIGION IDENTITY** - MUSLIM, HINDU, SIKH, SINDHI, PATEL ETC.
- **ROLE IDENTITY**- HUSBAND, WIFE, SON, DAUGHTER, GOOD WIFE, A GOOD MOTHER-IN-LAW ETC.