

The Power of Self-Hypnosis For Guaranteed Results Home Study Program

By Igor Ledochowski

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Day 1 – The Amazing Power of Self-Hypnosis

Track 1 – Day 1 Introduction

Time: 1m 23s

Welcome to the Power of Self-Hypnosis For Guaranteed Results Home Study Program. This is day one of your exciting seven-day journey to thoroughly master the power of self-hypnosis.

Today's session is called **The Amazing Power of Self-Hypnosis**.

In this session, we'll focus on preparing your mind for success with our unique self-hypnosis system. We'll investigate the tremendous powers of the mind, waiting inside you to be tapped.

We'll also lay the foundations for you to success with the Power of Self-Hypnosis System, so you can make your dreams and wishes come to life.

Finally, we'll walk you through the entire seven-day program so that you know what to expect and how to get the most out of it.

Now, why not take a chance to discover for yourself the amazing powers that you have inside, once you're ready to do that, just sit back, relax and enjoy the power of self-hypnosis.

Track 2 – The Awesome Power Of The Unconscious Mind

Time: 2m 27s

I'd like to formally welcome you to the Power of Self-Hypnosis For Guaranteed Results Home Study Program. We have an exciting seven days ahead of us, in which you'll discover how to make the most out of your mind to give you everything you want out of life.

The Big Question

One of the things we'll be addressing is the big question's like-

Why do some people succeed while others fail?

Why some people are happy while others are miserable?

Why do some people prosper in the same circumstances while other people remain poor?

Why do some people have confidence while other people are struck down by fear?

Why are some people healthy all the time, while others are constantly falling ill?

Why are some people totally popular, while others are ignored or worse still, avoided?

The Big Answer

The answer to all of these questions lies in the amazing power of your unconscious mind. Inside each one of us we have a blueprint for life. Depending on what this blueprint says we'll succeed or fail, be happy or sad, prosper or remain poverty stricken.

It's either because the blueprint itself wants this as an outcome, as part of what it expects out of life or because it's a natural side effect, consequence of something else that blueprint contains.

As a quick example, if you can't read it's very difficult to educate yourself, because you don't have access to the information that allows you to grow and learn from other people's thoughts before you.

In the same way, if your blueprint is missing certain skills or abilities or certain things that you could have in order to prosper, in order to be happy or feel confident -- in those circumstances it becomes an unintended side effect that you don't have the things you want in life.

Whether your blueprint actually wants you to be in the negative side of life or your blueprint is just missing certain things which, if you had them, would make you wildly successful, happy and have all the good things you want in your life.

Either way, this program will show you a powerful self-hypnosis method, in which we'll show you how to change that blueprint so you can have success, happiness, wealth, confidence, health and all the friends you could possibly want and that is my aim for you.

Over the course of the next seven days together those are the things we'll be focusing on. We'll also focus on how to move you from one side of the equation to the other side, the place where you want to be.

Track 3 – Your Hidden Goldmine

Time: 6m 59s

Your Hidden Goldmine

I want to introduce you to a hidden goldmine that lies buried deep inside our minds. Think of a person that's been dropped in the middle of a mountainside somewhere with nothing but a shovel and a backpack to keep him company. That person might be miserable and curse his luck for being stuck out in the woods with no means of supporting himself.

What if I were to tell you that just around the corner from where he is there's a goldmine waiting to be discovered and all he has to do is take the shovel and dig, not even that hard, and all of a sudden he'll find fist size lumps of solid, pure gold, which he can stick in his backpack, hike to the next local town and live the rest of his life in absolutely luxury?

In many respects that's how we're born into this world. We have an amazing potential that's just resting, waiting to be activated inside of us. To the extent that we ignore it and curse our fate we're like that guy on the mountainside.

The tools that we have don't look like they're worth much, but when you have one more thing, a little piece of knowledge, knowing where and how to dig, suddenly you start pulling out valuable treasures from a place that no one would have expected to find them.

We are standing on this goldmine right now. This goldmine lies hidden inside each one of us. It's inside our minds and it is immensely powerful. This goldmine is going to give us the keys to living a richer, fuller and happier life. This is what the Power of Self-Hypnosis method is designed to teach you to do.

A Life In Harmony Is Easy

Life was meant to be easy. When you get in sync with the rhythms of nature then you have a certain flow to things and things just come, they go your way all the time. When you fight nature on the other hand, it becomes hard. When you channel those natural forces, it becomes easy, because now you don't have to make all the effort, the effort is being made for you.

All you do is direct the energy one way or another to get the results that you want. At this point, amazing things happen in people's lives. This is what I call the seventh Law of the Mind. It's the principle of Flow.

If you trust the nature of your own mind and know how to activate it, how to guide the streams that are already inside you at that point, you have virtually unlimited potential for success, happiness, wealth, confidence, health and friendship anything you want out of life is waiting for you to get, if you can direct that stream into the direction you want.

The Inner Blueprint Of Life

There's another law of mind that I'd like you to be aware of and I call it the Third Law. It's based on the psychological principle that perception is projection. People don't see the world around them the way that it is they see the world around them in a way that they are.

You project whatever you have inside yourself onto the world and it becomes so. If you have a distrusting nature, if you have something inside you that's unhealthy or unhappy about life, you're going to find plenty of evidence around you to justify that, to be miserable and to have no friends.

On the other hand, if you have something inside of you that looks for solutions, that looks for friendships and looks for the good in life, you will find exactly the same things in exactly the same situations.

Ironically, as you change what happens inside the world around you changes as well; this is very important. The world that you live in is a reflection of who you are inside. In other words, change that blueprint of who you are inside and suddenly the world around you changes in amazing and wonderful ways.

Here's a simple example of what I mean straight from the psychological literature.

How Long Will You Live?

There is a quirky fact that a lot of people aren't aware of which is, if you happen to have very young grandparents, let's say that your parents married young and had you quite young, chances are you will live a lot longer and be much more active in old age than if you had so-called old grandparents.

If your grandparents were still in their, say, 40s or maybe even 50s when you were born versus grandparents who were in their 60s or 70s there is a difference in terms of the blueprint that sits inside the mind.

Grandparents, inside the unconscious, are a symbol for what old age is meant to be like. If your grandparents were very old, the symbols are of weakness, ill health those sort of things and of not a very long life span; because chances are they died within a certain amount of time.

If, on the other hand, your grandparents were quite young that means the symbol you have inside, the blueprint you have inside for old age is one full of vigor, much more life and more time left before the inevitable decline.

The Key Secret: Change The Blueprint!

So we're going to use the same blueprint, the same natural law, in order to achieve the things you want. You're not stuck. If you happen to have had old grandparents, it doesn't mean that you have to pass away earlier than someone who had young grandparents.

All it means is, you have to work a little bit more to change the blueprint inside yourself and then you get to live just as long, just as healthy and just as happily as someone who happened to luck out when it comes to that sort of thing.

The same is true about anything you approach in life.

Rich people find it easier to be rich; because that's the attitude, mindset and experiences they've grown up around. Those things are part of the blueprint now, so even if they lose their fortunes, finding their way back tends to be easier for them than someone who's always been poor, because that is a different blueprint.

However, we know you're not stuck. How do we know this? There are plenty of people who have made it from rags to riches. Who grew up in the poorest of the poor neighborhoods, decided never again and totally re-conditioned their minds, changing their blueprint so they end up having wild riches and successes.

You can do that for yourself in any part of your life with the power of self-hypnosis method that we'll be discussing over the next seven days. This method is going to be your key for unlocking the goldmine that's waiting inside you.

Your mind has hidden talents and abilities, amazing talents that if you only learn to activate them will not only make your life easy and more fun, it will get you everything you've always desired. Within reason, it can make every dream come true.

Track 4 – The Infinite Possibilities Of The Mind

Time: 7m 35s

I'd like for you to realize and begin to understand that anything is truly possible or shall we say almost anything. If your aim in life is to grow wings and fly, well I'm not the person to help you with that, but if we come to something that human beings have achieved in the past, then you can do the same thing.

Health

Healing is a natural part of what your body does anyway. There's an old saying, 'that the doctor dresses the wounds, but God heals it.' Inside you, you have that power, that force that makes things heal and become re-aligned.

Your genetic makeup knows how your body is meant to fit together and knows how to make it well again once something happens to make it all go awry.

Wealth

The same is true for wealth, abundance or success in your life. Some of you may have heard what's called the Law of Attraction of how to attract good things to yourself. Have you noticed how some people seem to be magnetized? Good things come to them no matter where they happen to be.

A businessman finds business deals all over the place. A salesman finds people wanting to buy their product without even having to look for them. What are these people doing?

There's a part of your mind called the reticular activating system. It's a connection of neurological centers which keeps you awake during the daytime, but more than that it keeps your mind alert and looking for certain things.

If you've ever bought a car only to find that everyone in your town seems to be driving the same car suddenly or bought a dress only to find that every woman seems to be wearing it, you'll know the kind of effect I'm talking about.

Basically, making an important decision like that has stimulated their reticular activating system to look for certain things to look for certain information that was there all along, but your mind ignored, deleted or put it out of your way.

Success

So people who are lucky or are successful in life, all they've done is re-programmed the reticular activating system to pay attention of certain kinds of information so that when they come, they pay attention to them, they spot them, take the opportunity and suddenly here's another success waiting to happen.

If you like the analogy, think of it as someone who's running around with their eyes closed in the world. All around them the air is filled with little golden tickets. From time to time if they're lucky and hold their hands out,

one of these golden tickets will land in the palm of their hand and people will think "Wow! That's amazing. I'm so lucky. Look at this bit of good fortune that's happened to me."

Other people are walking through life with their eyes wide open. They can see the tickets around them and they just have to walk over to where there are more of them, hold their hands out and pluck them out of thin air, because they're always there; opportunities constantly exist.

Good Luck

Whether they're opportunities for good or bad things, they constantly exist around us. It's a question of what we're paying attention to and what we're making the most of that decides what we get out of life.

Again, here's a great example to illustrate this point. There was an interesting TV show on British television some years ago in which they decided to carry out an experiment on luck and success. They brought in a bunch of volunteers. Half of whom are self-professed lucky people that make good business deals, win lottery tickets and good things always happen to them.

The other half were self-professed losers and bad things always happened, no matter where they go. If they go on holiday they'll break their leg, end up in the hospital and have a horror story to tell, that's the kind of thing we're talking about.

To test these people they put them through different kinds of experiments one of them was particularly interesting. They asked these people to go and meet someone in a particular coffee shop.

In order to get this coffee shop they had to walk down one particular road, which had been set up with hidden cameras. On this road they placed a £50 (pounds sterling) note, like a \$100 bill. Some were lying in the street and one of those scratch cards with another hundred dollars, already pre-scratched with the winning numbers already exposed again, scrunched up and lying on the ground. That's the set up.

Then they observed to find out what these people do when they walk past it. Without exception all of the lucky people, walking down the street, are walking along, you can kind of see them do a double take, look down, they

see something, they stop and investigate, pick it up and whoa presto, they're \$100 richer.

The interesting thing is, with the unlucky people the exact opposite thing happened.

They were walking down the street and didn't even notice these things. In fact, one person noticed the hundred dollar bill and you can literally see him mentally shaking his head as though saying to himself "*No, that's just too good to be true*" and without bothering to investigate he walks off.

This is the power that your mind has. You can re-program your mind to find the opportunities, find successes, to find the luck in your life as simply and as easily and naturally as those lucky people do.

Happiness

The same is true for keys to happiness.

I've traveled the globe. I've been to Asia, South America and I've seen some of the poorest countries in the world. Ironically, it's the poorer countries, in which people tend to be happiest. Now that doesn't make sense!

They don't have TVs and video recorders. Some of them have trouble figuring out how they're going to eat the next day and yet people just seem to be happy. I'm not suggesting that poverty makes you happy, by no means. The difference is that these people had an attitude.

They chose to be happy.

There is a culture of happiness and that just goes to prove again what people have said throughout the ages. People are just as happy as they make their minds up to be.

With the power of self-hypnosis at your fingertips, you can be as deliriously happy as you want to be in life. Now we get to change everything from the inside so that you get to look outside for yourself and find the confirmation, find those happy moments just as those lucky people found the extra cash and found good relationships inside their lives.

Friendship

The same is true of friends. Finding more friends is just a question of your attitude. Everyone loves hanging around people with good energy, a good vibe who are friendly and happy. So when your happiness goes up your ability to find and make new friends goes up.

You know the old expression, "misery loves company"? Well it's true. The more miserable you become, the more you try and make people around you miserable, guess what? You'll be pushing away all those potential friends because people don't want to be that way.

Do you know the old expression, "laugh and the world laughs with you, cry and you cry alone"? There's a lot of truth in these sayings. So whether your aim in life is to kick start your natural healing mechanism, to attract wealth, abundance and success, to have friends and be happier; whether you want more wisdom or to solve problems, the keys lie inside you already.

Over the next seven days I'm going to teach you step by step how to use the Power of Self-Hypnosis Method to make all these things part of your life now; so as you have these master keys you get to use them for anything that you want, which puts you in charge.

You are ultimately the person who decides how your life should be, what you should have more of in life and what you want to cut out of your life.

Track 5 – Important Concepts In Self-Hypnosis

Time: 24m 40s

Before we dive into the program, I'd like to talk a little bit about some of the concepts and ideas we'll be using throughout this program -- just so you understand what we're talking about.

The Two Minds (Conscious & Unconscious)

First of all, we'll talk about the concept of different minds, the conscious and the unconscious mind. When I use these concepts please bear in mind that I'm using them as a way of making distinctions about things so you can understand things more clearly.

In reality there's just you. You are you. You have one mind and that's it that's who you are. That mind has different functions, abilities and capacities. They are different specialties if you like, which I'm going to use the terms conscious and unconscious minds for so that you can understand what part or what aspects of your mind I'm talking about.

The Conscious Mind

When people talk about the conscious mind we're talking about your everyday normal state of awareness. The conscious mind is quite limited. It can handle between five and nine bits of information and the magic number is seven plus or minus two.

It's very good at planning things. It's good at taking a mental trip to the future and breaking things down to steps in between to make sure that it can get there. So without a conscious mind, you wouldn't be able to plan effectively and, without planning, you'd be left in this halfway world where not too many things work out.

The beauty of the conscious mind is it's all about self-awareness. If you had no conscious mind, you wouldn't be able to appreciate a beautiful scene. You couldn't fall in love and know you're doing it. You couldn't appreciate or stand back after having done a hard bit of work or look at it and be proud of what you've accomplished.

So your conscious mind is very important. It allows you to appreciate the good things in life and it allows you to decide, "What is it that I want more of?" It's also the place where you reason; so reason and logic rests in the conscious mind and it's a very valuable skill to have.

Western society is built around a lot of conscious mind skills, logical reasoning skills about planning things and following through, working things out and that kind of thing.

There are certain kinds of problems that the conscious mind is great at resolving. If you have that kind of problem in your life chances are you've already resolved it and have forgotten all about it. That's why you have a conscious mind. It does it, solves it, done, dusted, on you go.

The Unconscious Mind

On the other hand you also have an unconscious mind and that is a treasure house of wisdom, insight, memories, learning, experiences all kinds of wonderful things -- as well as unpleasant things as well.

A nice analogy between the conscious and the unconscious mind is to imagine a captain, his boat and crew. The captain is the conscious mind. The captain is there to set the direction and tell everyone else what to do.

The captain's role is not to do everything. It would be ridiculous to go down into the boiler room and push more coal into the steamer. It would be ridiculous for him to be running around on all the decks scrubbing the floors, trying to steer the boat at the same time, paint the ship and make the meals and all the other activities. That's what the crew is for.

The crew, the pilot, the ship itself, that's your unconscious mind. Your unconscious is there to run your body. It's there to make sure you survive and thrive in your environment.

Emotions

Your unconscious mind is a place where emotions come from. Emotions are the fuel to drive us. With no emotions you have no drive, you have no ability to do or achieve anything. In fact, with no emotions you'd probably end up getting depressed and dying. That's what depression is.

Depression is a natural mechanism to basically cut out all emotions so that you don't have to feel the negative ones. That can be very useful in the short-term. If bad things are happening around you, a little bit of depression calms everything right down and you don't have to be affected by it too much. In the long-term it's not useful at all.

At that point the captain, the conscious mind has to start making decisions about what you get to feel and what not. Here's the irony, the captain can't make you feel anything. He can't choose to feel happy or sad, but he can give instructions.

The unconscious mind is like a faithful, loving servant. It's eager to please. It's like a puppy running around asking to be taught a new trick.

Repression

The unconscious mind is the place where emotions are stored. It's also the place where negative experiences are hidden away, the mechanism is called repression.

Again, a wonderful tool, because there are some things in your life that you need never look at again and you'll be a happier person for it. If that mechanism is going overboard or making your life miserable then the captain goes to the side and says: "Hang on a second! This is no good. Whatever that area of life is that you're protecting, it's time to blow off some steam. Let's some of that stuff out we can handle it now."

Another important principle is that your whole mind and body tends toward health and you know this to be true.

Natural Healing

If you cut yourself, what happens? Your body naturally heals the wound. The blood starts coagulating, you create a little wound on the top and before you know it that falls off and you have clean, healthy skin underneath it again. How do you do that? You have no idea, but the body knows how to do it.

It tends toward health and balance. If the room gets too hot you start sweating to cool down. Why? Because if your internal organs get too hot they start cooking and you can't live anymore, so your body is designed to keep a certain level of balance, to keep you healthy and if you get injured in some way, to repair the damage so you can get on with your life.

The same is true of your emotional and intellectual life. There are events in everyone's history that are unpleasant. These events can sometimes be frozen in time and you can forget about them. If you can live your life happily without ever going back to them, great.

To the extent that they start interfering in your present life, you get to direct your unconscious to go back inside that bubble and clean it up. So that by the time you've finished with it you're a healthy, happy and vibrant human being.

Reclaim Your Vitality

As a rule: whenever you are lacking energy, you have not enough life, enthusiasm or zest for things -- you want to look at some kind of bubble inside you that's trapping the emotional energy trying to protect you from something, because that is where the pain is going to be.

When you burst that bubble in a way that's safe for you, you're going to be able to bring up all kinds of abilities, extra energy and enthusiasm, creativity, spontaneity, problem-solving skills that you didn't even know existed. You have to be able to direct your mental energies to burst those bubbles to reclaim that power.

Memories & Wisdom

The unconscious mind is also the place of storing your memories. It's the place where all of your experience is stored, wisdom and your understanding about the world and the way it works.

Think of it this way. Think of your telephone number for a moment. Where did that number come from? If you're honest about it, you don't know. It's just there when you need it that's how the unconscious mind works.

It stores information, when you need it and it brings it up to you. Some information is easy to get to like a telephone number. Some information is difficult to get to, but you'll get to it with a little bit of working. Other information is very difficult to get to unless you know certain tricks and techniques to get at it.

We're not so much interested in memory as such. We're interested in the experiences and the wisdom that those memories represent.

Unconscious Learning

There's something called pre-conscious learning. Most of your life, most of the things that are valuable in your life, you learned without ever knowing how you learned to do it.

For example, nodding and shaking your head is a classic non-verbal signal and we don't know how we picked it up. There are societies in which

shaking and nodding your head doesn't mean the same things as they mean in the western world.

The truth is that we pick these things up as children. When we watch our parents and friends interacting we very quickly pick up the message that certain nuances, a raised eyebrow, a frown, a tension in the body, a shaking of the head, a loud noise these mean certain things, but no one told us what they should mean. We just kind of picked it up from the environment.

Here's a great example from Childhood Psychology. This is quite a scatological example, but I think it makes the point quite nicely.

Infants don't understand the world outside them too much so they have no real aversions except for things like sudden motion and loud noises. For example, an infant will quite happily play with manure, it's own or someone else's, and not know any different.

Somewhere along the line children learn that certain things aren't to be played with and are to be avoided. They way they learn that is again by adult's reactions. When a child makes some potty humor at the table, the adults scrunch up their nose, pull back and make a certain gesture, which over time the child learns is one of disgust. It's basically of aversion. It creates a taboo.

By the time a child is two or three years old you can get a little piece of chocolate formed in the shape of a dog turd, put it on a plate and the child will refuse to eat it even if it knows that it's chocolate just because of the shape that its assumed.

Why? Because it triggers all of those unconscious learning mechanisms, which are inside. This, by the way, shows us how we get stuck in life.

We Didn't Choose Our Blueprints!

A lot of the patterns that we run in life we haven't chosen! We've adopted them and learned them from the people around us. A classic example is a phobia.

For example, a fear of spiders, a fear of cats or dogs -- a lot of these things are things that people haven't developed themselves. The classic way a phobia develops is a dog bites a young child and that stays in the memory.

It grows larger over the lifetime so by the time the adult is there even a small Chihuahua will trigger a panic attack.

Some people don't have any negative experiences in their life and still have a phobia. How does that happen? If that happens then look to the parents, chances are the mother, father or someone close in the family had a strong aversion to spiders, dogs, cats, whatever it is and that was passed on in the same way as the taboo around dog turds got passed on to little children.

It happens unconsciously, which is called pre-conscious learning in the psychological literature and it abounds in everything that we do. Many pre-conscious learning things are great for us. It frees us up and makes us able to live life and thrive.

Pre-conscious learning has helped us learn things like table manners, how to treat other people, how to be respectful, how to tell certain emotions from people, how to read certain people, how to expect or predict certain experiences. Without pre-conscious learning you wouldn't know how to open a door, because every time you met a new door you'd have to figure out: what the hell is this thing and how to I use it?

Your ability to have these patterns inside forms a tremendous resource. It can also form a tremendous chain around your neck if it happens to be negative patterns.

Rewrite The Blueprint To Suit You!

With the power of self-hypnosis at your fingertips you get to root out those chains and link by link destroy them so that you are freer than you've ever felt before, you have more energy that you've had before and you have all of the good things you've always wanted to have inside your life.

The Tortoise & The Hare

There's an important principle when it comes to unconscious process that you should be aware of and that is the speed at which the unconscious works. The unconscious mind is very strange in that it works both at lightning fast rates and incredibly slowly at the same time.

You Are Half A Second Behind Reality

For example, your unconscious mind will be aware of what's going on in the world about a half a second before you are consciously aware of anything. This time lapse in conscious is just a natural part of the way human beings work.

What you think is happening right now isn't happening right now it happened about a half a second ago and is an illusion of consciousness that's created inside the mind so you think it's happening in real time.

That's why true sports stars and people, who are very good at things basically, are relying on their unconscious mind to do the work; because you don't have that half a second to spare when you're in the middle of a competition. You have to let your unconscious mind do the work and then just have this overseeing function to make sure that it's all going in the direction you want it to go.

That half a second delay is vital, because in that half second your unconscious mind decides what you're going to be aware of, what it's going to let you realize is happening.

In that half a second all those unlucky people got to forget about the fact that a \$100 bill or a £50 note in this case was stuck in a crack in the pavement. In that half a second the lucky people got that little bit of information that said pay more attention to this corner of the street, because something good is happening here. That half a second is everything.

You Will Be The Last Person To Notice Changes

By the same token, there is an old principle, which is you're the last person to notice change. Have you ever noticed this? When you're a child and your auntie would come to visit maybe come back after two months and tell you how much you've grown. You go, "*I don't know, have I really?*" Then you measure yourself again the door and, sure enough, you're two inches taller.

The same is true about emotional changes and about change in character. In fact, it's true of physical changes. You go to the gym and workout for two months and you don't really see the changes. Yet people look at you differently, they start notice things differently especially if they haven't seen you for a while, because they see the contrast.

The reason I mention these things is because of the principles I want you to pay attention to when you're using the Power of Self-Hypnosis program for yourself.

Bet On The Tortoise Every Time

If we want to use another analogy, remember the tortoise and the hare that had a race? Who ends up winning the race? The tortoise although everyone would think the smart money would be on the hare. This is how our minds work.

The conscious mind is like the hare, it's constantly jumping and racing around the place, jumping to conclusions and making things happen. Now that's a wonderful attribute to have and I'm not knocking it.

The unconscious mind particularly when it comes to goals, on the other hand, is much more like the tortoise. It takes time to wind up, get itself into gear and get his thing going. Once it's doing its thing, the irony is the unconscious mind will win the race every time more quickly than the conscious mind ever could.

So the smart money is in the tortoise, on the unconscious. The key thing you must allow the unconscious to have is time to do its work. It took time for the blueprint that you have inside yourself to be set and it will take time to allow that blueprint to be changed.

It's true, a competent therapist, particularly a hypnotherapist will be able to change your blueprint quickly, sometimes in as little as a half an hour to an hour. That's absolutely true. But there are certain problems that occur in self-hypnosis that you can't bypass, unless you have another person guiding you through it.

The way we make up for it is by allowing the tortoise to do its thing, to wind up the energizer bunny, get it going on its path and letting it do its thing.

The Gatekeeper

There's one part of the mind we haven't discussed yet and that's called the gatekeeper. The gatekeeper is attached to the conscious mind and, as the

name implies, is a gatekeeper between what happens in the outside world and what you allow inside.

The function of the gatekeeper is very simple. It's basically to keep things the same. Its purpose in life is to make your life easier by rejecting information that doesn't match the blueprint you already have inside. In this way, you don't have to keep making new decisions.

For example, every time you see a new door you know how to use it because your gatekeeper will trash anyone that says: "*That's not a door, it's a flying saucer!*" or "*It's an alien ready to eat up your hand*".

Children Borrow Adult Gatekeepers

If you tell that to a little child, and that child trusts you, chances are they'll believe the door is out to bite their hand off, because that's what children do. They have no gatekeeper yet! They borrow a trusted adult's gatekeeper and will believe what that adult says.

How The Gatekeeper Creates A Rut

The gatekeeper is designed to keep information out -- which is tremendously useful when someone tries to persuade you of stupid things like "*Jump off a building and you'll fly!*" or "*Don't touch that door, because it will eat you up.*". But, it's also very harmful when it keeps you stuck with a blueprint or an aspect of the blueprint that you don't want anymore.

The Gatekeepers Weapons

The gatekeeper has some very powerful tools at its disposal, which include emotions like fear, doubt and anger. These are psychological defense mechanisms to automatically reject information. Sometimes laughter is part of our doubt as well; we just laugh at people saying "*That's ridiculous!*", "*It's absurd!*" and "*It's not realistic!*"

These are all classic gatekeeper tools to keep information out. You know this has happened because in the past you've given people advice. Those people will reject it out of hand and say "*No, that's not possible, because of these reasons.*" or "*I've tried that and it doesn't work.*"

You know for a fact that your advice is good because you've done it, seen other people do it and it works. Why haven't they taken it on board? Because the gatekeeper is not allowing them to take it on board.

Silence The Gatekeeper!

Therefore, your task as a self-hypnotist is to get that gatekeeper out of action, out of commission so that you can go straight to the unconscious mind, to where the blueprint is, and start changing that blueprint to make it a richer, healthier and happier blueprint.

Willpower Does Not Exist!

The final concept I want to talk about is the idea of willpower. A lot of people think they need to have willpower to change. I WILL go to the gym. I WILL force myself to do this. I WILL stop smoking. I WILL lose weight. I WILL go to lectures. I WILL do my homework and so on.

The problem with willpower is -- believe it or not -- willpower does not exist! It's a fiction of the imagination. We've made it up. What exists is attention at the conscious and unconscious level.

Attention – Not Willpower

With your conscious attention you can override the unconscious attention. In other words you can always override what the unconscious mind is doing and that's what some people consider to be willpower.

If you decide you're going to go to the gym, but you feel bad about it, you're conscious attention might say, "No, I'm still going to go. You go there, you make yourself do it and force yourself to do it."

Now, while your attention is active and engaged in what you're doing -- you're doing fine. The problem with that kind of attention is that the conscious mind is limited, remember? It can only think of five to nine bits of information at any one time. So the moment you get distracted, guess what happens? Your willpower disappears.

You Are NOT Weak Willed!

If you're a smoker, the moment you're distracted, the cigarette ends up in your hand because you're unconscious attention is now allowed free to roam and do its natural thing, which is the blueprint says you smoke, so you smoke.

The same is true if you're doing a diet. When your willpower breaks, when your attention gets distracted, what happens? You find yourself in the fridge, opening it up, that cheesecake in hand ready to munch away. Why? Because that's part of your blueprint.

It's not that you're weak willed or you can't change; it's purely you're using the wrong part of your mind to try and make a change. You're putting your attention in the wrong place.

The Secret To Powerful Changes

Attention, believe it or not, is the key to making changes. It's just a question of *where* to put attention to rewrite the blueprint so that the unconscious attention ends up giving you everything you've wanted out of life.

Essentially, what we're activating is the third law of the mind: perception is projection. In other words, whatever is inside your blueprint is how you'll make the world around you conform to it.

Where Attention Goes Energy Flows

There's another principle, which we'll use in the Power of Self-Hypnosis Method to make changes at the unconscious level. Change the unconscious attention, the unconscious blueprint and thereby change your life. It's called the attention principle; it's the second principle.

When you change the flow of your attention energy goes to some other part of your mind and as energy goes to that part of the mind it blossoms and grows. When it grows enough, the blueprint is different.

Here are a couple of examples of what I mean. Think of someone you like right now or a situation you like. When you think about that person or situation what happens? You feel good, right?

If you think about someone you dislike, a situation or person that gets your back up, what happens? You feel bad. This is not rocket science we all know this, but notice just by shifting your attention you've changed your mood.

Contradictions Exist In Your Blueprint

When you go to the gym something else happens. A lot of people find it only difficult to get the decision to go to the gym. Once they're actually at the gym and their body starts moving it activates a different set of resources or memories and the body starts feeling good again.

The endorphins kick in and they start naturally feeling the happy vibe and they start to ask themselves: "*Why did I have a problem coming here? This is fantastic!.*" That again, shows how the unconscious level you can have completely paradoxical blueprints and they get laid one over the other.

While you are at home you have the top layer of the blueprint, which says avoid the gym, it's too much effort. Once you're at the gym that layer gets peeled away and there's another program or blueprint that says when your body is moving in this way you love it; it feels great and therefore do more of it.

Of course, that's an unconscious conflict at that point. When you have that conflict, that's why you can feel terrible before you go to the gym and feel great once you're there.

Wouldn't it make more sense to simply change the top layer of the blueprint so you can feel as good about going to the gym as you feel afterwards for having been there?

That's what the power of self-hypnosis gives you the ability to do: it gives you the ability to change the unconscious blueprint, to change the unconscious attention because at that point, naturally, all the energy goes in the direction that you want it to go. It's streamlined. Life becomes easy, natural and effortless. No willpower, no forcing and no unpleasantness required.

Use The Right Mind For A Change

This is, incidently, why so many people have failed in things in the past. It's because they're using the wrong mind to solve their problem. If the problem is lodged in the unconscious, then you'll need to get to the unconscious to solve the problem.

By changing the level where the problem exists that's where you create true freedom. That's why the power of self-hypnosis can totally transform your life. You don't need it to solve those problems you can already solve, because you've already solved them.

You'll need it to solve those problems you haven't been able to solve yet. We'll show you where to go inside your mind to make that happen. You're going to use the laws of the mind. You're going to silence this gatekeeper and then we're going to give you the tools so you can rewrite the blueprint any way you want to.

Track 6 – Misconceptions About Self-Hypnosis

Time: 7m 11s

I want to clear up some misconceptions, concerns or questions people tend to have about hypnosis so that you can dedicate yourself fully to the process that we have prepared for you.

The Four Big Questions

The four big concerns shall people have are...

Will I get stuck in hypnosis?
Is it safe?
Will it make my mind weaker?
Can anyone do it or do I have the capacity to do it?

I'd like to address those questions one by one, all in one go.

Hypnosis Is Natural

Hypnosis, self-hypnosis in particular, is one of the most natural states in the world. In fact, you will spontaneously fall into self-hypnosis or little trances throughout the day without even realizing it that's why you have the capacity to change your life.

Things happen in life, you hit this little mini-hypnotic experience and that experience that allows you to internalize it, it changes the blueprint subtly, which means the next day you're not quite the same way. You repeat these mini-trances over a period of time and from one year to the next you're a different person that's how it works.

The experiences build up waiting for a mini-trance to occur for you to have those experiences pop into the unconscious, re-write the blueprint and by the time the gatekeeper is awoken up again you've changed and you're a different person.

So the first thing to realize is it's totally natural, which means anyone can do it if you're an adult, in fact, if you're a teenager and have made it this far then you can do it. You could not have survived without the ability to go into hypnosis or self-hypnosis and make those changes.

You Cannot Get Stuck!

Hopefully, understanding this natural phenomenon we'll show you how it's impossible to ever get stuck in it. How can you get stuck? Can you get stuck in sleep? No. There's no Sleeping Beauty that sleeps forever. Eventually your body will find a natural cycle to come back out again.

You've hit all of these mini-trances throughout your life anyway and you've always come back, because your body knows how to do it. The worst thing that can happen to you in self-hypnosis, and it's something to look out for, is that you can fall asleep. You fall asleep, have a great rest then wake up refreshed and revitalized.

The only problem about falling asleep is maybe you fell asleep before you had the chance to change the blueprint, in which case you are going to have to do it again. Sometimes you fall asleep after you've influenced the blueprint, which is the perfect set of conditions. We'll talk more on that later.

For the moment just realize it's totally natural, you can not get stuck and it's totally safe.

You Won't Harm Yourself

For those Freudians among you who think that the unconscious is this pit of evil full of seething desires that have to be repressed: well, there is an element of your mind that is that way. The vast superior element of your mind is a healthy, happy, powerful place. It functions beautifully.

The Unconscious Maintains Balance

It keeps you alive in a way that is so complex that even scientists now don't fully appreciate how it works. It keeps your blood pumping, your heart beating, temperature at exactly the right level and it moves the blood flow from the core to the external based on what happens to be needed.

Do the muscles need more blood flow? Is it too hot or too cold? It gets you to sweat when you need to sweat and heat up when you need to heat up. It chills you to put on more layers, it starts shivering to keep warmth in.

It changes your emotions to motivate you to do things that are good for you and changes them back to stop you from doing things that are bad for you. All dependent on that blueprint, which is inside.

It keeps your blood sugar levels constant. When food comes into your mouth it knows how to chew it, how to use the right kind of elements of saliva to start digesting it, how to digest it in your stomach, how to move it through your internal system, draw the nutrients out and expel the waste.

If you take poison, it knows how to regurgitate it before it does any harm. If it enters your system it knows how to draw the poisons out of your system that's what your liver is for and to a certain extent, what your kidneys are for also.

Your body is a beautiful, sophisticated, complicated machine and it requires something to keep it going. Your unconscious mind has done that.

The Unconscious Protects You From Harm

Moreover, your unconscious mind has protected your conscious mind from all kinds of things that you're not ready to handle yet.

It protects you from emotions. If trauma happens, it packs it away in cotton wool until some later date until you are ready to deal with it, not now when you're in the middle of living your life. It protects you mentally just the same way as it protects you physically.

Think of it: Everyone has had an experience of a near accident, which has been narrowly avoided. How does it happen? You're driving along, before you know it, somehow you swerve the car or change lanes and you keep driving along.

It takes a second or two for your mind to catch up and realize that the car in front of you just suddenly stopped. You did exactly the right things without thinking about it, on automatic pilot, the exact right things to keep you safe, healthy and alive. That is your unconscious mind at work and that is the power that's been protecting you for your entire life.

When you use self-hypnosis you open a window of opportunity to talk directly to that part of your mind without interference. If it's been protecting you your entire life why on Earth, would it stop now?

It won't!!

Self-Hypnosis Is Safe

Self-hypnosis is totally safe because those defense mechanisms are still there, ready to roll and ready to protect you from stuff. If you're not ready to handle something yet then you have to work hard to get to the point where you can handle it and then the memory, the conditions and the ideas will allow themselves to surface.

We're going to show you how to do that and how to do that safely on day five. For the moment realize that no matter what you do, you will be totally safe, because your mind has protected you your whole life and it's going to continue doing so for the rest of your life.

In self-hypnosis it does an even better job, because now you get to have interplay of consciousness. Your conscious understandings get to influence your unconscious blueprint to create a healthier blueprint to get a better, stronger and more vibrant life for you.

Self-Hypnosis Makes You Stronger

As to the final question, will it weaken my mind or my willpower? Hopefully by now you will see just how ridiculous that question is. It just simply won't happen. Your unconscious mind is there to protect you.

Why would it make your mind weaker? If anything it gives you more power to control yourself, to control your destiny, your body, speed up healing, improve your memory, learning rate, friendships, happiness, health, success; all that is open to you when you master the power of self-hypnosis.

Does that make you weaker? No. It makes you stronger. If that is weakness, if living a healthy, vibrant and happy life where all of the good things come to you and you get to choose what you want out of life, if that's a weakness then please make me weaker, because that's something that I want.

Track 7 – An Overview Of Your 7 Day Program

Time: 12m 32s

Before we finish today's session, I'd like to talk a little about what you can expect from this program. In the next seven days you're going to get a solid foundation on how to use the power of self-hypnosis in your life.

Practical Techniques Not Theory

We're going to leave no stone unturned. We're going to focus purely on the practical aspects, the techniques you need to do so you can use self-hypnosis in your life to achieve any outcome you want. We're not going to go into too much theory, no more than you'll need to, to understand what you're doing.

We'll show you how to make it work for you and how to overcome the typical problems of why self-hypnosis has failed for other people, because I want you to succeed with this.

The power of self-hypnosis is such an amazing force for good in your life and other people's lives, because when your life gets transformed and you're a happy, strong, healthy individual that attitude exudes from you and affects other people as well. It infects other people.

Remember we talked about pre-conscious learning? People will unconsciously learn from you how to be happier and healthier just by hanging around you. Isn't that something worth aiming for?

Day 1 – The Amazing Power Of Self-Hypnosis

Later on in this session we're going to take you through a little process to keep you motivated to go through the entire seven-day program. Each day of the seven-day program puts a little piece of the self-hypnosis puzzle into action inside your mind and starts the mechanism working for you.

By the time you finish on day seven you'll be an expert at self-hypnosis. You'll know how to change problems, change habits, change beliefs, change limitations and change your life.

This is day one and we're going to finish day one in a moment with a kind of motivational piece to start activating your unconscious mind, getting its attention and getting it to want to help out with this whole program. Because, after all, you want to have the unconscious mind on board just as much as your conscious mind.

Incidentally, if you're excited right now you're in the right place, because excitement comes from the unconscious. If you feel excitement, enthusiasm and that sense of "*I want this!*", then you're in the right place. It means you have just stimulated the right part of your unconscious attention and that enthusiasm is going to steer you through this program.

Day 2 – A Fool Proof Step By Step Method for Hypnotizing Yourself

Tomorrow, on day two, titled **A Fool Proof Step By Step Method for Hypnotizing Yourself**, we're going to start looking at the magic state of

self-hypnosis and how to get to it. In reality there's no magic to self-hypnosis. It's a totally natural and normal function.

We're going to show you step-by-step how to get into self-hypnosis, how to do it safely, how to not get stuck or any of these other problems people might be afraid of and how to make it work for you. Already, from the point of tomorrow you're going to start conditioning your mind to create a window of opportunity.

The purpose of using self-hypnosis in terms of the actual hypnotic state is purely to open a door to your unconscious and say: "Hey unconscious, time to listen up! Do these things." You'll find out exactly how to do that, how to condition your mind, how to overcome some of the more common problems in tomorrow's session.

Day 3 – How to Program Your Mind to Get What You Want – Automatically

Then on day three entitled, **How to Program Your Mind to Get What You Want Automatically**. We're going to look at the science and art of goals.

We'll use goals in a very different way to most people. While we look at similar formats like smart goals and how to set goals, what goals to set, what not to set and how not to set them and that sort of stuff, very valuable information. We'll use that and go well beyond that, because the thing I'm more interested in is: "Why do goals fail?".

Chances are if you picked up this program you've come across some form of goal setting mechanism before in the past. If you've done that and have given up on it, chances are you don't know why they failed. You set those goals, you wrote them down, you had them in the positive, you made your affirmations yet they failed. Why was that? That's exactly the question we'll answer on day three.

More than just asking these questions, I want to show you how to solve those problems for yourself so when you set a goal, that goal is realistic and is something that is going to enhance your life so you can achieve it. We're going to show you how to do that on day three.

Day 4 – Potent Suggestion Tactics to Quickly Unlock the Power of Your Mind

Then we come on to day four, entitled **Potent Suggestion Tactics to Quickly Unlock the Power of Your Mind**. Now that you know how to set the conditions of your mind, the hypnotic state, you know how to set targets, which is what the goal setting day was all about -- now it's time to get some work done.

In order to start changing the blueprint you'll need some tools and that tool is suggestion. There are many different ways of using suggestions and many different ways of using suggestions within the hypnotic state.

We're going to cover the four classic methods of suggestion, show you how to use them, how to combine them and how to put them together into a simple and effective method to get what you want.

Day 5 – Beyond Self-Hypnosis, How to Connect with Your Unconscious to Get What You Truly Desire

Next we move on to day five, entitled **Beyond Self-Hypnosis, How to Connect with Your Unconscious to Get What You Truly Desire**. We're going to resolve some of the biggest problems with self-hypnosis and goal setting in general.

Just as we give you some simple tactics on day three on how to overcome typical problems with goals, day five is going to blow all the problems out of the water. We're going to look at how to go directly to the unconscious mind, figure out what the problem is and what you can do about it.

So that you're solving the right problems and not the wrong ones, you're setting the right goals or goals you think will get you where you want to go and you get the unconscious mind to be a partner in the activity rather than something that's going to try and resist you on the way through.

Day 6 – Your Advanced Suggestion Toolkit For The Mind

Then we come on to day six, a very interesting day. On day six you learn how to overcome some typical problems people have with self-hypnosis. In particular, it's the problem of holding on too much.

One of the biggest problems of self-hypnosis is that you activate the gatekeeper by the conscious mind interfering constantly. I'll show you why that's a problem and how to overcome that problem. We'll go through four classic methods that you can use in your own life, if you find yourself in a position where you want to make a change and are at a point where you cannot.

So between days four, five and six you'll have all the tools to deal with all the different situations that you can face which might keep you stuck in life.

Whether you deal with day three strategies or day five strategies, it doesn't matter you'll know which tool to use to solve whatever problems are in front of you, because each tool solves a different kind of problem so you'll know by the end of day six what to use and when to use it.

Day 7 – How to Completely Master the Power of Self-Hypnosis Method and Get Incredible Results

That leaves a day open for day seven, an exciting day. It's the final day in this program and is entitled **How to Completely Master the Power of Self-Hypnosis Method and Get Incredible Results**.

This is graduation day, the payoff, it's why you spend all the rest of the week going through those exercises, doing the things we've been talking about and changing at the unconscious level in order to give you the power of self-hypnosis in your life.

On day seven we'll look at how you can take all the tools you've learned, all the techniques you've discovered and apply them to the actual problems that you might face in your life, from changing a habit to changing an attitude, from sleeping like a log at night to creating the life of your dreams.

A very important part of your graduation of day seven is to give you a practice schedule. One of the biggest reasons why people stop practicing self-hypnosis is because they don't know when and where to do it. They just think: "I'll do it casually, here or there", and as a result they fall out of habit.

Self-hypnosis is a habit. Self-hypnosis is a skill. Like any other habit or skill the more you do it the more it will be there for you when you need it.

On day seven you'll discover very simple, easy and fun programs, a simple schedule you can keep, which takes 10 minutes out of your life, it means the power of self-hypnosis will be in your life and be there for you when you need it for the rest of your life.

How To Get The Most Out Of This Program

That's the seven-day program in a nutshell.

1. Don't Skip Ahead

I'm going to encourage you to take your seven days in sequence and not skip ahead. The days are designed to build off each other. Each day has exercises for you to do, which is actually going to recondition your mind in certain ways to give you the power of self-hypnosis and make you successful.

2. Easy Does It

Remember, it's the tortoise that we're going to bet on, not the hare. Don't rush ahead. Don't try to listen to it all ahead of time. Take your time. Listen to each day on the day. Make sure you do listen to the day, don't skip through. When you've listened to it do the exercises, because it's not just about information you have, it's about how you let that information change you so you have skills in your life.

If you're getting excited and want to do more, just listen to the same day again, because you'll find on each re-listening nuances or subtleties that escaped you the very first time.

3. Feel Free To Review The Program

It's part of the way your mind works, as it works and learns in layers, so by all means, once you've taken yourself all the way through the seven day program it can be of tremendous benefit to start again at the end of the week and do another week just listening to it an hour a day, wherever you happen to be.

4. Listen To "Awaken The Power Of Self-Hypnosis" Every Day

The key thing is: on day two I'm going to present you with a very important procedure. I'm going to guide you through a hypnotic process designed to awaken your power of self-hypnosis inside of you.

The ability is already dormant inside of you. On day two, I'll guide you through a process that will activate that so you have access to it whenever and wherever you want it.

5. Follow The 21 Day Rule

There's something we'll talk about more during the course of this program called the 21-Day Rule. As a rule, if you want to have a skill, if you want to have the force of suggestion work in your life, if you want to rewrite the blueprint in a way that keeps it rewritten, as a rule you're going to repeat the process for 21 days.

So you'll want to do self-hypnosis for 21 on one topic. For the next 21 days I'm going to ask you to stick to the induction on day two and listen to that one whenever it's time to do your self-hypnosis practice, morning and evening, etc.

6. Do The Exercises

As you listen to the program I'm going to ask you to do additional exercises to get you used to certain parts of self-hypnosis. By all means do those additional exercises. In fact, I want you to do those additional exercises. However, when it comes to using the power of self-hypnosis you probably have some ideas of what you want to resolve in your life already.

I strongly recommend you spend 21 days listening to the set up instructions first, listening to that first induction to awaken the power of self-hypnosis inside of you and then turn toward your problems.

You want the ability to be strong, firm and natural inside you before you start testing it on real life problems. Does that mean that you can't dive into real problems and make them work straight away? No, that's not the case at all. In fact, many people have done so and had wild successes as well.

The only reason I'm giving you this caveat is in case you do that and the problem doesn't get resolved as quickly as you'd like or it doesn't work out for you, then don't take any notes of it. Just go right back to day two, start from scratch and this time listen to the induction on day two for 21 days to give the unconscious mind a chance to awaken the power of self-hypnosis in you.

Make it a natural part of you and a natural thing you have access to and then when you come back and try to resolve your own problems, setting your own goals and making the self-hypnosis work for you, you'll be ready for it.

Track 8 – Your Big Dream!

Time: 5m 37s

We're coming to the end of today's session. Before we end it I'd like to take you through an exercise to make sure that you can complete this program and get the most value out of it. Remember we talked about that we have blueprints and we have to access different levels of that blueprint to keep things going within us.

For example, the gym, you go to the gym and once you're there you feel great. It's getting there that is the problem.

Begin With Success

I'd like to activate that part of your mind that is going to make you successful with self-hypnosis so by the time you get there tomorrow toward the actual process of using the power of hypnosis in your own life, your mind is already ready to roll and get the results that you want.

You may have heard an old warning, be careful what you wish for, because you just might get it. With the power of self-hypnosis you will get it, so please make sure that whatever it is that you start putting inside there are things you really want.

Dream BIG!

I'm going to encourage you to dream wantonly and I want you to go beyond what you think you want to the place where you get totally fulfilled for what it is that you do want.

An Example Of Following The Wrong Dream

Here's why I say this. Let me give you an example from my own life. The first time I used the power of self-hypnosis effectively was to land a contract with the best law firm in the world. I was hired as one of their lawyers, they paid for my law school and gave me my training and a great start in life.

At the time I thought that was what I wanted. I used the power of self-hypnosis to totally focus all my attention to getting that job and I got it. It was a tremendous period in my life, I enjoyed the work I did there and it was a great time.

However as time went by, I realized that wasn't what I wanted in life. While it was giving me some things, it wasn't giving me other things. The ability to enjoy life, to travel, to learn new things, see different cultures these things were very important to me and I had hoped that I would get them as a lawyer. You know -- travel to Hong Kong, China, the States, other places and work with different people.

The fact was that, while I did travel, it ended up being from one hotel to another. I saw very little of the things that I thought I would, so I had to change my game plan. Each time I changed my game plan I got a little bit closer to the fulfilled, happy life that I wanted.

Form – v – True Purpose

Sometimes you mistake the form of something, the job with a law firm, the independent company that you always wanted to start, the lazing on the beach somewhere. You mistake the content of the experience with what you actually want, which is the experience, the way you feel, the things you do, the creativity and the free flow of energy and life.

Find The Vitality Of A True Purpose

When you dream I want you to dream big, impossibly big. When you dream impossibly big it connects you to the juice that makes these things work.

It wasn't that I wanted to be a lawyer. It's that I wanted to work with people who were smart, work and be challenged, creative, well paid and have the good things in life. These are the things I truly wanted. I thought the law firm would give it to me.

So when you dream big I want you to get in touch with that feeling that you have. What is it that power of self-hypnosis can do for you in your life? How will you be in 10 or 20 years time assuming there are no limits? Dare to dream that for a moment.

Feel that energy inside you, because the extent you pay attention to the energy and not the content, whether it means you're living in a ten million dollar mansion and being fed grapes by personal servants or you're a Nobel prize winning scientist, it doesn't matter. What matters is the energy behind each one of those dreams.

Whether you end up being a physicist or a Nobel Prize winning scientist or you end up having a ten million dollar mansion or not is totally irrelevant, because you'll end up living like you have that. The experience you will get for having done that is the experience your mind wants. It's where the juices are and what motivates your unconscious.

In order for you to get the most out of this program I'm going to encourage you to dream big. Find that passion, no matter how big it seems to be and allow the enthusiasm of that to totally well up inside you and feel it. Connect that passion.

How Will You Feel?

Ask yourself how will I feel when I have everything I wanted? The million dollar mansion, the Nobel prize, people's accolades, people recognizing me on the street, the collection of works of art, being a creative artists, expressing yourself, writing a prize winning novel, it doesn't matter what your dream is; dream it and feel it.

Ask yourself a vital question: "*How will I feel and who will I be assuming I can achieve all of these things?*" Dare to dream it and feel that!

I'm going to ask you to revisit that feeling, that idea, that dream over the course of the next seven days over and over again, because in here the power of self-hypnosis is going to show you how to achieve something at least as good as that. Let me rephrase that, the power of self-hypnosis is going to show you how to achieve something at least as good as that, if not better.

With that idea in mind, spend the next 10 or 20 minutes dreaming big, feeling big and memorizing in your skin, your bones, your mind every nuance of what it feels to project your mind to that place, who you'd be and how you'd be. Let that guide your experience over the next seven days.

Track 9 – End Of Day

Time: 1m 06s

This is the end of day one of the Power of Self-Hypnosis For Guaranteed Results Home Study Program. Make sure you take time to get enthused by your big dream and get motivated to practice on your self-hypnosis.

Tomorrow we'll show you how to easily and reliably go into trance whenever you want to. To ensure your success I'll even guide you through a powerful hypnotic induction to awaken the power of self-hypnosis inside you.

I look forward to seeing you again tomorrow on day two of the Power of Self-Hypnosis.

Day 2 – A Foolproof, Step By Step Method For Easily Hypnotizing Yourself

Track 1 – Day 2 Introduction

Time: 1m 33s

Welcome this is day two of your exciting seven-day journey to thoroughly mastering the power of self-hypnosis.

Today's session is called **A Foolproof, Step By Step Method For Easily Hypnotizing Yourself**.

In today's session, we'll go through a simple but very effective method for ensuring that you go into hypnosis every time. We'll examine how you can activate the power of self-hypnosis for yourself and tap into the hidden potential that lies inside.

I've also included a special 30-minute recording, which will awaken this ability inside you.

Finally, we'll finish today's session by practicing how to open your own personal gateway into self-hypnosis quickly and easily, every time. Now, why not take a chance to discover for yourself the amazing powers that you have inside, because once you're ready to do that, just sit back, relax and enjoy the power of self-hypnosis.

Track 2 – Tap The Amazing Power Of The Unconscious

Time: 5m 30s

Get In Touch With Your Unconscious Power

I'd like for you to get in touch again with that big dream that you did at the end of day one yesterday to feel the buzz and energy of that before we begin today.

I want you to get connected with an awesome intelligence that you have living inside of you. It's the power of your unconscious mind. This power has the power to heal your body, heal you from physical harm as well as feeling your emotions from emotional or psychological shock.

It has the capacity to make you succeed and be healthy, strong, wealthy and happy even wise. The problem about this part of your mind, this truly amazing unconscious power and the reason why more people don't live happier, healthy, successful lives all the time is that we have a gatekeeper. This gatekeeper has a simple job. It is to prevent the use of all that power to be used too wildly.

We have a blueprint inside us, as you know and that blueprint decides how our life is going to go. That blueprint has to be protected by the gatekeeper it doesn't want to make those changes lightly.

Why Its Important To Silence The Gatekeeper

When the gatekeeper gets thrown offline that's when changes get allowed to be made. Sometimes they sneak in incrementally, sometimes they sneak in just because there are ways of switching the gatekeeper off, but most of the time it's there it's protecting you and it's doing a good job.

Think about it. If someone told you to go to the top of a very tall building and jump off. If you really believe you're Dumbo you'll fly. How many of us would believe that? Hopefully, none of us. Why? Because it's dangerous, silly and won't help us live very long.

However, the very same mechanism that's protecting us from leaping off a tall building and killing ourselves, the gatekeeper in other words, is the same mechanism that will reject other ideas automatically.

For example, that you can build a machine that will let you fly. Think about it: until the Wright Brothers came along and people in that period started playing around with man-powered flight, everyone thought it was ridiculous that man could fly on his own. Even hot air balloons had to be invented at some point and someone had to be able to dream beyond what is possible.

Submarines are the same thing. When people first came up with the idea of submarines, I believe Leonardo Da Vinci came up with a design, people thought he was mad and that it would never work. Yet, here we are living in

a society, in which people's dreams those madnesses from before, have become our reality.

We know it wasn't madness. It was a gatekeeper deciding this is how the world works and this is how it will stay. That's why there's so much resistance to the idea moving from the world is flat back to the idea the world is round. It's not that these people were stupid. It's that they had a gatekeeper and the gatekeeper was refusing to allow new information in.

One of our roles is to activate the awesome power of your unconscious mind and find a way to silence the gatekeeper at a time when you have the absolutely intention to make a positive change in your life.

Use The Gatekeeper As An Ally

You don't want to be silencing him willy-nilly; otherwise, you learn by watching the news, seeing some horror story and end up thinking that the world is a horrible place and you're all going to die.

That's a terrible thing to do, so the gatekeeper has a function to play and it's a very valuable function. It's also valuable to know when to put him to rest, when to silence him and say at this point, "*You shut up and I'm going to do my work, change my blueprint and have a better life. Then you guard the new blueprint, because now it's going to be something worth defending and protecting.*"

The Power Self-Hypnosis Method

The way to do this is the Power of Self-Hypnosis Method that's what the system is all about. We're going to find a way to thoroughly impress upon the unconscious mind an idea so thoroughly that the idea changes the blueprint and from that point onwards, the unconscious uses all its vast operating power and all its unconscious attention to make that reality.

- If that reality is a new, trim, healthy and happy you... great.
- If that reality is you full of success flushed with life and abundance... great.
- If that reality is you being healthier, wiser and more spiritually in tune... fantastic.

You get to choose what the reality is you get to make the choice and find a way of impressing that idea upon your unconscious mind and release the floodgates so that it makes it work naturally, effortlessly and effectively for you.

Of course, you need to bypass the gatekeeper to do this and that's what today's session is all about. We're going to focus exclusively on creating a window of opportunity, opening a window inside the mind, in which the silenced gatekeeper cannot interfere and you get to impress anything you want on your unconscious.

In later sessions, as the week goes by we'll show you how to use that window of opportunity. For now let's get that vital job done.

Track 3 – How To Unleash Your Mind Power

Time: 5m 48s

The ReSeT Formula

To unleash this amazing power we have inside ourselves we'll need some conditions to be met. I like to think of this as **ReSeT**.

ReSeT is–

- The R is the **R**eceptive mind.
- The S is for **S**ilencing the gatekeeper.
- The T is for having **T**ools to make that impression and change your blueprint.

In time you will have everything you need. I want to emphasize that I'll be teaching you a sequence, a step-by-step process for the Power of Self-Hypnosis Method. The magic is not necessarily in the method, the magic is in you.

The Real Power Lies In You

Just like you only have one mind, it's you, it's always been you it's just that it has conscious and unconscious aspects. In the same way, this method is

going to activate a natural mechanism and this is called the power of intention.

In the past, at moments of importance in your life you have just made a choice you decided "*This no more*", "*This the way it will be*" or "*This is what's going to happen in my life*" and magically that's exactly what happened. Your intention had a force like a laser or bullet going right past the guardian, straight into the unconscious and it made stuff happen for you.

That's because you already had **ReSeT** happening spontaneously. Your mind was receptive, the guardian was silenced and you had a tool, powered by that intention to get the change done.

The Power Is Greater Than The Method

We're going to look at an artificial mechanism to trigger that natural process so that you have control of it and you don't have to wait for inspiration to strike you. You get to do it when and wherever you want to.

I'm going to show you how to use the Power of Self-Hypnosis Method in a very short moments time, but I want you to promise me that you won't get so bogged down in the method, tools and technicality of it, to understand that this is you we're talking about.

There will be point in time when you'll have practiced this method enough that you will never need it anymore. All you have to do is intend something and it will happen.

At that point, you'll have true will power, because your intention will be coupled with the window opening up inside your mind, which will allow that intention to go straight through to the unconscious, rewrite the blueprint and you get your heart's desire.

The Secret To Unlocking Your Potential

ReSeT is the key for the receptive mind, silence the gatekeeper and use your tool, your intention to create the change that you want. How are we going to do this?

This is the big secret... State.

What do we mean by state?

Use The Access State Principle

Something called the Access State Principle (ASP), in regular psychology this is called state dependent learning or state dependent behavior. It basically means whatever state you're in, whatever mood you happen to be in, when you learn something new that information is encoded by that mood.

Think of your mind like a house full of rooms. Each room is a mood. You have your happy room, sad room, angry room, frustrated room your so-so room and so on.

How State Determines Your Strength – And Your Weakness!

Whenever you're happy, whatever experiences you have all of your happy memories get put into that room. So when you walk into your happy room you can remember all of those things easily, because you're there now. All the things in the sad room, which are all at the other end of the house, are very difficult for you to remember. If you recall them they are kind of vague and distant like seeing through 15 windows or something.

The reverse is also true. We've all had times when we're a little bit down in the dumps which means we're inside the sad room. While we're in the sad room we get to remember all the things that make us sad and we do a good job of it. In fact, we get to remember all the things we messed up in our lives to prove to us just how sad we really should be.

If anyone should have the gumption to try and get you to remember all of the good and happy memories, what happens? You reject them out of hand. The gatekeeper protects you, keeps you in the sad room and only lets you remember those unpleasant memories.

Another point that happens is if the happy memory is strong enough it will yank you out of the sad room, drive you right back into the happy room and you cheer up it's the natural process. Either the memories are strong enough to yank you out of one room into the other or it has no power over you.

The Key Secret Of The Power Self-Hypnosis Method: A Special State

How are we going to use this in order to create **ReSeT** inside our own minds so you can reset the blueprint? It's very simple. We're going to craft a state. We're going to create a certain room inside the mind, in which the gatekeeper has no place. We're going to create a room inside the mind where the gatekeeper's natural function is to be asleep, snoring away happily while you do the work you want to do.

That way, when you find it's time to reset some part of your unconscious blueprint, you just walk through your house, open the door to this special room, the guardian falls asleep, you do your work, you walk out, he wakes up and as far as he's concerned, nothing has changed. He's now protecting the new blueprint with as much vigor as he used to protect the old one.

The state is also key for creating that receptive mind. It creates a receptive, which is the window of opportunity, it puts the guard to sleep to stop anything preventing you from doing anything that you want to do, and creates the perfect conditions for your intention, the toolkit we'll show you later in the week to have its effect.

Track 4 – Hypnotic Warning

Time: 1m 9s

In a moment I'll guide you through a process that's going to awaken the power of self-hypnosis inside you. In other words, I'm going to guide you through a process that is going to show you how to build that room inside your mind.

Technically speaking, I'm not going to show you how to build it. I'm going to show you how to find it, because it's already there. Now, because this process is hypnotic I want to give you what's called the hypnotic warning. So you're going to need all your attention to go inside.

If you're driving a car or operating any kind of machinery, do not listen to the recording until you're ready to stop what you're doing. Pull the car over, park the car, turn the engine off, then you can listen to it and have a great time. If you're operating a machine, turn it off, put it away, sit down somewhere comfortably, relax yourself and then listen to the recording.

Why? Because, whether you like it or not, a lot of the elements in the recording will draw your mind into the hypnotic awakening process -- awakening the power of self-hypnosis inside of you.

I don't want you to take the risk that you'll have any kind of accident with machinery. Stop the machinery and listen to the next track only when you're ready to dedicate your full attention to it now.

Track 5 – Awaken The Power Of Self-Hypnosis Induction

Time: 26m 44s

Make yourself comfortable. It's preferable that you use a sitting position for the moment although as you get more experienced you may want to start lying down as well. It's entirely up to you.

Find a comfortable position to sit in, then I want you to realize that you're about to activate the power of self-hypnosis in your life. You're about to activate an ability that's going to make an immense difference for the rest of your life.

You're about to awaken an ability that will make such a difference in your life, how you feel, in the way you do things and the good things that come to you, so focus your attention and allow these things to happen.

The beauty of this is that as long as you sit there comfortably and listen -- your conscious mind doesn't have to do a single thing. Your unconscious mind will do it all. You just have to sit back, relax and enjoy the ride. If from time to time you find your conscious attention tuning in and out, that's fine.

All I require is that you give me enough attention at the beginning part of the process to set the scene and then you can allow your unconscious mind to take over in any way that you wish to.

To set the scene the simplest thing for you to do is take a deep breath in, breathe out, relax and allow your mind to just calm down, because when you begin to calm down the mind begins to open up. Abilities exist within

calmness that allow you to activate an immense power, an immense force for good that lies sleeping dormant inside.

Now, one way to help your mind calm and clear even more effectively is to find something to focus your attention on. Allow your eyes to rest on some object out in front of you, the corner of a TV, the wall, a picture, some specific object.

You'll notice that when your mind can look at it peacefully your eyes simply stop moving. Look at that object without any need to do anything with it. As soon as you find that peaceful, resting of your eyes, go ahead and just close your eyes now allow your attention to focus inside and already something is beginning to happen.

In order to allow your unconscious to begin to accelerate the power of self-hypnosis growing inside your life, I'd like you to simply focus your attention on your right arm, get in touch with your right arm.

Notice what it feels like and become curious of what that arm would feel like if it was heavy, loose, limp and relaxed. That right arm, heavy, loose, limp and relaxed. What would it feel like to have that arm so relaxed it could rest there and feel totally comfortable?

Pay attention to the right arm. Allow the right arm to grow comfortable, loose, limp and relaxed. Right arm relax. It's like having a heavy day at work, lifting things, moving things, your muscles get tired. When you finally get to sit down and relax, what a relief to just let go. Let go, and feel the relaxation.

That relaxation can begin in the arm that comfort can drift across, up the arm into the shoulders and into the body and you can find your attention wandering, drifting with that sense of comfort.

It's important that you realize your conscious mind will be doing nothing of importance now it all is your unconscious now. This whole experience belongs to you and your unconscious is creating it for you to learn and awaken the power of self-hypnosis in your life.

You can enjoy the drifting calm on your body and that right arm becomes loose, limp and relaxed; loose, limp and relaxed. You can enjoy the process

of drifting in deeper into that comfort and trust your unconscious will take you where you need to go.

One thing is for sure; your conscious intellect doesn't know where that is yet. Your conscious intellect doesn't know where to go yet, but it will. It will learn as the unconscious mind educates you on how to find the room inside, in which the power of self-hypnosis awaits you, for you.

Now, because your conscious mind won't be doing anything of importance you might as well do something pleasant. Allow a pleasant scene to come to mind for example, something to do with nature. Every night you have dreams. Those dreams can be vivid or hazy. Sometimes you don't even realize you're dreaming and yet you're always there, a gift from the unconscious.

You can dream in the nighttime and you can dream in the daytime. Daydreams can be so pleasant. You can be pleasantly absorbed in one, something to do with nature and what would you experience; bushes, rocks, trees, maybe some water, temperature or some kind of light?

Since this is your dream you don't know if the light comes from the nighttime or daytime; some calming scene, very pleasant for you to contemplate. You can explore it and take great pleasure in knowing that you're unconscious mind is taking care of the rest of you, any experience you want.

In hypnosis you can have any experience you want or choose. Your unconscious mind can make it happen, make it real, powerful and it's always safe in here. Any experience you want and it's totally safe to have it. You can confront any challenging situation and do so safely.

You can experiment with a conflict and find out just how to solve it properly.

One famous scientist, Nikolai Tesla would build machines in this place and they were so accurate. Invariably when the machine worked in his mind he could wake up, build the machine in his workshop and it would work perfectly straight away.

Your mind has a marvelous capacity for building experiences, doing so safely and it's easy and natural to use the power of self-hypnosis in your life. You

can have any experience you want, make it totally safe and it's easy and natural.

Every good athlete knows that before attempting some difficult maneuver they should rehearse it inside their minds first, so they can get it right. No need to make a costly mistake when you have the power of the mind waiting to be used and it's natural as natural as sleeping at night, as natural as dreaming.

Your unconscious mind is terribly wise. It collects all of your experiences, understandings, learnings, everything you know your unconscious mind knows better, deeper, it understands consequences and your conscious intellect can't grasp yet it's an amazing power. You can trust that.

It's protected you in the past and it will look after you in the future. You're safe. Trust it, the amazing power of your mind.

A gentleman I know went to the dentist and had some major surgery. He said "I don't want any drugs. I am going to use the power of self-hypnosis and I'll feel no pain. I'll be comfortable and relaxed" and that is exactly what he did.

He sat inside that chair and inside his mind he allowed a dream to come, a dream of a pleasant scene. He enjoyed that scene somewhere out in nature. He could smell it, feel it, see it and hear it and he enjoyed that scene.

A walk in the park can be just as pleasant inside the mind. You can walk around the park and meet people, see the flowers and enjoy nature. In time, the dentist called him back and he said "did you start yet?" The dentist said, "what do you mean start? We've already finished."

I want you to know there was almost no bleeding; very unusual in a procedure of this kind, but it's not unusual when you have the power of self-hypnosis on your side and trust your unconscious; because the power of self-hypnosis is on your side.

You don't need to do anything of importance, your unconscious mind gets it it's always understood. When the chips were down it was there to protect you, look after you and your unconscious mind can make any change you want, on anything you wish, anything that's reasonable and do so easily.

A young man I know stepped into the examination room for his finals, a tough exam and yet he was brimming with confidence. Everyone thought he was mad. He had only started revising three days before the examination... all thought he would fail yet he was brimming with confidence.

What he knew is he'd spent one month, 30 days preparing himself with the power of self-hypnosis. It didn't take long. Every single day his revision would be to activate the power of self-hypnosis and then we would learn inside his mind, he'd rehearse taking the exam and he'd succeed. He found he knew all of the answers.

By the time he entered the examination room he already practiced it 60 times, twice a day. If you take an exam 60 times, it would be easier for you too, would it not? That's the power of your unconscious. You can learn anything you wish, make changes and grow as a person.

There's a blueprint inside and you can change it. Shape yourself to become anyone you want to.

In a dream, you can dream of any person dead or alive, real or fictional, you can meet that person in a dream. If you can do it in a dream, you can do it in self-hypnosis. Anyone you wish, learn from them and even become them for a while absorbing only the attitudes, attributes, skills and abilities that you wish and leave the rest behind.

You can change and grow as a person and do so easily and naturally with the power of self-hypnosis on your side. You can be happy and succeed at anything you wish.

You can call on immense hidden abilities, talents that are hidden to most people except in being emergencies, you can know what to do, where you need to do it, you can feel what you need to feel and be who you need to be, because your unconscious mind stores all of your wisdom.

You can do these things wisely and respond. Your unconscious mind heals you physically, heals you mentally and brings balance into your life, true balance not the kind of balance that comes from avoiding those situations, from which you could grow, but a kind of balance that comes from mastering them.

You're now mastering your self-hypnosis. The power of self-hypnosis is at your command. All of those hidden abilities, things you only scraped the surface of in the past are coming to be under your influence and are there ready to support you when you need them and want them.

The power of self-hypnosis is a tremendous force for good in your life. You'll find it easy to master it. It's already awakening inside of you preparing, growing, changing, things opening up. You don't know what they are, yet your conscious mind or will you be the last to know, but you'll know it's working, because you feel good.

As the days turn into weeks, weeks into months, months into years, you start feeling better, stronger, happier, healthier, more vibrant, so full of life, because of the power that self-hypnosis has unleashed in life for you. No one gets to enjoy these things as fully as you.

I'd like for you to experience that now a tremendous, profound sense of peace, an inner knowing that things are happening, the power is coming, the power is here and you might not realize it yet, because it feels so good.

To use the power of self-hypnosis I'm sure that you'll start looking forward to your next opportunity to practice it, to feel the power of self-hypnosis in your own life. You can look forward to it and enjoy it.

Where did that pleasant dream go to? How pleasantly can your mind drift? Forgetting things, like forgetting a dream, everyone has had the experience of how naturally it is to awake in the morning and forget what you've been dreaming about. Sometimes it happens gradually, piece by piece and eventually it goes whereas other times it's virtually instantaneous.

You open your eyes and the dream is gone. In a moment it will be time for you to open your eyes and awaken to a new life, in which the power of self-hypnosis manifests itself as a force for good for you, to bring anything you wish into it, to make you feel great and success, because you deserve it.

When you have the power of self-hypnosis in your life, improving your life, you also improve the lives of all of those around it, because their unconscious mind get to learn it from you, get to pick it up just by observing you, who you are and how you are; it's a tremendous gift that you carry.

Isn't it good to know that the better you can make your life the more you enhance the lives of those around you, because they'll get to learn unconsciously? They'll absorb it just by osmosis just by hanging around you their lives can be just as good and just as positive.

They'll have learned the power of ReSeT without even knowing they've done it just like you learn how to shake your head no and nod your head yes, by observing others.

I'd like to have you return now. The simplest way for you to return is to count yourself up from one to five. At the count of five you can open your eyes being refreshed, relaxed and alert, simply fantastic, ready to face a bright new future, ready to enjoy a vibrant new excitement and enthusiasm that wells up deeply from the inside.

As you are ready to do that, remembering to bring back with you the power of self-hypnosis whether you know how to do that or not consciously, it's totally irrelevant, because your conscious mind has done its task it's all about the unconscious now.

As I count from one to five, count along with me and bring yourself back out to the outside world.

- **One**, coming out slowly.
- **Two**, feeling yourself revitalized, refreshed, relaxed.
- **Three**, getting more and more alert beginning to start moving your body.
- **Four**, allowing your arms and legs to start moving a little bit, stretching out, and
- **Five**, open your eyes, feeling refreshed, relaxed, alert, simply fantastic.

Congratulations, for having completed this hypnotic adventure. You have done a profound thing right now. You have awakened the power of self-hypnosis for you in your life. The more you listen to this recording the easier it comes, the more natural it becomes to you and the more it's going to be there for you when you need it.

When you've come back and refreshed yourself fully continue on to the next tract.

Track 6 – A Step By Step Guide To The Power Self-Hypnosis Method

Time: 6m 57s

Its Important To Do It Yourself!

Welcome back again. It's all very well for me to guide you through that process and awaken the power of self-hypnosis. The next step is for you to acquire the skill for yourself so that you can access that state and that place at will, whenever you want or need to. So when you change, you change at will.

It Takes Just 5 Minutes

This doesn't take long. I'm going to take you through the same process very quickly a few times to get you used to it. It takes no more than five minutes. If you want to stretch it out for a long time, 10 minutes, maybe 15 maximum that's all it requires.

When To Practice

I'd like you to practice at least twice a day, morning and evening. First in the morning when you wake up, last thing in the evening before you go to sleep. A nice way to do this is to listen to one of the inductions, perhaps the awakening induction that we just experienced in the mornings before you start your day. It's a great way to get your day rolling before you start thinking about things.

Then, in the evening before you go to sleep, do this induction on your own and I'll show you exactly how to do this.

The Secret To The Power Self-Hypnosis Method: TACK & CAVE

The secret to using the power of self-hypnosis for yourself when you want to is contained in the words TACK and CAVE.

TACK is a little acronym to remind you of the four phases you have to work through:

- Trance

- Attitude
- the CAVE cycle and
- Know it is all working out.

T - How To Go Into A Hypnotic Trance

Basically, trance is all about attentional focus -- fixing your attention on something. In the previous example you fixed your attention on a point outside yourself and close your eyes. Trance is also about creating a quiet, calm and receptive mind.

There are many other ways of creating trance that will work just as effectively, but this one is the easiest, most consistent, reliable one and the one you can trigger any time you want to; it's also pretty healthy for you.

Finally, trance is about feeling good and relaxing. Feeling good and relaxing is one of the gateways that allows you to silence the critical factor, to silence the gatekeeper. At the same time it's very healthy for you as well.

- So the 'T' part of the TACK equation is all about creating an intentional focus, quieting your mind I don't know, creating a receptive mind, feeling good and relaxing. I'll show you exactly how to do that in a moment.
- Next is the attitude, the mindset you take into the thing. The 'A' of TACK stands for attitude.

A – The Attitude That Will Get The Results You Want

Attitude is two-fold.

1. Easy Does It

Number one is: easy does it!

Remember we're trusting the tortoise, not the hare. The hare brain is going to run around the place, jump off walls and do all kinds of crazy stuff and in the end it's not going to get you to the place you want to go as consistently, quickly and solidly as the tortoise will. Which means, easy does it don't be in a hurry.

In fact, the general adage, more haste, less speed is so true of self-hypnosis. Take your time. Allow the suggestions to sink in, allow the process to take over and you will get the results you want, which means you get to trust your unconscious.

2. Trust Your Unconscious

The attitude is easy does it and trust your unconscious. It's a tremendous force for good in your life. It's protected you in the past, it's looked after you and it will go right on doing so.

C – The CAVE Cycle For Powerful Self-Hypnosis

Next we come to the 'C' part, which stands for the CAVE cycle.

Cave is what you'll be doing in self-hypnosis to get the results you want. We'll look at that in more detail in a moment.

K – The Perfect Way To End A Self-Hypnosis Session

Finally we've got 'K', which is know.

Know it's all working out, that you have a bright future ahead of you, know that your unconscious mind is on the job and you don't have to worry about it just get on with living your life and enjoying it.

That's TACK- those are the phases you want to keep inside your mind. Trance, which is to get your attention focused, quiet your mind and feel good and relaxed. Your attitude is "easy does it". Just trust your unconscious mind to take you where you need to go.

The CAVE cycle, which we'll look at in a moment and finally just know it's all working out. You come back brimming with confidence, bringing that back with you, knowing a bright, new future is ahead of you.

A Step By Step Breakdown Of The CAVE Cycle

What is this CAVE cycle? CAVE is what you'll be doing to create the changes inside.

It's not enough to just create a self-hypnotic experience, that's just a meditation. You want to use it focusing your energy and attention to get a result.

So CAVE stands for:

- **C**onvincer,
- **A**ffirm,
- **V**isualize and
- **D**rift [Editors Note: The 'E' will make more sense in a moment!]

C – The Convincer

The convincer is a process we use to show you that you're at the right level of mind. A lot of people start wondering, "*Am I doing this right? Am I in self-hypnosis yet? Am I there?*".

The convincer is your way of measuring "yes, the door is wide open now." If the convincer hasn't been triggered yet, then you carry on until it has triggered. When the door is open you get to carry on and do what you want to do.

Does it mean you can't do self-hypnosis without the convincer? No!

You can do self-hypnosis with or without a convincer, no problem at all. When the convincer is there for you to know that your mind is in a perfect state to get the actual results.

AV – Affirm & Visualize

The 'A' and 'V' of CAVE stands for affirm and visualize.

You can do these two things at the same time. An affirmation is a very simple statement, an instruction for the unconscious -- like "*fix this problem*". A visualization is basically a mental picture you can make to create an experience. We'll talk more about those on day four.

For the moment just think about CAVE being the convincer, affirm, visualize.

E – Drift (with an ‘E’!)

Finally, the ‘E’ part of CAVE Cycle is drift?

But that’s a D not an E!?!

When I say drift, the ‘E’ of CAVE is basically

- the **Ebb** flow
- the **Effortless**,
- **Easy** and natural way you let yourself flow with the experience.
- It’s allowing your mind to be **Empty** enough to allow any experience that arises to arise and to be okay with it.

So the E of the CAVE Cycle is “*go with the ebb and flow*”, “*be effortless*”, let it be easy and natural, empty your mind, let your mind drift.

Together, between TACK and CAVE, that’s the whole self-hypnotic process just ready and waiting for you.

Experience The CAVE Cycle For Yourself

On the next track I’m going to guide you through the whole self-hypnosis process. It will take five or six minutes maximum and you’ll get a full experience of that.

Then I’ll show you how to do it by guiding you through the highlights and finally you’ll get a chance to do it all by yourself. Remember, this is all a hypnotic experience! So before you listen to the next track, make sure that you stop driving a car and stop operating any machinery so you can put full attention on this hypnotic process.

Hypnotic Warning

Never listen to any hypnotic induction until you are totally comfortable, in a safe place where there’s no machinery and nothing that requires your outside attention.

As soon as you're ready to do that, go on to the next recording where I'll take you through your very own self-hypnotic process to activate the power of self-hypnosis in your life.

Track 7 – The CAVE Cycle For The Power Self-Hypnosis Method

Time: 5m 58s

Step 1 – Relax & Clear Your Mind

Find a comfortable position. Step one is take a deep breath, breathe out, relax and clear your mind. That was easy.

Step 2 – Connect With Your Right Arm

Look at your right arm. Focus your attention on your right arm and connect with it. When you get a sense that you connected to your right arm, in other words, you can feel it and sense it, just close your eyes. So far, so good. This is easy to do, is it not?

Step 3 – Instruct Your Arm To Relax ('C')

The next thing is to focus on what it feels like for your right arm to be relaxing. Tell your right arm to relax. Tell yourself: "*My right arm is relaxing- relaxing- relaxing*". If it helps, tell yourself that your right arm is "*feeling loose, limp and so heavy*", then notice what happens in the right arm.

You're not looking for an immediate response, just looking for any variation or change to begin to happen. That right arm feeling heavy, loose, limp and relaxed, relaxing, relaxing, the right arm loose, limp that's right. It's so good to relax that right arm.

That right arm loose, limp and relaxed, feeling heavy, feeling comfortable, loose, limp and relaxed. This is your convincer.

As soon as you have your arm beginning to get loose, limp and relaxed, comfortably heavy, comfortably relaxed you know that it's time to move on to the 'A' stage, affirmations and visualizations.

Step 4 – Make Affirmations ('A') & Visualize ('V')

For the moment allow any pleasant scene to come to your mind any relaxing or calming scene and know you're mastering the power of self-hypnosis in your life. Tell yourself I'm mastering the power of self-hypnosis in your life, but don't let your thoughts disturb anything that you're doing.

They drift as comfortably and quietly as the rest of you. Allow those thoughts to exist I am mastering the power of self-hypnosis in my life. Allow it to resonate like a pebble in a pond. Very good. Now let it go.

I'm mastering the power of self-hypnosis in my life. Realize what it means. Just let it go. I'm mastering the power of self-hypnosis in my life. In fact, let yourself go and drift, drift and let your unconscious mind pleasantly guide your experience for a while.

Additional Suggestions For Mastering The Power Of Self-Hypnosis

As you trust your unconscious you develop the amazing powers that are lying dormant inside of you. You have keys that will awaken the power inside of you any time you need to.

Practicing self-hypnosis makes you feel good, which means you get to look forward to practicing it again and again, again and again, at least twice a day. Practicing self-hypnosis is easy, natural and feels terrific it awakens the power of self-hypnosis for you.

Find a time every day to use the power of self-hypnosis for yourself. Just go into hypnosis and out, in and out, quickly and easily. Each time that you use this method to go into self-hypnosis you'll find it easier. You'll go deeper more quickly and more profoundly, because you're learning.

The mind is creating the neurological connections to open you to the power of self-hypnosis. The more you practice it, the easier it becomes. It's fun to practice. It's enjoyable. You get to look forward to it.

It's easier and more fun than watching TV. It's like having a wonderful massage. You don't have to do anything. Let your unconscious do the work.

Step 5 – Drift ('E')

Now, remind yourself that you're feeling calm, peaceful and happy. That can be as simply as telling yourself now I feel calm, peaceful and happy. You have a bright, new future to look forward to. Look forward to a bright new future and know that good things are coming your way, because you have the power of self-hypnosis in your life now.

Step 6 – Count Out 1-5

Are you ready? Count along with me from one to five. At the count of five open your eyes feeling refreshed, relaxed and alert, simply fantastic knowing that something powerful has happened for you.

- **One**, bring yourself back slowly.
- **Two**, more and more alert.
- **Three**, feeling yourself shifting back, orienting to the outside world.
- **Four**, allowing your hand and legs begin stretching out.
- **Five**, open your eyes feeling refreshed, relaxed and alert, simply fantastic.

Go ahead, look around the room, look at your life with fresh, new and vibrant eyes. Eyes empowered with the tremendous forces that you've just activated inside yourself.

Track 8 – Prepare For The Next Exercise

Time: 1m 01s

Welcome back how are you feeling? By now you should be feeling pretty fantastic. You've had two wonderful hypnotic experiences the second, of which you've begun to take control of the process.

In a moment, I'm going to guide you through this whole process one more time, only this time I'm only going to point out the highlight, the milestones that you want to reach and I'm going to let you do the rest, which means you're going to hear a lot of silences in what's going on.

Those silences are times for you to fulfill each step of the process. If you need a bit more time simply stop the recording and follow through the seven

steps on your own. Guide yourself through. The more you can take responsibility for yourself the quicker and easier you'll have the power of self-hypnosis in your life.

As soon as you're ready to do that go straight ahead to the next track where I'll guide you through the highlights of the whole process. It will only take a few minutes so you can get the whole self-hypnosis method ingrained into your own mind so you can access it at will.

Track 9 – A Light Guide Through The CAVE Cycle

Time: 3m 10s

Step 1 – Relax & Clear Your Mind

Step one, find a comfortable position to rest in. Take a deep breath in and as you breathe out just relax and clear your mind.

Step 2 – Connect With Your Right Arm

Step two, look down over there at the right arm and get a sense of connection with it. When you're connected to it you sense the right arm, just close your eyes.

Step 3 – Instruct Your Arm To Relax ('C')

Step three, tell your right arm to relax.

Tell yourself your right arm is relaxing. The simplest way to do it is to say "*My right arm is relaxing. Relaxing- Relaxing- Relaxing.*" Use a cool, soothing, calm tone of voice. Go ahead and do that now.

Step four, just allow yourself to spread, that comfortable glow to the rest of your body.

If it helps, allow a pleasant scene to come to your mind. Feel your body comfortably relaxing. Allow a pleasant scene to come to mind. Very good.

Step 4 – Make Affirmations ('A') & Visualize ('V')

Step five, use the CAVE process.

Go ahead and tell yourself I'm mastering the power of self-hypnosis in my life. Allow that to gently and smoothly ease into your mind. I'm mastering the power of self-hypnosis in my life. Get a sense of what that means. Go ahead and do that now.

Step 5 – Drift ('E')

Let yourself drift. Don't think about anything or focus on anything. Let your unconscious mind take you where it will. Just drift and enjoy. Very good.

Tell yourself that you're feeling calm, peaceful and happy. You have an amazing future awaiting you. Calm, peaceful and happy and an amazing future is awaiting you. This is just a nice way to finish this process.

Step 6 – Count Out 1-5

As soon as you're ready, just count from one to five. Remind yourself at the count of three that your body can start stretching and feeling more in tune with the outside world. At the count of five open your eyes feeling refreshed, relaxed, alert and simply fantastic.

When you're done that just join me on the next tract.

Track 10 – Repeat The Power Self-Hypnosis Method Alone

Time: 3m 37s

Congratulations! You've just taken yourself through a self-hypnosis procedure all by yourself. All I did was point out the guiding steps along the way. As soon as we finish this track, I'd like for you to do the whole thing again on your own. There is a very simple sequence to follow.

1. Step one, make yourself comfortable, take a deep breath, breathe out and clear your mind that just sets the scene.

2. Step two is get in touch with your arm. When you get a sense of where your arm is, how it feels like, etc., just close your eyes.
3. Step three is tell your arm that it is relaxing.

Tell yourself that your arm is relaxing. Say to your arm- relax- relax, feel loose and comfortable. Use a calm soothing tone of voice.

4. Step four, when you can feel your arm changing, perhaps feels lighter or heavier, it feels a buzz or a glow, it feels a deep sense of comfort and rests just wonderfully comfortably there.

Then allow that sense of comfort to spread into the rest of your body and contemplate some pleasant scene. It doesn't matter what it is as long as it helps you to relax even more.

5. The next step is to remind yourself that you're mastering the power of self-hypnosis.

Later on in this program I'll show you other things you can do with it, but for now, seeing as you're learning self-hypnosis, you may as well use it to help you learn it quicker and more easily.

Once you've told yourself maybe five or six times that you're mastering the power of self-hypnosis, simply allow your mind to drift. This is the pleasant part of the experience, the mind massage. At this point the unconscious mind is acting out on the message that you've given it.

Finally, give yourself one last set of suggestions; you're calm, feeling peaceful and happy. This is a great way to live your life. Then remind yourself that the future is always better than the present so no matter how good today is tomorrow is going to be even better.

Then count from one to five. With each count between one to five feel yourself become more alert, refreshed, more revitalized.

- At the count of three begin to get a sense of your body start moving around a little bit.
- At the count of four, kind of stretch it a bit.

- At the count of five open your eyes feeling refreshed, relaxed, alert; simply fantastic.

Those are the steps. They are simple and easy to follow. Listen to this track again if you need to, to get it inside your mind or listen to the previous track to guide you through it until you're ready to do it all by yourself. It's simple, quick and effective.

It will take you three to five minutes to do and just do it a few times to get used to it. Practice it every day for the next 21 days.

Every morning when you wake up, listen to the awakening of the power of self-hypnosis induction that we did earlier in this session, the long 20-30 minute version. Then immediately afterward, when you come back out of the whole hypnotic process and have this glow coming through, then do your self-hypnosis exercise.

Do no more than three or four minutes. It takes no time at all, but having done it yourself is the best way of getting the power for yourself.

Listen to that induction at least once a day, but no more than twice. You can do little mini hypnosis exercises for yourself as often as you wish, provided they're no longer than three to five minutes just to get the hang of it. You'll only be doing over the course of the next seven days to get used to the actual process.

Once the seven days are over you get to choose whatever you want to change in your life and you'll know how to do that.

Track 11 – Bonus CD 2: The Surefire Fix To Get Even The Most Stubborn Minds Into A Hypnotic State

Time: 36s

As a special secret bonus for you, I've also included a special Bonus CD 2. If you had any troubles in any part of the processes here then I've created a very special bonus for you.

In that bonus CD you'll discover special strategies to fix the most common problems people have with self-hypnosis in other words, the inability to hold

The Power of Self-Hypnosis for Guaranteed Results Home Study Program

attention or the inability to relax and go into hypnosis. Both of those will get fixed in that bonus CD if you have any trouble with it.

If you don't, go on to day three. If you do you'll know that resource is there waiting for you.

Track 12 – End Of Day

Time: 1m 22s

This is the end of day two of the Power of Self-Hypnosis For Guaranteed Results Home Study Program. You've discovered the simple, yet foolproof method for preparing your mind to access self-hypnosis any time you want or need to.

Please do listen to the awakening recording for the next 21 days and practice the power of self-hypnosis method carefully and methodically. It is a fantastic tool that will bring you many rewards as you progress.

The small amount of time that you spend on preparing your mind and body now will give you lasting and profound results for the rest of your life. It is worth every minute you spend on it.

Tomorrow we'll look at the inner secrets of making your dreams come true. We'll examine why people fail and importantly, how you can avoid their mistakes.

I look forward to seeing you again tomorrow on day three of the Power of Self-Hypnosis.

Day 3 – How To Program your Mind To Get What You Want... Automatically

Track 1 – Day 3 Introduction

Time: 1m 33s

This is day three of your exciting seven-day journey to thoroughly master the power of Self-Hypnosis.

Today's session is called **How to Program Your Mind to Get What You Want Automatically.**

In today's session, we're going to look at goals and how to make them work for you. First, we'll examine what goals are and how they work. Then look at the important issue of why many goals, like New Year's Resolutions simply fail.

Today you will discover more than just the conventional wisdom in setting powerful goals. You'll be getting a little known inside track into the psychological principles to make goals work for you.

Finally, we'll finish today's session by looking at the top five reasons why regular goals might fail and give you solutions to fix that once and for all.

Now, why not take a chance to discover for yourself the amazing powers that you have inside, because once you're ready to do that, just sit back, relax and enjoy the power of Self-Hypnosis.

Track 2 – The Power Of Goals

Time: 7m 34s

Welcome to day three. This day is all about the power of setting goals. Your mind is something called a cybernetic organism. Cybernetics comes from the Greek word 'kybernetikos', which means a steersman or good pilot.

So a cybernetic organism is something that wants to steer towards an outcome, so it's goal-oriented. It needs a direction to go in. I often say to people, "*If you don't know where you're going, don't be surprised if you go nowhere fast!*".

The Yale Goal Setting Myth Busted

When it comes to setting goals, which is the direction and purpose that your whole life gets driven towards, there's an interesting and unfortunately an urban myth about setting goals. Some people know it as the Harvard Goal Setting Study, some know it as the Yale Goal Setting Study.

Essentially this myth reveals some important truths about goal setting. The idea was that they asked a bunch of Harvard and Yale undergraduates if they wrote down their goals. Then 10 years later they are meant to have followed up and discovered that the seven percent of people that said they had goals actually outperformed the 93% that didn't have goals.

In other words, those that had goals and wrote them down would systematically outperform in happiness, success, life, wealth all the different measures those people who didn't have goals and didn't write them down.

Unfortunately, it's an urban myth. It didn't happen. Yale has done extensive research into its archives to figure out if that kind of study ever occurred and it didn't. However, the importance of it is still in the principle that goals that allow you to reach better things.

You Must Give The Unconscious Mind A Target To Aim For

If you are goal-less, than you are hoping that life will give you some things, but you can't make opportunities happen. If you have no goal then your reticular activating system doesn't know what to look for.

Remember, the power of Self-Hypnosis only starts arising when you start changing the unconscious blueprints. Instead of having old grandparents you have young grandparents.

Your idea of old changes so you can have a youthful, vibrant old age, which lasts a long time rather than a short, fast decline. The same is true of anything that you want.

The point of setting goals is that primes the unconscious mind, the targeting system, to start getting the things you want in exactly the same way as accidentally buying a new car or a new dress accidentally primes the reticular activating system to look for those things as well.

So you get to do it now, but for things that you want causing you to start noticing opportunities to get more of it and start following them.

Take The Road Less Travelled

Again remember, we're betting on the tortoise, not the hare.

The difference is the hare wants to go for the straight line, go quickly and put energy and all of that stuff into it and that's great so by all means, do all of that. The point about the tortoise though is, the tortoise has a different way of doing it.

It has what's called a 'picaresque' adventure. Instead of going in a straight line, it will turn left and go around to a little adventure there or go right to an adventure there.

Somewhere along those lines we'll make a connection or an opportunity arises, which is going to advance your goals in ways you could never conceive of before.

Listen To Your Hunches

Therefore, when you start setting goals in particular start implanting those goals into the unconscious blueprint so that it starts finding paths to it, your responsibility on a conscious level is to start paying attention to those little hunches, intuitions or instincts.

So that unlike the unlucky person that actually saw a \$100 bill stuck in the sidewalk, shook his head thinking it's too good to be true and walked off without even investigating it, you don't become that person, you become the person that sees something that just caught my attention and I don't know what it is.

You look, get closer, examine it and say I'm glad I wasted the time to stop and look at that drain, because now I'm \$100 bucks richer. That's what you need to start doing. It comes down to trusting your unconscious.

Give Yourself Time To Internalize The Method

At first results come slowly and you're not quite sure where they're coming from, but that process speeds up. The more you trust your unconscious, the more you get used to it, the quicker and easier it becomes.

Think of it like learning to drive a car all over again. If you're anything like me, the first time I drove a car, it took forever. There are so many things and concepts I hold in my mind that just crawling along at two miles an hour seemed like I was whistling down a race track at 100 miles per hour.

Why? It's because there are so many things to keep track of. Over time I've gotten better at it so crawling at two miles an hour didn't do it for me anymore and now I can go 30, 50, 100 miles an hour and I'm fine.

The same happened to me again not too long ago when I was invited to go on a racetrack at a racing event. I was in the car and I know how to drive normally on normal roads and motorways. Of course, race driving ups the ante a little, so at first seems like slow progress, but then something strange happened.

I slept over night, woke up the next day, got in the car, drove and I drove a perfect lap the very first time. It seemed that everything I had learned from the previous day had a chance to be absorbed by my unconscious overnight, the blueprint changed and now whizzing around at a top rate of speed and doing complex turns was relatively straightforward for me.

It doesn't mean I'm a crazy race driver after two days of training, but it does mean there's a significant shift and it takes trust in the tortoise mind for that shift to occur. Initially, allow things to be slow and take their own pace and time. Don't be in a hurry and trust your unconscious.

You'll often be the last person to realize just how much you are changing.

Follow The 21 Day Rule

The final thing to say about goals, particularly when using goals to change your blueprint at the unconscious level is the 21-day rule, which we mentioned briefly on the very first day.

The 21-day rule is very simple. Take any theme, new idea or new project you're working on and install that at the unconscious level over the course of 21 days and that means you repeat it for 21 days.

You do it at least once a day, maybe twice, no more than three times a day. Sit down and focus on that particular goal, go through the TACK and CAVE process that we talked about on day two.

During the CAVE part of the process you'll affirm and visualize the goal. I'll show you more about how to do that tomorrow and you'll do that for 21 days straight. You can go longer 30, 40 days and some have gone as long as six months. How do you know when to stop? We'll talk more about that.

For the moment, the minimum you're looking at is 21 days. Incidentally that's why at the end of yesterday I recommended that you take the 'Awakening of The Power Of Self-Hypnosis' induction that I created for you and you listen for that for 21 days.

If you listen to that for 21 days and at the end of it you come back out of hypnosis you put yourself back in quickly yourself. You'll not only have conditioned yourself to respond to Self-Hypnosis powerfully, but you'll know you can do it on your own any time you wish and that's a very powerful place to be in.

Track 3 – How To Find The Right Goal

Time: 3m 56s

Before we get into the actual goal setting method, which is very quick and simple to do, I'd like to talk about setting the right goal. How do you know what goal to set?

Chances are we mostly have problems here or there that we must fix, we want to have more dates, find the person of our dreams and get married, find the ideal job, have more income those sort of things.

The Conscious Goal Illusion

The problem is, often the conscious mind has too little understanding of things so the goal it thinks is good for you may not be the best goal for you. In other words, you're on the right track, but you haven't thought far enough ahead.

I'll give you a personal example. For me, my goal was always to be a lawyer. I'd seen these hotshot lawyers on TV and that was a blueprint I'd had inside my mind. I thought if I work for the best law firm in the world or the country that I'll have the same lifestyle.

I'll have excitement, travel, love and romance, stimulation, wealth everything will be there. Of course, the reality is a lot more mundane.

The reality of working in a law firm, while I enjoyed it and had a great time, it didn't hit my own life criteria of adventure, travel, learning new things or meeting new cultures all these things weren't being met by my time as a lawyer.

So, while I had been tremendously successful in terms of the goal, it actually failed in terms of what I truly wanted.

The True Purpose Of A Goal

Therefore, I want to introduce you to the concept of the true purpose of a goal.

For example, some people think Self-Hypnosis can't make everything happen, like you can't have a short, small person be an all star basketball player. Whether or not a physically small person might be a great basketball player is neither here nor there.

What's more important is why would you want to be an all star basketball player?

What is the true purpose of it? Is it so that you feel like a champion? How about working on feeling like a champion and let basketball take care of the rest? Is it so you have more influence and authority? Is it to pay your way through college? What is it you hope this goal, dream or ambition will do for you?

That's your true purpose.

You'll know you've hit it, because you'll get tremendously energized. Again, right now although I have nothing to do with my life in law anymore, I don't have any legal type things to do anymore, I feel like I did when I was watching those TV show and those TV lawyers from before.

I am surrounded by amazing people with great talents, very smart people. I have a business that challenges me to think every day, be creative, not just make stuff up, but make it work and be practical. I'm surrounded by people that I can genuinely help and be a force for good with.

I get to travel every three to six months and live in a new country and meeting new people. I'm not saying this to brag, I'm just telling you this, because I've achieved the goal behind the goal. I never wanted to be a lawyer. What I wanted was what I thought being a lawyer would get me and that's what to aim for.

When you aim for that then your unconscious mind can give you what you want as well as what you need.

Let Go Of The Content And Find The Essence

Essentially what we're saying is: you want to let go of the content of a goal and get used to more the form of it. In other words, you want something as good as this or better. Something that will get me everything that I think this goal will give me and beyond that.

Focus on the energy and the vitality in the system, the thing behind that and make that your true purpose. Make that your true goal and you won't go far wrong.

Track 4 – SMART Goals

Time: 10m 56s

I'd like to introduce you to a very simple goal setting formula. A lot of you may be familiar with it. It's very simple and I don't want to spend too much time on the actual process of setting goals partly because there's so much wonderful information on it out there already and partly because you don't need it.

The formula is called **SMART** Goals. SMART is an acronym that stands for...

- **S**imple,
- **M**easureable,
- **A**ffect,
- **R**easonable, and
- **T**imed

SMART Is Only A Rough Guide

Each one of those things are criteria that you want to have the goal conform to, to make sure as a form of a goal that you can and want to achieve. The SMART goals are a rough guide only. You can work most plans, most dreams and desires through it and shape them up.

Remember, when you're setting goals you're now working with the awesome power of the unconscious mind. With all that latent ability you have inside, stuff you've never even tapped before in your life, which means you get to dream bigger. You get to have more of what you want, more good things.

Sure, it'll take a little bit of effort and time, because we're betting on the tortoise, not the hare the tortoise will get us there, the 21 days cycles will be the minimum, but step-by-step you will get there.

Ironically, as you resolve some part of your life, others automatically fall in line, because the whole blueprint starts naturally evolving and growing again.

Let's take the five elements of SMART goals step-by-step.

Step 1: 'S' – Simple

First of all, we have something simple.

You have to have a goal that you can grasp hold of. You don't have to have a goal that is so complex that says something like you'll have this, this person will do that and then that person will do this and I will feel this way and the other person will do that.

It's like trying to plan a conversation ahead of time. You just don't know where life is going to take you. Keep it simple, direct and something you can grasp inside your mind.

Another problem, which violates simplicity, is that you try to do too much sometimes.

For example, you might have a sense of maybe "*my love life isn't in great shape and I've also got some problems with clients. I could have more friends as well*", so you decide to have this mega power goal, which will take care of all of these things at the same time.

So you'll say my friendships, love life and charisma is increasing, I have power and will do this with all the others. At that point, if it starts getting convoluted, it's not simple anymore either go beyond it to the true purpose, which goes back to simplicity.

The true purpose is for you to feel powerful and charismatic, great there's your true purpose and the other things become results of that true purpose or bring it down again. Say: "*I'm going to focus on friendships and I want to make good connections with people, emotional connections. When I have that, I'll build the next piece.*"

Both of those can work. Sometimes you have to scale things up to get progress and sometimes you scale them down to get progress. You'll know with experience, which ones work.

Why? Because with experience you get to trust your unconscious, trusting your instincts and your unconscious through your gut instincts will tell you, which one of the goal setting methods work better.

Initially, don't worry about it. Go for one, try it out for a few weeks, notice what happens then start adapting and changing it to make it fit what you want to have. What you need is experience and plenty of it.

Step 2: 'M' – Measurable

The next phase is measurable.

Can you measure your goal? Do you know when you've achieved it? Part of measurable is something you can kind of violate a little bit when you have becoming goals. I'm becoming happier, healthier and so on.

How do you know when you're happier or healthy? You have to have some mechanism of knowing, "*Hey, I'm achieving it now! This is working! I might still want more of it, but it's still working for me.*"

A classic example of this is affluence. If you want to be wealthy, what does wealthy mean? Wealthy is two dollars extra \$10, \$100, \$1,000, \$100,000 or a million; how much is wealthy?

Make sure it's measurable. It's more for your conscious mind to get a sense of "*Wow, I'm making progress!*"

Also, for you as the captain of the ship to check if the crew is actually doing the job it's meant to be doing, because if it's not doing its job it's either time to have a talk to them again and say "*Hey guys, sort this out*" or more likely you have to be good at trouble shooting.

You may have to change the message a little so they understand it better and know what you're talking about or you may have to clean up some things. We'll talk about cleaning up goals that have failed in the past and how to do that in a little bit of time.

Step 3: 'A' Affect

'A' stands for affect, which means emotion; you have to feel strongly about something.

If you want the goal you'll get it. Emotions are the fuel to drive us, it gets goals achieved. No emotions, no fuel. No fuel, the car doesn't go anywhere so you have to have an affect. If your goal has no emotion in it, chances are it's the wrong goal.

A classic example is, when I study for this test I'm going to remember everything in this textbook. If that thought leaves you totally deflated like "*I don't know*", that's basically something you should do.

It's not going to get you where you want to go, rather it has no energy inside it so chances are your unconscious is going to respond to the energy, to the emotion and say it doesn't really want that I'll do something else instead.

How do you turn that around? You put emotion back in by going back to the true purpose. The true purpose is not to memorize the textbook. The true purpose may not even be to pass the exam. The true purpose might be how great you'll feel once you've past the exam and everyone thinks yourself smart.

Your true purpose might be how amazing you feel when you land that dream job, because you were smart enough to pass that exam. That's your true purpose and that's what will get you energized.

That's when you get in touch when you're studying that is what you inject into your revision practice so when you're studying it all gets tied up and carried away by this enthusiasm.

Every item you learn in the textbook now is one step closer to being that person, to having that dream job and suddenly it becomes a breeze.

I know a man who did this, a man who is from the Middle East, spoke not a word of Spanish at the time, back in the 1980s.

The only place he could learn and study medicine in a western system was in the University of Madrid. This man went through a Spanish course from scratch. Spent a month in a Spanish course and by then his Spanish was good enough to enroll in medical school.

He spent another month of the summer in that course and by that time his Spanish was so fluent even Spanish native speakers couldn't tell the difference.

Do you think that man was motivated? You'd better believe it. He wasn't motivated to learn Spanish. He was motivated by the dream of becoming a doctor and that gave him enough emotional energy that his unconscious moved mountains for him and let him perfect the language in two months, which for most people is an impossibility.

Step 4: 'R' Reasonable

Next is reasonable, an interesting word that means something that is within your control.

The reason I say its interesting is, because strange things happen and sometimes the unreasonable can be put into your blueprint and still occurs. When I say reasonable I don't mean things like, I want to grow wings and jump off buildings and fly.

However it's reasonable that you find people in your life that can help you with the next step. Let's say for example, you want to go to college, but you can't afford it. What might be reasonable is that you find a job that you earn the money to go there.

It could also be reasonable that someone takes a liking to you and becomes your mentor someone who will sponsor you through university. This actually happened to my cousin. He found a mentor who was so impressed with him he said "young talent has to be fostered" and paid for an entire two year masters program, a huge expense out of his own pocket and never asked for the money back.

Why? It's his philanthropic approach to do something good for the world and to invest in someone he believes in. So those things are possible, but it means you change your attitude. In order to make that possible he had to be likable enough to the other guy who would want to do that for him.

When I say reasonable don't dream small, because you don't think it's more realistic. When I say reasonable I just want to make sure that you make it within the bounds of safety, naturalness and always remember the true purpose. Go beyond the purpose to the true purpose.

Sometimes life can surprise you with an even better solution than anything your conscious mind could ever come up with.

Step 5: 'T' Timed

Finally, something which can be broken a little bit is the idea of timing.

You want to give yourself a reasonable amount of time to achieve something by. If you've never spoken a foreign language and you want to learn Spanish, you want to put yourself in a trance and say when I wake up tomorrow morning, I'll speak Spanish perfectly.

Do you think timing is going to be an issue there? I think so!

It's not reasonable. Your mind hasn't got time to adapt and acquire those abilities. Now, if you've spent the last year in a Spanish speaking country or you used to speak Spanish as a kid, but forgot all about it that might be more reasonable. But remember we're betting on the tortoise, not the hare.

Give yourself a timeframe so you have a sense of pressure to go with it, but at the same time allow yourself time to be able to grow into the function or role. Dream big and allow the dream to come and find you.

With those thoughts I'd like for you to sit down, choose a couple of things and turn them into SMART goals. You want to work on those straight away, but I want you to get used to the process of setting a SMART goal and feeling fantastic as a result.

You've got to dream these things up and enjoy the process of goal setting. Setting goals is an incredibly exciting thing to do, because you're getting back in touch with that creativity that powerful engine inside you that gets stagnated when you're too "reasonable", when you conform too much to the world and get your expectations to match the world.

Remember, a reasonable person will adapt himself to fit the world. An unreasonable person will make the world fit him, adapt itself to him. Which means the unreasonable person gets to make big dreams come true. Be unreasonable and make those big dreams come true. Go ahead do that now and I'll see you on the next track.

Track 5 – The Top 5 Reasons Why Goals Fail!

Timed: 5m 21s

Welcome back. I'd now like to run you through the top five reasons why goals fail so that in the track after this one we can start solving those problems with the power of Self-Hypnosis. These are the five most common saboteurs and reasons why goals would fail.

Reason 1: Getting Stuck On The Content

Number one is getting obsessed by the content or the form of the goal rather than its essence.

For me the example was that I became obsessed with becoming a lawyer. I became a lawyer, but I didn't allow the true goal to take place.

Had I stuck there, had I become obsessed about staying a lawyer and just becoming more of a lawyer to get even more out of it I would have been more miserable, de-energized, more unenthused and possibly getting fired at the end because my work wouldn't be good enough so I'd lose everything.

Why? Because I got obsessed about how the goal should be rather than turning it over to my unconscious saying hey this is what's important, this is the true purpose. I want a life of excitement, adventure, cool people, intellectual challenge, creating something worthwhile and solving problems that's what I want.

I happen to think it might be as a lawyer, but if you can give me something better than that, go for it.

Reason 2: Lack Of Energy

The next reason is lack of energy.

If your goals or if you have no motivation to do something, if you get slowed down by something, think about your goals and it's like "*Oh God, I have to do this. I want to do it, but I don't have enough energy for it.*" Then there's

a problem with desire, it might be that you have the wrong goal so you have to go back to the true purpose, or it might be a question of effort.

Just because things become easier and natural in flow, it doesn't mean you don't have to put energy into them. So you may need to be more focused and get your attention, desire sorted out or test the actual goal itself.

Reason 3: Conscious Interference

Number three on the list is interference.

Interference is the law of reverse and effect. It states that the more you want something the harder it's going to be purely because, if your conscious mind starts interfering, starts trying to do things that your unconscious mind was meant to be doing it starts getting in the way, interfering and ruining the job.

It's like driving a car all over again. When you try to do it consciously, mirror signal, maneuvers, clutch, forward, back, stop, see the other cars and all of that your conscious mind is overwhelmed. It doesn't have enough ability to keep track so bits of information gets absorbed too quickly.

Now you're doing it unconsciously. In fact, you know you've driven home from work at times or from some place you know well and you lose half or most of the journey. All you know is that you started and then along those lines you got home and you don't know how you did in between.

Yet, you stopped at traffic lights, obeyed traffic laws, drove safely and unconsciously your unconscious mind did it for you. So if it's interference you're going to have to find some mechanisms for getting past interference so that you don't activate the law of reverse effect.

Reason 4: Doubts

Next we have doubts, which are very interesting.

Doubting mans that you've activated the gatekeeper again. Doubting is the gatekeeper coming out of his slumber saying here's an objection or let's quickly throw this out the door. Doubts put in a contradictory message.

As soon as you've done the good work and a doubt comes in, what happens? You have a message that says "*you can achieve this*" and one that says "*you can't achieve this.*" They cancel each other out and you're left with whatever you had before.

So you'll have to figure out way to overcome doubts and we'll talk about that in a moment.

Reason 5: Internal Conflicts (Dirty Goals)

Finally, we have internal blocks, which are conflicts between what you want consciously and what your unconscious mind wants.

Remember the blueprint is a big blueprint and there are a lot of things that your unconscious mind wants and needs to protect and look after you. Let's say you want to be slim, trim and healthy.

Let's say for some reason something happened in your past and your unconscious mind has the idea that slim and healthy people get picked on in some way and life becomes harder for them, so it's safer to be fat.

Guess what? If you try to change that blueprint and just be slim, trim and healthy, it's like telling the unconscious mind I want to be unsafe and your unconscious mind is going to say, "*No way! I'm going to look after you. I'm going to keep you nice and fat so you can be nice and healthy.*"

Logically, it doesn't make sense, but the unconscious mind reasons through a different set of logic. So what we need to do is to overcome that conflict so that the unconscious mind harmonizes with what you want, which is the true purpose so that both of you get what you want. You're protected safe, good things are happening and keep you slim, trim and healthy.

So these are the five saboteurs. We're going to have a look at how to deal with them on the next track on how to deal with it.

Track 6 – How To Fix The 5 Reasons For Failure

Time: 22m 09s

Welcome back. Now that we know what the five saboteurs are, how can we fix them? Let's take each one at a time and focus on that.

The first one is this idea of getting obsessed with the form or content of your goal. The simple answer to that is just let go. That's sometimes easier said than done, because if your conscious mind is married to the idea, how do you let go of it?

Fixing Reason 1: Obsessing About The Content

The first thing you do is start activating the true purpose.

The true purpose takes you beyond what you think is the goal, the form of it, into what you truly want. Do you want to be an all-star basketball player or do you want to have the attention, love, income, connections or influence that all that brings you?

Even if you go beyond that, what does all that give you? Peace of mind, happiness, an enthusiasm, a sense of a life worth living. Surely those are the things worth aiming for rather than playing basketball.

Let's face it, you could be an all-star basketball player and hate your life. You have to get up at stupid-o'clock in the morning to train hard. You get injured and pushed around the place. You have to work hard when you want to be relaxing with your friends. You can't drink and go out and party as hard as you want to.

Maybe the sacrifices aren't worth it. What if instead of being a miserable basketball player, you could play basketball and enjoy it and have this fantastic life all around it, which one do you want?

Chances are if the true purpose is to have this fantastic life then you can let go of the all star-ness, enjoy basketball for what it is and have the great life.

Another way to do this is to learn how to drift at the unconscious level. We'll talk more about this on day six, when we'll teach you specific methods on how to trust your unconscious, how to let the unconscious mind take over the goal setting and goal getting process so you don't get too obsessed about it.

For the moment, just enjoy the true purpose and drift within that. When we come to day six we'll have four specialized methods that will take you way beyond your ability to hold on too tightly.

Fixing Reason 2: Lack Of Energy

Second is the idea of energy.

What if there is no energy or enthusiasm in your goal? The first thing to do is check your own state when you're doing Self-Hypnosis.

Remember, Self-Hypnosis starts with a CAVE process. Everything you do up to CAVE is just getting you there. The 'C' in CAVE is the convincer. In this case it's getting in touch with your right arm, making your right arm relax, because you want it to relax, getting it to feel heavy, because you want it to feel heavy.

When your arm relaxes and feels heavy, because you're repeating those words to yourself and getting the meaning behind those words, you've responded to your first suggestion.

In order to respond to that suggestion it means the conditions must be right for you to respond to suggestions so, when you're in the right state at that point you can get the job done.

Check Your State

The first to check is whether or not your Self-Hypnosis process is being done in the right state. Is your convincer fully active? Sometimes just by thinking too much about what you want it kicks you out.

It gets your conscious mind engaged again saying "Oh boy, I really want this!", which means the gatekeeper comes back up again and can start zapping the energy out and say we're not doing this one.

Fatigue – v- Distraction

The next one to check is your focus, your own attention.

You might be too tired, in which case just rest, go to sleep that's fine; resting is a good thing.

You might be too distracted. In, which case you may need to train your attention to remain on what you want. Overcoming distraction is about focusing through something. If your mind goes off track, come right back, come right back, come right back.

Again, the convincer is a great one to train yourself away from distractions, because you're focusing on the arm that's your focus of attention. You are allowing something to arise; you're evoking an experience of heaviness and relaxation. All distractions become a sideline at that point.

Check Your Desire

The next thing to check is your desire.

Do you want this goal or is it one of those should goals? Remember, if you don't want it, if it's a should goal like memorizing a textbook for an exam then go back to the true purpose linking to that, because the juice is always in the true purpose.

When you link the true purpose to the goal even a dull job for example, memorizing a textbook suddenly becomes interesting and fascinating again, it has energy back inside it. Why? Because you've linked it to the true purpose. You know it's not about memorizing the textbook. it's about living a life of happiness and freedom.

Eliminate Competing Thoughts

Finally, check for competing thoughts.

Focusing is a key thing to being able to open that window inside your mind. If you have competing thoughts it gives your gatekeeper a chance to come in through the back entrance and say "*No, we're going cancel this one out.*"

Keep your thoughts entirely on the subject, check your desire, click back in with the true purpose and make sure your focus is on the goal.

If your focus is distracted, at least at an initial point, then bring yourself back until you can focus again properly.

Fixing Reason 3: Conscious Interference

Next we come to interference.

Interference is an overactive conscious mind, which brings me to the gatekeeper and trying too hard. It's like the captain getting out and trying to push the boat. He's so enthusiastic, but let's face it -- the captain isn't going to go very far if he's trying to push the boat. That's not how boats were designed to work.

Check Your State

If you're interfering too much, the first thing to do is to check the state. If you're checking the state can you have a convincer?

Can you tell your arm to relax and it relaxes? Not because you make it relax, but just because you're telling it to?

Can you go through that drifting phase, which is to let go and let your mind take you wherever it goes? The drifting phase is important, because it lets your intellect get away from the idea which creates a space, in which your unconscious mind can do the job you want it to do.

Let Go, Relax & Let It Happen

The next thing to do is to relax and let it happen.

You're not the one that's doing it. It's your unconscious mind. If you could do it consciously you'd have done it already. You wouldn't need self-hypnosis to do it. So if you're using self-hypnosis on something surely that means that your unconscious mind needs to do it.

Let go of it! Just tell the unconscious mind what you want, let it go and let it happen.

Sleep On It

By the way, it's a great practice to sleep on it. So do some self-hypnosis and immediately afterwards just go straight to sleep. Whilst you're sleeping the unconscious mind gets to integrate lessons, the learnings, bringing up activities and abilities so by the time you're awake in the morning significant changes and advances have been made.

The key thing to going to sleep right away is that you can't interfere with it until after you've finished. You do your process, come back out and rather than thinking about it, obsessing, trying to dig at it and make it happen even more, you're going to go to sleep.

Your conscious mind goes offline leaving more space and freedom for the unconscious to do what it does and you're the winner.

On day six we're going to focus on four specific strategies to do exactly these kinds of things. Don't worry if you think you don't know exactly how to deal with it right now.

Here are the ideas and on day six we'll have an experience of putting those things into action.

Reconnect With The True Purpose

Next is the true purpose.

Come back to the true purpose; always rest in the true purpose. If you find your conscious mind interfering, go back to how the true purpose feels. When you can feel it and can rest in that feeling let that feeling guide you then you don't need to do anything else.

Remember, the conscious mind tries to put a plan in steps.

Step one I'll do this
Step two I'll do this
Step three, I'll do this

If that is not working for you, it means the conscious mind and the conscious steps are the wrong steps so just drift in that feeling and know that your unconscious mind will find those steps for you.

You won't necessarily know where those steps are until after you've taken them and that's the beauty of this. If you trust your unconscious it means you can't interfere anymore, so once you succeed at taking a step – I've done this myself – there are so many things I've done, which would have scared me to even think about beforehand.

However, because I found myself in the middle of it and just kind of did it and muddled my way through it, I turn back, look at it and say "*Where did that come from? How did I do that?*"

Had I chosen to do that on purpose I would have scared myself silly doing it. There is no way my conscious mind has any idea of how to do that.

Drift & Trust Your Unconscious

Lastly, if you find it difficult to do all those other things, to drift and those sorts of things just focus on your convincer, on the arm being heavy and how it feels being heavy. Basically, that's something you've made happen and it's working. If it's working for you, that's enough to get your conscious mind out of the way.

On day six we'll look at more sophisticated ways of making that work for you.

Fixing Reason 4: Doubts

Now, let's turn our attention to those tricky little doubts. Doubts come in many different forms. It's usually a sign that the gatekeeper has been activated, which means you go back to the idea of the convincer.

Silence The Gatekeeper

Once you're responding by maybe making your left arm or leg heavy and so on, it means that the gatekeeper is back to sleep again and you can carry on with what you're doing. Sometimes a doubt arises, because you have a conflicting thought.

Use Your Imagination

The rule of thumb is this: where your will and your imagination conflict, your imagination always wins, because your imagination is something that stimulates the unconscious mind and that's where the big juice is, where it all happens and where the action is.

When your will and imagination are conflicting, the minute your attention shifts the unconscious mind wins out that's why willpower will never help people stay on a diet. The minute they think about something else they find themselves in the fridge, opening it up and reaching out for that chocolate cake.

It's happened to me and to you probably. You're bored, you open the fridge and catch yourself, saying "*I'm not going in there.*" Five minutes later you open the fridge again. Five minutes later you did it again like there's going to be something different in the fridge next time around.

The fact is you're bored and for five minutes your attention span can distract you and get you to think of something else.

However, when you find the chink in the armor the unconscious program takes over, the fridge opens up and if you're not careful you're going to start eating stuff you don't want to eat. So use the imagination to help you rather than to fight it.

I'll show you how to do that tomorrow when we come to the suggestion tactics.

Burn Off The Energy

The next thing to do with doubts or any kind of interference is you can burn the energy off.

For example, if you want to have a hot date and ask someone out, but you're afraid – fear, doubt, all these things are coming on at the same time. Instead of fighting the fear saying I'm not afraid, I'm not afraid, challenge it let it burn through.

Say "I am a confident individual I deserve this date." At that point, the energy sparks up and says "No you're not! You're a loser! You'll fail like you did all these other times before."

Remember that's the gatekeeper speaking here, at which point you smile, observe and say is that the best you've got? Come on, do more than that and at that point you re-affirm again, I deserve this hot date and I'm going to get it.

Again, that feeling comes up and it might be stronger this time just go okay good shot, keep going come on, you can do better than that. You keep doing that and eventually the whole state just vanishes. The energy of it gets released; you're burning through the energy by challenging it.

If you try and push it away "I don't want to think about that, I don't want to feel it" you're packing the energy away, closing the little bubble up and saying I'm not looking at that anymore. That's fine for day-to-day living, but when you want to make a change you want to release that bubble.

It's like having a blister where you prick the skin just enough to let the pressure out and then the skin can heal again. You're going to let the emotions out and then the emotional well-being can heal again.

An Example Of Burning Off Negative Emotions

Here's an example of what happened to me, I was at a party and shall we say something unexpected and not so pleasant happened. I suddenly found myself in a very foul mood. Everyone around me is having a great time and I'm in a foul mood.

I don't want to be in a foul mood so first I'm fighting and fighting to put a grin on my face and get back in the groove of things, but it's not happening.

Why, because my imagination and my will are conflicting. I'd seen a person that sparked my imagination in all kinds of unpleasant ways and as a result I was not a happy chappy. Here's what it is that I did:

I went outside and calmed my mind. I created a receptive mind. I said "Okay, if I'm going to be grumpy, go on. Do your worst!"

At that point, I got grumpy and pretty upset. Then I said "More than that."

So I got even more upset. Notice, I'm *not* feeding the imagination! I'm paying attention *only* to the emotion. This is an important thing.

I'm not letting the imagination escalate out of all proportion. I'm just going here is the same situation, come on do your worst. It took me about half an hour; because I said "Do more than that, do more than that." After about 10-12 minutes the emotion spiked and started receding.

After 30 minutes, because this was a big thing, it was gone. At that point I was saying "I guess it's gone now." then I went back inside and had the time of my life.

This is a great way of draining the emotion of something just by letting it be, letting it do its thing, just knowing that it's going to slowly drain out of your system and eventually it will go.

Will you never feel upset again? No. There might be other stuff you may want to do, you may want to spend a whole month of sessions specifically clearing up that particular hot button you have inside, but it's no longer interfering with you.

Don't Create A Dirty Goal!

The problem is when you do something like a self-suggestion like I deserve this date, I deserve love in my life and you had this emotion coming up that's conflicting with it, what its doing is creating a dirty goal.

This means that the more you suggest to yourself or affirm one thing, the more the unconscious blueprint will be filled with anger, resentment, fear, frustration whatever it happens to be so that even should you achieve the goal, should you get the person of your dreams, you'll be grumpy around that person.

That's what the blueprint has, when you have personal dreams, the feeling to have is grumpy. That's the conditioning process you've created inside your mind. You must break that, so when you achieve your dreams you feel the true purpose of them and you don't get in your own way.

Reconnect With The True Purpose

Of course, that last thing I said is very important. Jump into the true purpose.

If the things you are doing right now are causing doubts, go beyond the doubts. Go to the true purpose. Reconnect to that energy and allow that energy to wash through the doubts and they'll wash them clean away.

These are different strategies you can use to burn off doubt, go beyond them and wash them away.

Fixing Reason 5: Internal Conflicts & Dirty Goals

Finally, we have those internal blocks.

Doubts are kind of a version of that internal blocking -- it's what I call a dirty goal.

What Is A Dirty Goal?

A dirty goal is where the conscious and unconscious minds are in conflict.

Essentially it's the same situation we just discussed a moment ago. I'm thinking of one thing -- this is the goal and dream that I want and I'm trying to make active -- but for whatever reason my unconscious mind is going *"Okay, in the past when you've been thinking about these things you've had pain, frustration and anger so let's have more of it."*

Or, it's saying actually in the past you've failed so I'm going to protect you from it by not allowing that to happen. Or, it will say something along the lines of I'm not ready to do that yet, because in order to get this goal you're going to have let go of this and I kind of like this.

Burn Off The Negative Emotions

So depending on what it is, the first thing I always try to do is burn off the energy, see if it will go away.

If I feel a nervous connection like I'll fail – for example, I have a new project. I'm going to teach a new seminar, and my unconscious is going, "I don't know about this, this may be biting off more than I can chew."

Remember ASP: Never Make An Important Decision Whilst Feeling Bad!

The first thing I do is burn through it. Notice what happens once the emotion is gone. This is back to the secret of **ASP** that we talked about right at the beginning, the Access State Principle. Never make an important life decision when you're feeling bad.

The unhappy room is not a great place to be choosing resources or making decisions about your life. Why? Because you make bad decisions, you make decisions about being unhappy.

When you're in the happy room that's the time to make good decisions! When you're in the calm and focused room, any one of those other states is better than feeling unhappy, depressed, frustrated or angry and so on.

The first thing you do is see if you can burn the energy off.

Use The Power Pendulum

If you can't burn the energy off, there's still some sort of conflict going on or for whatever reason you're still not getting any closer to your goal... on day five I'm going to show you a very special method called the power pendulum to connect right back into the unconscious and resolve the conflict there.

You're essentially going to do the same thing that a hypnotherapist does with you when he does a regression, only you're going to do it in a totally safe way and in a way that you can guide yourself through it. It takes a little bit of time, persistence and commitment to do it, but it's worth every ounce of effort you put into it.

Use The Big Drift

Also the day six strategies come back into this – something called the big drift, which is one of those strategies we'll talk about on day six – you can go through a process where you say to your unconscious, "*if you're so smart you come up with a way of making this happen without me having to feel bad about it.*"

At that point, your unconscious goes "Okay. The instructions are: change the blueprint so that he can have his cake and eat it too. Here's how we'll do it."

Tap Into The Unconscious Creativity

Now the very same creativity you have at the unconscious level when you're dreaming -- I mean who plans their dreams? Those dreams are created fresh and new every night. You have this immense capacity for creativity and now you're going to tap into it to get it to help you, rather than resist you.

Again, all the things we said about the other times is still true. The day six strategies still work. Jumping to the true purpose is going to be a great way to go beyond the limitations of how you think you have to achieve it.

Sometimes a conflict arises because consciously you think the only way to achieve it is to do this and you don't know if that can work. Your unconscious mind to protect you and says "Okay, if that's the only way to do it and nothing can work, I guess we'll just have to avoid doing it."

Whereas, if you go back to the true purpose then you can go beyond the limitations built into the goals that you've created in the first place. If your true purpose is to be educated and you have some kind of problems with reading there are other ways to get around it.

You can listen to audios, go to lectures, talk to people who've been there before and learn from them. Those are things you might not have realized when you're thinking "*I've got to read, got to read, got to read*", but when you let go of the idea of reading you become educated in other ways.

Of course, reading is another thing you can focus on and if there is something negative attached to that, there are other ways to resolve it.

For example, the power pendulum on day five, the day six strategies or just by focusing on that as a step before you go on with the actual whole education process.

Sleep On It

Above all else, learn to sleep on it. But sleep on the right thing- don't sleep on the wrong thing. Too often we go to bed frustrated, angry and upset and use sleep as a way of calming down again.

The problem is, if you're angry and upset, the last thought through your mind primes your unconscious mind for what kind of experiences to have in sleep. So, if you take stress to sleep with you -- guess what's going to happen? That's right, more stress!

As a rule of thumb, clear your mind, breathe, relax, think of the true purpose and get back in touch with the energy of what you really want then go to sleep. As you sleep allow your unconscious mind to arrange things to suit you.

Those are the fixes for the five saboteurs.

Hypnotic Warning

As soon as you're ready move on to the next track. In the next track I'll take you through, once again the general outlines for the practice Self-Hypnosis session for you. I'm just giving you the guidelines and you're going to fill in the content yourself.

Once you've been all the way through you'll do the whole process again on your own just so you have an example of it with me guiding you through a process, one example of you taking yourself through the process. You're responsible for your own learning.

I'll give you a hypnotic warning: this session is hypnotic so before you listen to the next track, make sure you're not driving a car or operating any kind of machinery. Find yourself in a safe, comfortable environment where you can sit back, relax and enjoy the ride of Self-Hypnosis.

Track 7 – Exercise: Power Self-Hypnosis Method

Time: 4m 22s

Step 1 – Relax & Clear Your Mind

Find a comfortable position to rest in. As soon as you're resting comfortably take a deep breath, as you breathe out just relax and allow your mind to clear. As soon as your mind starts feeling clearer, look at your right arm focus on your right arm.

Step 2 – Connect With Your Right Arm

Get a sense of connection to it, when you can sense your right arm, go ahead and close your eyes.

Step 3 – Instruct Your Arm To Relax ('C')

At this point begin to suggest to yourself that your right arm is relaxing. Use a calm, soothing and purposeful tone of voice. Go ahead and do that now. Very good.

Remember, every time you suggest your arm is relaxing, feeling heavier, calmer and so on make a suggestion and then notice what happens to the arm. It doesn't matter what happens, just notice the response. The arm is relaxing. Check in. The arm is relaxing-relaxing-relaxing. Check in, arm is relaxing, arm is relaxing. Check in.

Interim Step: Imagine A Calming Scene

Next stage is to allow some pleasant scene or memory to come to mind, something that will help you to relax even more. Let the feeling of relaxation from your arm spread like a glow into your body. That's it. Let your mind think about some pleasant scene or memory, like a daydream.

Step 4 – Make Affirmations ('A') & Visualize ('V')

Now begin to slowly, meticulously and comfortably and with utter conviction tell yourself I'm mastering the power of Self-Hypnosis for my life. Get a sense of what that means. I'm mastering the power of Self-Hypnosis for my life. Get a sense of what that means. Continue to do this all by yourself; very good.

Step 5 – Drift ('E')

We're coming to the end of this particular hypnotic process. Just remind yourself that you're calm, peaceful and happy and you have this amazing future waiting for you calm, peaceful and happy with an amazing future waiting for you.

Step 6 – Count Out 1-5

Count from one to five.

At a count of three bring yourself more and more aware of your body.

At the count of four begin to stretch.

At the count of five open your eyes, feeling refreshed, relaxed, alert simply fantastic.

Congratulate yourself on having had another powerful hypnotic adventure. Every time you practice the power of Self-Hypnosis it becomes easier, quicker, you go deeper and the connection of trust with your unconscious depens as well, which means amazing things are waiting for you in your life.

As soon as you've done this and you've brought yourself all the way back out again pause this recording and do the whole thing again all by yourself. It only takes three to five minutes to do, a bit longer if you want to spend some time inside there.

Allow yourself to experience that having guided yourself all the way through from start to finish. Then go on to the next track, which will introduce you to what you expect to happen.

When you're ready, go on to the next track so as to introduce you to all the things we'll cover tomorrow on the Power of Self-Hypnosis For Guaranteed Results Home Study Program.

Track 8 – End of Day

Time: 1m 02s

This is the end of day three of the Power of Self-Hypnosis For Guaranteed Results Home Study Program. Today you've discovered the inside track to

little known psychological principles that will make goals work for you every time.

Tomorrow, we'll go into how to actually make the changes at the unconscious level through the power of suggestion. We will examine the four classic methods, how to make them work and then actually put them to work so you can start making your dreams come true.

I look forward to seeing you again tomorrow on day four of the Power of Self-Hypnosis.

Day 4 – Potent Suggestion Tactics to Quickly Unlock the Power of Your Mind

Track 1 – Day 4 Introduction

Time: 1m 33s

Welcome to the Power of Self-Hypnosis For Guaranteed Results Home Study Program. This is day four of your exciting seven-day journey to thoroughly master the power of Self-Hypnosis.

Today's session is called **Potent Suggestion Tactics to Quickly Unlock the Power of Your Mind**. In this session, we'll focus on how to rewrite the unconscious blueprint with suggestions. We'll start off with a quick look at the four classic styles and reveal important tips on how to make them work for you.

Next, we'll focus on each of those four classic suggestion styles and find out how to use them to get what you want every time. Finally, we'll finish today's session with a fun, Self-Hypnosis exercise, in which you get to use the four suggestion styles for yourself.

Now why not take the chance and discover for yourself the amazing powers that you have inside you, because once you're ready to do that just sit back, relax and enjoy the power of Self-Hypnosis.

Track 2 – How To Change The Unconscious Blueprint

Time: 3m 18s

Welcome to day four. I hope you've been practicing your awakening induction from day two as well as doing a couple of inductions on yourself afterwards as well. I can't stress enough how important it is for your body to get experience of this now.

The more your body and mind get that interaction going of having these experiences, the more you'll find it natural and easy to go into Self-Hypnosis, use it for whatever you want to and that's what we'll be focusing on today.

Change The Blueprint

The purpose for the power of Self-Hypnosis method is to change the new blueprint. We're going to install that at the unconscious level so that the unconscious mind ends up making it real for you whether that's happiness, health, wealth or whatever it is you're looking for.

You need to put that into your blueprint so that your unconscious mind realizes, "*This is something that I need to do.*"

Key To Change 1: State

One of the keys to that is state. We discovered that on day two where we looked at how to unlock the hard drive, how to open that window of opportunity into the unconscious mind and it feels good at the same time.

As we've been practicing that, by now you should be able to get to that point relatively easily. Now it's time for you do something with it, which is where the word suggestion comes in.

Key To Change 2: Suggestions

A suggestion is both the tool and the seeds that you plant inside the mind in order to get what you want.

Just like regular seeds, if you imagine your unconscious to be like a vast garden, when you plant seeds, the first thing you've got to do is prepare the ground so when the seeds get scattered they don't get choked by weeds and other things.

Key To Change 3: A Receptive Mind

That's why when we do the CAVE cycle, we begin with a convincer. The convincer clears that ground for you it opens things up and makes your mind perfectly receptive for the seeds that are about to come.

The next thing you do when you plant seeds is you stick your seeds in the ground so they're deep enough so they can start doing their thing. That's what suggestion is all about and what we'll look at today.

Key To Change 4: The 21 Day Cycle

The next thing you do is water them regularly.

Without water, the seeds won't survive. In the same way you're going to have to water your suggestions regularly by repeating them. This is the essence of the 21-day cycle that we keep repeating.

Key To Change 5: Get Out Of The Way! (Let Nature Take Its Course)

Finally, you need to leave the seeds alone to grow.

It's no good to dig them up every day, checking and measuring them to see how well they're doing. You just water them and trust nature to do the rest.

In the same way, when you've planted your suggestions there is no point going back checking and re-checking to see if it's okay and doing one more thing. No. Do it and let it go. Trust your unconscious and miracles will end up happening.

If you have difficulty letting things go and that sort of stuff we'll have some troubleshooting ideas on day six, which will help you over to those hurdles, but for the moment, let's stick to the basics, the real classics and focus on getting results with those.

For the remainder of today I'd like for you to think of a couple of goals or things you'd like to achieve in your life so you can use those as concrete examples of using the various suggestion styles to work for you.

Track 3 – The Different Suggestion Styles

Time: 2m 35s

Now we're going to go to the actual suggestion styles. The first thing to realize is that there are many different ways of suggesting things to your mind.

Remember, these are just tools, different ways of planting the seeds and what matters is the intention, the meaning behind the suggestions or the ideas behind the various tools or ways of formulating them, so you need to keep that clear inside your mind because the intention is most important of all.

The Real Magic Behind Suggestions

There are no magic words or magic formula. The magic is the intention: "What is it you're trying to achieve" -- then translating that into a way that your unconscious mind can understand the intention. You've got to use both sides of the equation otherwise you'll risk something failing on the way.

Words & Pictures As Suggestions

When it comes to suggestion styles there are essentially two types of suggestion. You can use **words** or **pictures**. Both will have a very powerful effect on the unconscious.

Some people respond more powerfully to words, some more powerfully to pictures. Personally, I prefer to use a combination of the two. Why? Well you may as well cover all angles.

So you should experiment with whatever style suits you the best and play with that. You may want to try both at the same time and just see how that works.

The 4 Classic Suggestion Styles

There are four classic styles we'll be covering today. There are:

1. Affirmation suggestions,

2. Inner pep talk,
3. Rehearsal visualizations, and
4. Goal visualizations

We'll cover each of those in turn to really look at how they work and how to make them work for you.

Again, these aren't the full range of suggestion styles. There are many different ways of suggesting things. These are the classics, the easiest to get used to, to learn and what will tend to have the most direct and powerful results when they're working for you.

Beware Dirty Goals

If these don't work for you, chances are somewhere along the lines you've got a dirty goal. In other words, you've created some kind of conscious/unconscious conflict. Your conscious mind is either trying too hard or in some respects activating something at the unconscious level that is resisting or inhibiting a response.

The Solution To Dirty Goals

If something like that tends to happen, there's no problem at all skip on to day six and on day six we'll teach you different ways of dealing with exactly that kind of response.

As a rule of thumb always go with the simplest to the most sophisticated. The classic styles are simplest, the most efficient and effective way of using suggestions so you may as well use those at the beginning and then troubleshoot them with the day six kind of suggestions, as and when you need to.

Track 4 – How To Use The Classics

Time: 10m 24s

Let's turn our attention to how to use the classics. Remember, the classics are affirmation suggestions, the inner pep talk, rehearsal visualizations and end goal visualizations.

Rule 1: Stick To The 21 Day Cycle

The first thing to remember is the all important 21-day cycle. You want to repeat the same process 21 days in a row at the very least. You can extend it and sometimes it will appropriate for you to do it for two, three or four months. You should see results after 21 days.

How To Troubleshoot The 21 Day Cycle

If you're not seeing some form of positive results after 21 days you'll need to start troubleshooting something in some way. In other words, you'll turn to the power pendulum, which we'll talk more about tomorrow or you may want to turn to the alternative styles of suggestions, which we'll discover on day six.

For the moment, let's stick to the idea of a 21-day cycle, because then you'll either see results and, even if they're not 100% of what you want, at least you know "*I'm there, I'm going the right way. I now need to continue and keep getting those results.*"

How To Prevent Backsliding

As a rule, if you've gone through a 21-day cycle and you've switched to some other project inside your mind and all the progress you've made in those 21 days suddenly starts backsliding, that means that the ink hasn't dried on the blueprint, so to speak.

Therefore, you can back slide again, because the world around you is pulling you back to the old way of being. If that happens and it's no problem just carry on with the same suggestions. Once you start seeing results you just keep going down the same track.

Can I Work On Several Problems At Once?

With experience, you'll be able to maintain a kind of default set of suggestions for a project that you're working on over a longer period of time, start a separate project, which won't interfere with that one and suggest two different things at the same time.

Initially, for the first six months or so, just stick to one simple topic. Get used to the process, understand your own mind, get your intuitions in gear and as you're doing this you'll start discovering better ways that suit you.

So the Power of Self-Hypnosis Method, part of the power in it is that it gives you different approaches so you get to discover how your mind likes to do things. Then you get to do it your way. The best way for things to work will be your way, not my way. These are the foundations and basic tools, which you will adapt to suit yourself and that's the 21-day cycle.

Rule 2: How Often & How Long Should I Practice?

The next thing to look at is how often and how long.

The general rule is five to ten minutes per session. If you want to have a long session and go for it, 15 minutes is the tops. You want to do it two to three times per day and no more than that. If you end up doing it for an hour a day, five times a day and you then spend most of your day in hypnosis then this is not a practical tool anymore.

Remember To Live Your Life!

Remember, the power of Self-Hypnosis is that you get to live your life and allow your unconscious mind to do all the other things.

If you had to hide in a cave, become a monk and meditate for 10 years before you could come back and live life even vaguely happily, you've just wasted 10 years of your life where you could be doing all kinds of other wonderful things.

The power of the Power of Self-Hypnosis Method is that it's quick, fast easy and its fun. So treat it as a quick blitz, get your mind sorted and then carry on your day with that afterglow.

As a rule it's five or ten minutes per session, two to three times per day.

The Perfect Time To Practice The Power Self-Hypnosis Method

The two times I strongly encourage you to use are the two times where Self-Hypnosis has the most power in your entire day.

The first time is immediately upon waking up, when you're still in that sort of half, mystical state between sleep and waking and you haven't completely woken up, but you're not falling asleep anymore.

So that first half hour after wakening, your mind is still in that shall we say, sleep hangover, it still has elements of sleep time going on, which is the royal road to your unconscious. Whilst you're still in that zone that's a perfect time to do Self-Hypnosis, because you're going to ride on the coat tails of a totally natural process anyway.

The next time, which is absolutely ideal for Self-Hypnosis is just before you go to sleep and that's partly because it will help you go to sleep. We'll talk more about how to cure insomnia and sleep like a log any time you want on day seven.

An Insider's Secret To Timing

The other reason is if you do your Self-Hypnosis session immediately before going to sleep then you go to bed and fall sleep. At that point there's no time left for your conscious mind to start worrying or thinking about stuff and digging it all up again.

So it's like watering your plants and then leaving the garden so that even if you're tempted to you're just not physical present enough to dig up the roots to check how the whole thing is going, holding it up to the sunlight and so on. If you're not in the garden you can't groom the garden and nature can take its course.

In the same way, if you fall asleep right after you've done all of your self-suggestions, your Self-Hypnosis program then your conscious mind is offline so it can't interfere with the process, because you'll be asleep.

Also, sleep time is a perfect for integrating experiences that's what dreams are there for. You get to integrate all the things you've experienced during the day so your unconscious mind can make sense of it and adopt it into its new blueprint for the next day.

What better time to start priming and preparing the unconscious mind with a certain kind of blueprint then immediately before the time, in which it's going to reset the blueprint anyway?

Therefore, morning first thing within half an hour of waking up, evening last thing just before you go to bed, just a quick five minutes and you're away.

Other Useful Times To Practice

If you want to do it three times a day, another time you could do it is up to you. You can do it at lunch time – when I was a lawyer, especially the first few months when I was struggling to keep awake all day long, because they were long days – I used to lock myself in the staff toilet for a 20 or 30 minutes at lunch to do a little Self-Hypnosis.

I wish I'd known then what I know now, because I could have done it much quicker. Five or ten minutes and no one would have known any difference and I could have carried on with my day.

Another useful time is when you come home so you can break up your work day and your home day. Self-hypnosis is a great way to switch gears inside the mind.

Use Your Biorhythm

Other times, as a rule, the later in the day it gets the better of more susceptible you're going to be to Self-Hypnosis. It's to do with your daily rhythms and how your mind/body interaction works.

Again, it depends on you so experiment; you might be one who enjoys their Self-Hypnosis in the morning and it works for you, in which case, ignore my suggestion and just go with a morning session.

The key thing is to find your own times.

The one thing I know for sure is the first half hour after waking up and within five minutes of going to sleep those are the two key times when the power of Self-Hypnosis will work for you.

Rule 3: Pay Attention

The next general rule is the attention rule.

You need to have attention. Attention is like a gardening tool, your hoe. It's the thing that is going to create the space in the ground for the seed to go in. If you don't have full attention on it, it means that you risk digging a hole that's too shallow so the seed doesn't have a chance to grow, so attention is key.

You must give your full attention to it.

Insider's Attention Secret 1: Silence The Gatekeeper

Also, by the way, if your full attention isn't on it that means you have some attention left over to think of other things, which means you leave the door open for the gatekeeper to come back online, to have doubts and conflicting messages so give it your full attention.

Insider's Attention Secret 2: Relax!

Put any other ideas out of your mind and think only about only the suggestion, but do it with a relaxed focus. The last thing you want is to create stress or tension. The key to opening the window to your unconscious mind at this point is relaxation.

Does that mean you can't do Self-Hypnosis without relaxation?

No. You can do very successful Self-Hypnosis without even a hint of relaxation. However, relaxation is one of the easiest routes in and it's got all kinds of wonderful health benefits also. You may as well combine those two effects and take advantage of them in your Self-Hypnosis practice.

A Quick Summary Of The Rules So Far

Give it your full attention; keep a relaxed focus as part of having a receptive mind, 21-day cycles, two to three times a day, five to ten minutes per session and you're in good shape for mastering the power of Self-Hypnosis inside your life.

Additional Keys For Suggestions Success

A couple of extra keys to augmenting the power of what you're doing.

Keep Yourself Busy – Immerse Yourself In Life

Remember, you want to make sure that your conscious mind isn't interfering in the process. Once you've done your five to ten minutes and you come back out of hypnosis, stop thinking about it. Just get on with your life. Get busy, do work, play, do art, call your friends, have fun. Keep yourself busy.

The busier the conscious mind is the more freedom your unconscious mind has to plan and put things into action for you. If you do end up thinking of the situation, whatever project you have in mind or goal you've been programming yourself with, just do it with an inner smile, a sense of "*good things are happening here*" and then get back with your regular, every day schedule.

If You Need To Troubleshoot...

If you can't, if you find yourself obsessing with what you're doing and thinking about it more and more, wondering if it's working, is the suggestion good enough and that sort of thing -- it's time to troubleshoot.

Again, day five and six will give you some great troubleshooting methods either the power pendulum or alternative styles for using the power of suggestion to get the results you want.

If you need to go that far, go there, but always begin with the stuff we're doing today, because that's the starting point. There's no need to troubleshoot something if there is no trouble in the first place.

Track 5 – How To Simplify Your Power Self-Hypnosis Technique

Time: 8m 31s

Before we start with the actual four classic suggestion styles, I'd like to talk a little more about simplifying your power of Self-Hypnosis practice for moment.

For the first couple of days it was appropriate for you to go through the full method and all the different steps in between just to make sure you have all of the boxes checked. Now we're going to start rounding off the edges a bit to make your Self-Hypnosis practice easier, quicker and faster.

Simplifying Down To The CAVE Cycle

Therefore, we're going to stick with the **CAVE** cycle. The CAVE cycle is now going to have two C's in the beginning.

1. The first 'C' is for clear in your mind.
2. The second 'C' is back to the convincer, which clears the slate, getting you ready for Self-Hypnosis.
 - 'A' in CAVE stands for affirmations,
 - 'V' for visualizations, and
 - 'E' is for drifting and the ebb and flow of letting your unconscious mind take it wherever it goes.

So the CAVE cycle is the key to the Power Self-Hypnosis Method.

How To Prepare For Power Self-Hypnosis

Before you begin, the first part of the CAVE cycle, the clearing of your mind part you want to set the scene up. The two things you want to do before going in, is to set yourself a time limit and some kind of safety or emergency condition. Here's what I mean by that.

Preparation Step 1: Set A Time Limit

First of all, time limits. Your unconscious mind has a tremendous biological clock. You'll have noticed that, for example, you can wake up in the morning on holiday at exactly the same time that you'd normally go to work.

Why? Because your unconscious mind is used to waking up at that time. There are people who have a favorite TV show and they just know each day when that show starts without having to look at their watch.

Again, the unconscious mind has been sensitized and goes "Okay, *this is important. we'll make sure that when the clock strikes 12, six or whatever time it is that this person is ready to do what he needs to do*".

Some people even have the ability to go into a meeting and say, I have 10 minutes for this meeting. I want to make sure it that I say everything that I need to say in those 10 minutes and have plenty of time to spare.

Somehow the interaction at that point gets set in a way that everything gets said that needs to be said and 10 minutes later everyone walks out happy, having done what they came there to do.

The power of the unconscious to do these things is tremendous. I'd like you to start using that for yourself. Rather than sitting in Self-Hypnosis and wondering, "Has it been five or ten minutes? I don't know. Let's have a quick look at my watch." If you do that guess what's going to happen?

Your gatekeeper is coming back online and basically the window of opportunity starts shutting down. So what you want is to set the conditions where your conscious mind has as little involvement as possible so you can turn over the responsibility, effort and work over to your unconscious mind.

How To Set A Time Limit

The first thing you do is set a time limit.

The way you do this is very simple. As you begin your Self-Hypnosis practice you'll have a look at your watch. Let's say its 7:05 in the morning you've just gotten up and you say to yourself:

"I'm under this Self-Hypnosis is now using the power of Self-Hypnosis method. I want to spend five minutes in Self-Hypnosis. At the end of five minutes, unconscious mind please bring me out of this spontaneously."

That's it that's all you do. Then you go into a Self-Hypnosis, do your whole CAVE cycle and then as you are drifting through you'll feel a sense of well it's time I feel like opening my eyes now, just open your eyes.

How To Adjust Your Inner Clock

Some of you will hit five minutes dead on target. When I teach Self-Hypnosis to people, typically half to maybe three quarters of the room will get it right on target every time. For the rest of you there's a simple solution you will either go a little bit under or a little bit over.

It doesn't matter if you go under or over it's totally irrelevant. The point is as soon as you come out of Self-Hypnosis have a look at your watch and note the time. If it's been seven minutes instead of five, just notice it. If it's 10 minutes instead of five, just notice that.

There's nothing you need to do in terms of correcting things. Your unconscious mind will correct it automatically. The only thing you have to do is feed it input.

"I started at 7:05, I wanted to do five minutes, I should have finished at 7:10 and I've finished at 7:12. Okay that's it- noted."

Next time you might finish at 7:09, which means you went a little under that's fine, you're correcting a little bit. Over the period of a week or two you'll find that the corrections become smaller and smaller until you start hitting bang on 5, 7, 10 minutes, whatever target you set for yourself.

That's a terrific time, because that will be another proof, another convincer that your unconscious is listening and giving you the results that you want.

Preparation Step 2: Emergency Response Instructions

The second thing you want to do before you begin is to set your safety or emergency response instructions.

This is a safety statement to say that:

"if at any point during the next five or 10 minutes that I do Self-Hypnosis and an emergency happens, someone needs my attention or calls or I need to be alert on the outside. So I'll instantly come outside being totally refreshed, revitalize and ready to deal with whatever is happening."

That basically takes care of the situation where you're in Self-Hypnosis and the cat starts a fire in the house. You don't want to spend the next 10 minutes finishing your Self-Hypnosis practice before realizing the house is on fire.

Luckily, the unconscious mind is constantly monitoring the outside environment for you, which means you don't have to. If something happens, some kind of emergency that needs your attention, simply by making this set up statement ahead of time, the unconscious will go, "Hang on a second! Something is going on here, I better get your attention."

Then pop out of trance, look around go "It's a little warm in here. Let's get out of the house." It's a very simple thing and you'll almost never use it, but it's good to have it there in case you need it.

Review Of Preparation Stage

So you begin with the two simple setup instructions.

Time limit: five minutes.

Safety instructions: if in those five minutes anything happens on the outside that needs my attention I'll come back fully alert and ready to deal with it and that takes 10 seconds, no time at all.

The Improved CAVE Cycle

The next you begin the CAVE cycle.

Step 1: Clear Your Mind

You begin the CAVE by clearing your mind. Remember how you cleared your mind before? You look to the spot on the wall, focus your attention, took a deep breath, relax, looked at your arm, connected to the arm and close your eyes that whole cycle is one step.

It takes no time at all to clear your mind, relax, take a breath, close your eyes and get awareness of your arm that's it. Again, it will take you all of two seconds now, because you've been doing it all ready for the last couple of days.

If you find it difficult just clear your mind, take a breath, relax a little bit, close your eyes and get a sense of connection to your arm and just carry right on with the exercise we did on day two. If that's getting a little bit long winded by now – which hopefully it will be – then just go straight through the clearing thing.

Step 2: Convincer – Arm Relaxed

Go "Okay, clear mind, closed eyes, connection to the arm, now I start the Convincer stage of the CAVE cycle."

The Convincer stage is that you talk to your arm and say arm relaxing-relaxing-relaxing. Each time you say relaxing, each time you talk to your arm and say to "*the arm relaxing*" or "*the arm is heavy*" – you pause for a moment and get a sense of what's going on in the arm.

Remember, the crucial thing is you're not doing it. It's not up to your conscious mind to make anything happen. The conscious mind sets the direction and then observes to check that the unconscious mind is doing it that's it.

If you try to make it happen consciously, then you start interfering with the process again. That doesn't mean you can't start off doing it consciously, by all means do so, but the key is your conscious mind says "This is what I want." and the unconscious mind says "Yes boss!" and does it.

So that's part of the training process that the convincing and the CAVE cycles do for you.

Step 3: "AVE" – Affirm, Visualize & Drift

A review of the general outline:

1. We have the set-ups, time and safety.
2. We have the clearing of the mind and
3. We just go back to the regular CAVE cycle that you're already familiar with.

On the next track we'll introduce to you the power of affirmations and how to make them work for you.

Track 6 – How To Use Affirmation Suggestions

Time: 10m 09s

Let's talk about Affirmations now.

A lot of you will be familiar with regular affirmations:

*Every day, in every way I feel better and better.
I'm strong like a tiger.
I'm healthy, strong and fit...*

those sorts of things.

Why Regular Affirmations Can Fail – And How To Fix That!

What most people don't realize is that affirmations or at least the way most people use affirmations is incorrect they don't even know where affirmations came from.

The French Connection

Affirmations were created by a French hypnotist called Emile Coué. He was one of the very first self-improvement authors ever. He cut the very first self-improvement recording on one of those vinyl disks back in 1901 or 1902.

The thing that was missed when people started doing affirmations was that Emile Coué actually was training his subjects (his patients) to respond before beginning the affirmation cycles. So whilst people think it's enough to just say these positive messages to yourself, it's not.

Remember The All Important Receptive Mind

What you want to do is create the receptive mind so those positive messages have somewhere to go. The way Emile Coué used to do it is he'd spend a couple of days training people with lots of different convincers – eyes locking down, arms heavy, impossible to move -- all the classic things you maybe have seen stage hypnotists do.

Why Training A Receptive Mind Is Crucial

Once people had all of those convincers out of the way, their body and mind were conditioned and ready so when affirmations came their way, they act out and respond to them as part of their new reality.

If you don't have that training phase then affirmations are very much hit or miss. All of the rules of affirmations, if you're familiar with them still count before affirmation suggestion starts.

How CAVE Creates A Receptive Mind

It's just that with the CAVE cycle you're creating the most important thing of all: a window of opportunity for the affirmations to actually stick to something.

The convincer cycle, making the arm heavy just by telling it to get heavy is the same thing that the old French hypnotist Emile Coué used to do over two or three days.

We now know that it takes much less time and it's much quicker for you to do. All you're doing is creating a receptive mind, so now you can make affirmations work for you very quickly.

The Rules For Formulating Affirmation Suggestions

In case you're not familiar with affirmations, let me give you a bit of training in how to use them.

Rule 1: Statements Of Fact

First of all, an affirmation is a simple statement of intent or of fact that you want to be true in your life.

There are a couple of things you want to include or a couple of ways that you want to make sure your affirmations are structured

Rule 2: KISS Them!

First, use the KISS principle, keep it simple.

Keep the affirmation simple; you don't want to spend 15 pages of tightly type written text describing every possible nuance of what you want.

Why?

Because of that conscious mind thinking and if you're going to have to try and memorize all of that you'll activate the conscious mind again, which means the gatekeeper is going to be ready to start knocking balls right out of the court again and you're back to square one.

You're going to keep it so simple that you can easily recall the affirmation without any effort at all. The rule is keep it under 10 words, if you can, so it's easy for you to recall.

Some Examples

Classic ones are:

- *Every day and in every way I'm feeling better and better.*
- *I'm getting stronger and healthier as the days go by.*
- *I'm a happy, healthy, vibrant person.*
- *People like me and I like people.*

Notice how we're keeping very simple ideas and we're able to repeat them simply, easily and powerfully within the mind.

Rule 3: Be Positive

The next thing, which you may have noticed about those ideas, they're all phrased in the positive.

Positives are two things.

1. First of all, they're positive in terms of positive thinking. *I'm happy, I'm a winner.* They're about good things, things you want.
2. The other side of being positive is you stay away from negative phrasing.
 - *I don't want to smoke.*

- *I don't want to be lazy.*
- *I don't want to be fat.*
- *I don't want to be unhappy.*

Beware Red Cats!

Notice what you're doing there. The word picture you're creating is initially of a thing that you don't want.

You don't want to have any contradictory suggestions inside your mind.

Think of it this way, if I say to you: "*Don't think of a red cat sitting in a red tree, don't think of that pesky little cat sitting in a red tree opening a little red can or red beer, drinking it, smiling that red Cheshire cat grin and going, Aaah!*"

What have I done?

Basically, I've described a little scene for you. By asking you to not think about it, you can't, not think about it without thinking about it first. If I tell you "Don't think about a spoon. Whatever you do, just forget about a spoon." Chances are the only way you can forget about it is to think about something else.

Here's the kicker, most people when they try not to think about the spoon, do you know what they think about?

A fork or a knife. In other words other cutlery.

But why do they think of cutlery why not an orange, a tree, a beach or a whale? Because it's already too late, the fact that they mentioned the spoon opens up the train of associations and the things we pick out is one that is close to it like a knife or a fork or something like that.

As a result, the negative suggestion, the spoon has already impacted you on some level. To avoid that in the first place, phrase your affirmation in the positive.

I want this, NOT, I don't want that.

Rule 4: To Be Or To Become

The next thing to do is 'becoming' or 'is'.

In other words, here's how an affirmation can be turned around into wishful thinking that might not do very good for you.

"One day, I'll be happy. Some day I'll be a millionaire."

The problem with those ideas is that you don't specify anything. Your unconscious mind works in the present tense it doesn't know about the past or the future, it just has a now.

So if you start talking about the future, it goes "okay, *some day maybe – well that's not today!*" so it doesn't even start doing anything with it. Sometimes it will, but again you're not hedging your bets or making your probabilities work for you.

The way you want to phrase it is along the lines of:

- *I'm attracting millions or I'm a millionaire.*
- *I have what it takes to be a millionaire.*
- *I'm becoming a millionaire every single day.*
- *I'm becoming wealthier and wealthier every single day.*
- *My mind is finding the secrets to make me a millionaire.*
- *I'm becoming a millionaire.*

Notice what I'm doing. It's either about **becoming**, *I'm becoming a millionaire* or it's about **being** something, *I'm a happy person, right now.*

'Be' Goals – v- 'Becoming' Goals

Let's face it there's nothing keeping you from being happy this moment right now, there's just nothing to prevent you from it except your own mind.

Some goals will be becoming goals like maybe becoming a millionaire so it gives you time to achieve it. Other goals you may as well straight away "*This is it. I'm here, right now, having it.*"

Does it mean you stay there?

No.

Sure, during the course of the day you might find yourself drifting away from that happiness or that glow that you had during your session that's no problem.

As the days turn into weeks and weeks turn into months and so on, you're unconscious mind gets the message. You'll be happier as the days go by, which means it becomes a self-fulfilling prophecy and that's what you want. So keep it simple, keep it positive and keep it in the now.

How & When To Use Affirmation Suggestions

Affirmations are used during the 'A' part of the CAVE cycle. Actually, believe it or not, you're beginning with affirmations already when you're saying "*My right arm is relaxing*" – guess what that is?

It's an affirmation of suggestion, simple, pure and direct!

Then you're going to use the actual affirmation that you want – for example:

I'm healthy and happy.

Great. Now you're going to repeat it.

The Keys To Using Affirmations Effectively

The key to using affirmations are following:

Key 1: Enthusiasm

Be enthusiastic. Say it with absolute conviction and meaning.

Here is what I mean. Don't do this:

[with a bored and sluggish tone] *My arm is relaxing, relaxing, relaxing. Yes, my arm is relaxing. Yeah, relaxing, relaxing, relaxing, relaxing.*

How much of an impact has that got? You can hear in the tone of my voice that I don't even mean it.

Here's the other thing to your voice:

[with a stressed and high pressure tone] *My right arm relaxing, relaxing, come on, relax, relax, come on arm, relax, relaxing, relaxing, come on, come on, relaxing that's it that's it relaxing, relaxing, relaxing, come on, relaxing.*

Again, notice what's happening with my tone of voice now.

Key 2: Be Engaged

In the first one I was disengaged. In the second one I wanted too much, I'm over engaging, I'm getting stressed about the whole thing. You want to make sure that your instructions, your affirmation suggestions come across meaningfully.

[with a fluid, relaxed tone] *My right arm is relaxing, it's relaxing.*

Key 3: Take Time To Absorb The Impact/Meaning Of EACH Suggestion

Take a few moments to absorb the meaning of it. It's relaxing. Get a sense of what your arm relaxing means. In the same way if you have a suggestion for example, for health.

My body is healing... My body is healing... It's healing itself, it's healing...

Notice each time that you make the affirmation mentally what you're doing is getting a sense of what it means. I'm not just reciting these things blankly and hoping for the best, I'm getting a sense of this is what it means.

It's a sense of my body being vibrant, healthy and alive, it's healing itself.

Incidentally I'm using these suggestions on myself right now, because I've been to the dentist and had an operation. So whilst I'm teaching you this stuff, I'm actually doing it as well!

Clarification Of Key 3: Pause & Reflect

Take your time to pause and reflect. "What do you really mean?" when you make each affirmation to get that impact inside you. Having enthusiasm,

enjoy it, put emotion into it and feel it working just by understanding the meaning of it.

How does your arm feel when it's relaxing? The arm is relaxing. It's amazing. It's relaxing. Those are the key secrets to making affirmations work for you.

Track 7 – How To Use The Inner Pep Talk

Time: 7m 04s

Let's move on to the inner pep talk.

It's like the same idea as an affirmation only this time you're not going to go in with an advanced script or any ideas. You're going to come with a sense of something you want to achieve.

Inner Pep Talk: The Basic Outline

The way you'll use the pep talk is during the affirmation stage of the CAVE cycle you'll give yourself a pep talk. You're going to talk about your goal, outcome, what you want and how good it feels.

A Quick Example

A quick example of how I do it, in the case of the operation on my tooth and getting the gums to heal again. I'm getting in there, convincer, arm is relaxing, relaxing, relaxing, very good, thank you very much.

At this point I start talking to myself saying:

"I have an amazing capacity to heal. I don't know how my body heals, but it's healed so many times in the past. I've had paper cuts, serious injuries and every single time my body has healed it to the point where most times I can't even tell I've had it."

"My unconscious mind is healing my gums right now. It's healing my gums, because that's what it does best. I can feel my gums healing and being restored to perfect health."

"There's a blueprint inside my mind that tells it how to have perfect health. My unconscious mind created my body in the first place. It had to figure out how to do it. I know it can do it. It can heal my gums the same way it's healed everything else.

"It can heal my gums, quickly and easily and as a result I feel a sense of comfort that's it. I can feel that comfort now developing all across my jaw and in my body. That sense of comfort just proves to me once again that that infinite power, the intelligence that lies deep within me is healing my gums.

"So in next to no time that gum will be totally healed and I won't even notice it; it will be as though it's always been perfectly healthy that gum is perfectly. It's as good as being perfectly healthy right now, because I know that my unconscious mind is on the job and I trust my unconscious mind to make it healthy, to heal it quickly, easily, with no fuss at all."

Notice what I've been doing there. I'm using affirmations, but rather than thinking about them ahead of time I'm not even thinking as I'm saying it.

Speak Before You Think!

You know the old adage, think before you speak?

We're going to put it on its head.

If you're doing the pep talk you're going to ***speak before you think!***

That way you keep your conscious mind to a minimum, but get you enthused about the things going on for you.

Here's the thing about the inner pep talk. The key to using it is being in the state where you've been dragged along by the feeling of what you're doing. If you find yourself getting too intellectual, too divorced from what's going on, at that point your intellect is kicking in and you don't want that.

Key Secret 1: Use Your State (Mood)

You want to be surrounded by this pleasant glow of the power of Self-Hypnosis, the positive glow of that trance experience you're having and be

infused by that. Let that carry you away and create that inner pep talk for yourself.

Key Secret 2: Use The Right Attitude

What we don't want to do is analytically think about all the things you're going to say and how you're going to say it. Think of it this way, the way I do it inside my mind is I imagine I have a little kid sitting on my lap. He's got a problem and I'm going to give him a little pep talk.

I'm not going to think about it. I'm going to smile at him, think how terrific he is and tell him exactly what's going to happen as though my words have magic. I'll say

"Hey, your mouth is healing right now. You don't know it, but it is.

"Already the bleeding has stopped and you're feeling more comfortable and look, there is a little smile on your face that's it, a little smile on your face that tells you your gums are already healing. Isn't it great to know that you can make your mouth do that without knowing how you're doing it?"

By imagining that little child that we're talking to that child is my unconscious, it gets me into that mood that sense of being able to do it without thinking about it too much.

Key Secret 3: Pour Your Heart Out

You want to pour your heart out. The whole point is not to give an intellectual and logically defined systematic lecture on something. You want to pour your heart out with things that you really mean. It doesn't matter if you repeat or stumble over your words from time to time.

What matters is that you're driving it with intensity, an intention that comes from deep inside of you.

Key Secret 4: Be Superstitious – Call On A Higher Authority!

In terms of the technique and the technicalities I like to use, one thing that works powerfully for the inner pep talk is to appeal to some kind of advanced wisdom, inner power, God, the universe, healing spirit whatever concept you'd like to use.

If you happen to be religiously minded it is a big bonus, because realizing that God is in everything is a great way of activating the power of your unconscious mind because that's just part of how God moves through you and does His thing.

The thing is, even if you're not religiously minded, if you're a complete atheist and rationalist, you still want to appeal to some kind of, shall we say higher authority, in whatever form appeals to you intellectually. Because your unconscious mind is quite superstitious.

To the extent that you appeal to some kind of a higher authority, something beyond your "normal self", it allows that magical power that is inside of us that we normally leave untapped, it gives us a reason to be able to tap it.

It's like fooling the conscious mind saying

"Don't worry about it I know I'm not doing it we'll let the universe do it or the healing intelligence or the infinite wisdom."

So you can talk about the infinite wisdom of the unconscious, the amazing power of your unconscious, leave it up to God, the universe, the Great Spirit or Manitou. Whatever you want to call it, I don't mind what it is.

I do know that when you get the sense of appealing to or calling on a greater authority it creates a tremendous motivation for the unconscious mind to do its thing. It's a wonderful feather to put into your cap, a wonderful addition to draw the most juice out of your inner pep talk.

If you find that kind of idea something you don't want to do, by all means ignore it. I just know that people who have used and are shown how to use this find that it helps them go beyond themselves in such a way that they can tap abilities that they might otherwise doubt that they may or may not have.

Key Secret 5: Describe The outcome You Want

The next thing to do is describe your outcome. Describe what it means to have the outcome, the implications of the outcome. Describe it and let those words keep falling out of yourself.

Remember, speak before you think. Don't analyze what you're doing emote, enthuse, use emotions to drive it and pour your heart out. Feel the emotional impact as you make each remark. If you do these things, you'll have captured the essence of the inner pep talk.

Track 8 – How To Visualize When You Think You Can't!

Time: 4m 32s

Let's turn our attention to visualizations.

The first thing I want to do before we look at the process of visualization is for you to realize that everyone can visualize. It's totally natural. There are a significant amount of people who think they can't visualize.

The Veil Of Consciousness

What's going on there is there is a veil of conscious, a barrier that's been drawn across the unconscious. So whilst you're visualizing -- your unconscious mind is doing it, but it's not letting your intellect or conscious mind become aware of the fact that you are doing it.

The reasons for this can be many fold and complex. Primarily it tends to be along the lines of, as a child you're told, don't dream –

"Don't worry, it's just a dream..."

"You've got to tell the difference between your dreams, your imagination and reality, and that's just that..."

One way some people cope is to draw that veil of conscious across their mind saying, *"Okay, I just won't make any pictures. That way what I see is real and what I don't see isn't real."*

It doesn't mean that you don't make pictures; it's just that your conscious mind isn't aware of them so that you can tell the difference between reality and non-reality and to be honest with you that's a technical description and not relevant.

How To Visualize Despite The Veil Of Consciousness

Anyone can visualize. I can make them work for you beautifully. Here's an example:

You live in a house. For a moment I'd like you to think about your front door. You know there's a certain color and it's made of a certain material. Some front doors are wood, some white, green, yellow, black or pink whatever.

So think about the color of your front door and what is the material it's made of?

The next thing is to answer the question of what kind of door handle do you have?

Some doors have a round knob, some have handles you pull down, sometimes you pull up. Some have little buttons you press different doors open different ways.

- *What kind of handle is on your door?*
- *What would it be like if you swapped that handle with a different type of handle? If it's a normal handle that you pull down, what if you changed it to a doorknob?*
- *What if there was no handle there at all?*
- *What if your door was painted pink with black polka dots? Would you like that?*
- *How about yellow and green stripes how would you enjoy that?*

What Visualizing REALLY Means

Notice in order to answer those questions you have to make mental pictures. Whether or not you can see those pictures consciously is irrelevant. Whatever you're doing to answer my question -- that's a visualization!

How To Improve Your Visualizations

I can take you through a whole trip throughout your house and that would build the imagination process. In fact, you may as well do that as an exercise if you think you can't visualize.

Open the front door go into the hallway and notice things that are there. Is there a hat stand, a table or a mirror? Are there stairs or not? Is the floor made of carpet or wood? What is that made of? Which door leads to your living room or kitchen?

Go ahead and enter your kitchen for a moment and notice the different colors there.

- *What things are inside your kitchen?*
- *How many chairs do you have?*
- *What material is the table made from?*
- *What is the stove made from?*
- *Is it gas or electric?*
- *Is there an oven there?*
- *Do you have pots and pans on the stove or are they all neatly tucked away in the cupboard?*

Notice, I'm asking you for visual information. In order to answer that you have to make pictures. Whatever you're doing to answer those questions even at the rate of pace I'm going at it right now, that's visualization and that's enough.

Visualization Secret: Just Pretend!

If you pretend that you're seeing things in the way that you might be pretending right now, over time your unconscious mind realizes its okay for him to start seeing inner pictures again. It just unleashes or unhinges the veil so you can start seeing all the pictures you will be making anyway.

This is totally safe, because you're making those pictures all along, so whether you're conscious of them or not is totally irrelevant as far as your unconscious mind is concerned. It's very useful for your conscious mind, because now you can check and enjoy your mental imagery as well.

Further Visualization Exercises

More importantly, it helps you in terms of using the visualization parts of the hypnotic process. I'd like you to spend a few minutes mentally putting around your house, looking at the different colors, shapes, different objects, moving them mentally around the house and asking yourself if you like it that way.

Painting the house in different colors and seeing if you'd like it that way, just as a way of warming up your visualization muscle so you get a sense that you don't have to see those pictures for those pictures to be there.

When you've done that for a little while, join me on the next track when I'll show you how to use that to achieve your goals.

Track 9 – How To Use Hypnotic Visualizations

Time: 7m 34s

Welcome back again.

Let's talk about how to use visualizations as part of the hypnotic process.

Two Types Of Visualizations

Remember, the 'V' part of the CAVE cycle is for visualizations. So you'll be visualizing either a rehearsal or something you want to achieve in terms of a specific skill, the way a meeting goes or an outcome at the end of it.

Type 1: Rehearsal Visualizations

The difference between those two is very simple. You rehearse a skill, you rehearse something you want to do and you know the steps you want to go through to get it done.

Type 2: Outcome Visualizations

If you don't know what specific steps to take, for example, if you take an exam, but you don't know what questions are going to be in the exam, it's going to be difficult to rehearse the exam mentally. So instead of rehearsing

the exam itself, you can rehearse taking the exam generally and importantly you can rehearse the outcome.

You can go to the end of the exam feeling like a million bucks having finished the exam. You can get the examination envelope back at the end with full marks that sort of thing.

How To Use Visualizations In Self-Hypnosis

The visualization process is simple. All you do using as many senses as possible, you create as rich, detailed experience of whatever it is that you want.

Example 1: Hypnotically Rehearsing A Golf Swing

Let's say you're going to use your rehearsal process to improve your golf swing. You're going to sit there and in your CAVE cycle when you get to the affirmation or visualization part, you're going to imagine yourself holding that club with that special grip that you have.

You're going to feel those hands lifting up into the air until it's holding the right angle. You're going to make sure that your eyes are looking in the right direction. If it's the ball, then you look at the ball. If it's out into the green you look into the green whichever way you do it.

Then you're going to start feeling the sense of the grip tightening as the swing begins to happen. As that swing begins to hit its arc, your eyes see whatever they see when you have a perfect shot. You feel that ball connecting as that club hits it.

You hear that whacking sound and whishing as you have a follow through. You feel the body turning around, your shoulder's alignment is changing, you look out at the far distance seeing that ball becoming a little dot rapidly and that's a rehearsal process.

You can rehearse any skill -- playing the piano, talking to people, having a speech or presentation -- anything that you can do and repeat, you can mentally rehearse.

Example 2: Hypnotically Installing A Million Dollar Goal

The same is true for your goals. In terms of your goals go to the end state, the outcome what is it that you want?

Let's say that your goal is to make millions. You can present them symbolically.

For example, you can picture the exciting day when you receive mail from your bank. You open the statement, you pull out an envelope and you see \$100,000 in one month, another \$100,000 there, \$50,000, \$200,000, half a million. The big balance at the end is \$1,234,517.12.

You look at that and you feel fantastic. You put the statement away somewhere where you can go back to it later on. You go hug your wife and children. You call your friends and tell them what an amazing month you've had, that sort of stuff.

The Key Differences in Visualizing Rehearsals – v – Goals

Notice that we're implying the outcome by all the things you'll do as a result of it. The key to using outcomes or goal visualizations is to let your unconscious mind take you there. You don't have to set the steps.

When you're doing the rehearsal you want to create the steps, because you know what it should be like. You know what it's like to hold a club, you know what a perfect swing feels like or looks like, you know the little technicalities that you should be getting right and do on.

The difference between that and going straight for the goal for example, winning your first golf tournament, is that you don't necessarily know all the steps you need to go through to get there.

Remember: Trust The Tortoise (Unconscious) Not The Hare (Conscious)

You might know some of those steps, but why not leave it up to your unconscious mind that can find even better steps and better ways of doing it?

Why not leave it up to your unconscious so rather than spending ten years perfecting the one tournament and maybe winning it, you can spend a year

having these wonderful experiences and at the end of it, you accidentally win the tournament, even though you didn't mean to, because you joined it for fun.

Your unconscious mind was ready for you and decided to make it happen anyway. Remember, this is why we're betting on the tortoise -- partly because you don't have to think about it anymore. You just set the goal and you get on with your life.

You Still Have To Engage Life!

Does this mean you sit back, become a couch potato and let life come to you?

No!!

Remember we talked about the golden tickets and the little opportunities that are surrounding us constantly? What you're doing is preparing your mind to see the opportunities when they arise and take them.

If you're stuck at home watching TV and eating potato chips, how many opportunities are floating around inside your house? Not as many as outside in the real world with real people with lots of interactions and a lot of exciting things going on.

You do still have a responsibility to live your life which is why, again, I say when you're using suggestions and the power of Self-Hypnosis for yourself, you don't have to be spending two, three or four hours a day in it.

You spend five, ten or twenty minutes tops so you can get out there and enjoy your life and make the most of it, while still knowing that your unconscious mind is on the case, on the program and doing your thing for you.

Hypnotic Visualization Practice Session

So in terms of visualizations, choose one of your goals now that we started off today's session with and then do the following- in a moment I'll take you through the highlights again- Start the whole CAVE cycle and when you get to the affirmation stage, come up with a very simple affirmation.

An example for the golf thing might be something like:

"I have a perfect, smooth golf swing."

That may be a classic affirmation suggestion for a perfect, smooth golf swing.

Sticking with the idea of golf let's say that you're going to go through a visual rehearsal technique. As part of the support thing so you repeat yourself:

"I have a perfect, smooth golf swing."

You stop and think about what that means.

"I have a perfect, smooth golf swing."

Then you stop!

Get a real sense of what that means.

Now you might have a scene come to mind. Feel the club in your hands, either the leather or rubber grip whatever you have lifting the club up and the position is perfect.

There is the ball, there is the club up there, your head turns in the right position, the club starts to move, you feel it moving, you hear the air swooshing, the green of the field. Notice we're now putting into an experience the idea that you have a perfect, smooth golf swing.

The "AV" Combo

The same is true of whatever it is you choose to do. Some people like to combine the 'A' and 'V' state at the same time, so now you're talking to yourself as you're seeing it.

As you lift the golf club up, you tell yourself: *"I have a perfect, smooth golf swing."*

As you hear the whooshing noise of the club coming down, say *"I have a perfect, smooth golf swing..."*

As you hear the crack of the ball and see flying off in the distance, "*I have a perfect, smooth golf swing.*"

As you follow through and finish up in your ending position, "*I have a perfect, smooth golf swing.*"

You can put them side-by-side, interlace them together, one on top of the other and it doesn't matter in what combination you do it. As long as you're in that 'A' and 'V' stage you do use some kind of combination, because you're covering all angles at this point and that's the secret to visualizations.

Track 10 – Preparation For The Hypnotic Visualization Exercise

Time: 4m 40s

In the next track I'm going to guide you through the CAVE cycle again, this time the new and improved version. Then I'm going to leave you alone during the affirmation and visualization stage to activate some kind of goal.

Master The Power Self-Hypnosis Method

The goal that I recommend that you use is mastering the power of Self-Hypnosis in your life.

Why?

Very simply, you want to augment whatever you're doing here to engrain it so it's there for you whenever you call on it.

You may as well use what you're learning to make what you're learning quicker, easier and more efficient.

Example Affirmation Suggestions

If you think in terms of what kind of affirmation suggestions can I use it might be something like,

"I have the power of Self-Hypnosis in my life"

OR

"I'm mastering the power of Self-Hypnosis method and it feels great."

Example Of The Inner Pep Talk

If you want to give yourself an inner pep talk as well then you can do something along the following lines:

"I'm using Self-Hypnosis every day. I'm getting access to all those amazing abilities, the untapped potential that lies dormant in my unconscious mind and I can feel my unconscious mind responding.

"I trust my unconscious mind, because it has this infinite wisdom. It can make all the good things I want for my life come into my life so I trust my unconscious mind and I know it's going to work.

"I feel fantastic and so grateful for the power of the unconscious mind that's being opened up to me. So I want to practice the Power of Self-Hypnosis Method every single day, five or ten minutes at a time, two or three times a day and engrain it, make it a natural part of what I do.

"I enjoy using the power of Self-Hypnosis in my life. I look forward to every opportunity I get to use the power of Self-Hypnosis in my life over and over again. I know that my life is going to be transformed as a result of using the power of Self-Hypnosis in my life.

"I'm enjoying using the Power of Self-Hypnosis Method, which means I'm mastering the power of Self-Hypnosis system and I get to use it for whatever I want whenever I want and that makes me feel simply fantastic.

"I have a connection to that infinite intelligence, to the whole universe around me and the world opens up full of possibilities now that I have the power of Self-Hypnosis system ready to use and I'm mastering it now. I can feel myself mastering it. I can feel my body responding and I love it. I think it's fantastic."

Hopefully, I've given you a sense of where you can go with this.

Example Of A Hypnotic Goal Visualization

Then in terms of the visualization, imagine yourself sitting somewhere comfortably, doing it. It's a classic rehearsal suggestion where you may want to jump forward six months or a year's time.

When you're using the power of Self-Hypnosis method every day notice your mental clarity, your zest for life, energy, excitement, enthusiasm, all those good things that have come to you as a result of using and mastering the Power of Self-Hypnosis Method in your own life.

How To Put All The Steps Together

Those are all the things that will happen during the 'A' and 'V' stage.

This time I will set you up. I will encourage you to go to town and practice all the four different styles of suggestion, moving from one to the other as you see fit.

The Key Steps In The Power Self-Hypnosis Method

I'm going to guide you through the big stages.

1. The set up stage,
2. The clearing your mind stage,
3. The convincer...

Where To Take Over For Yourself

When it gets to the 'A' and 'V' part of CAVE I'm going to leave you on your own. At that point, I'm going to end the recording so the recording will naturally stop. However, you shouldn't.

How To End The Session For Yourself

You carry on for as long as you need to so that when the time is up you count yourself out. Tell yourself:

"At the count of five I'm going to come back refreshed, relaxed, alert simply fantastic. I'm feeling peaceful, comfortable, happy and I have this amazing future waiting for me.

1. One, coming up slowly.
2. Two, more and more alert.
3. Three, starting to shake your body a little bit.
4. Four, stretch.
5. Five open your eyes and so on."

Take Control Of Your Power Self-Hypnosis Method

Basically, you're now taking more responsibility of the method. I'm going to set you up and guide you into it and then let you go on your own.

As soon as you're done, do another one, maybe a three minute version, a quick one.

Do the whole steps:

1. The set up,
2. The clearing of the mind
3. The convincer,
4. The 'A' and 'V' stages
5. And then drifting at the end and
6. Coming back out at the end all by yourself.

Then when you're ready to do that, remember, a hypnotic warning: This is a hypnotic process. Don't drive a car or operate any machinery. If you are, then stop what you're doing and only move on to the next track when you're ready to give it your full attention.

Track 11 – Your Power Self-Hypnosis Guide

Time: 2m 33s

Set The Time

Find a comfortable position to rest in and set your time limit.

For the moment tell yourself that you're going to use the Power of Self-Hypnosis Method for yourself. You're going to take ten minutes. At the end of ten minutes you'll come back feeling refreshed, relaxed, alert simply fantastic.

Emergency Response Instructions

Tell yourself if at any point something outside needs your attention, the phone rings, people need you, there's an emergency of some sort at that point, you will instantly open your eyes feeling refreshed, alert and ready to deal with whatever comes your way.

Clear Your Mind

As soon as you've done that take a deep breath. Breathe out, relax, close your eyes and become aware of your right arm. That's it take your time.

The Convincer (Right Arm Relaxed)

As soon as you're aware of your right arm, with your eyes closed, simply tell your right arm to relax. Right arm is relaxing and so on.

Spend about a minute doing that.

The “AV” Stage

Very good. Now it's time for you to use your affirmations and visualizations to engrain the power of Self-Hypnosis into your life. Go ahead and do that now.

Instructions For The End

I'm going to end this recording. When you feel that 10 minutes has come up, just count one to five and bring yourself back on your own. Go ahead and do that now.

Track 12 – End Of Day

Time: 1m 12s

This is the end of day four of the Power of Self-Hypnosis For Guaranteed Results Home Study Program. Today, you started to use the tools that will let you re-write your unconscious blueprint and include anything you want out of life.

Tomorrow, we'll go into the all-important Unconscious Review – which sets our unique Self-Hypnosis method from any other form of goal setting, meditation or self-improvement technique.

We'll also discover a fail-safe method for getting the unconscious mind to tell you what you need to know. It will let you fix problems that have sabotaged your New Year's Resolutions and goals up until now.

I look forward to seeing you again on day five of the Power of Self-Hypnosis.

Day 5 – Beyond Self-Hypnosis, How To Connect With Your Unconscious To Get What You Truly Desire

Track 1 – Day 5 Introduction

Time: 1m 23s

Welcome to the Power of Self-Hypnosis For Guaranteed Results Home Study Program. This is day five of your exciting seven-day journey to thoroughly master the power of self-hypnosis.

Today's session is called **Beyond Self-hypnosis; How To Connect With Your Unconscious To Get What You Truly Desire**. In today's session we'll start troubleshooting. We'll look at what you can do if your unconscious mind refuses to play ball or give you what you want.

First we'll master the power pendulum, a potent tool for connecting with the unconscious. Then we'll go through the unconscious review process that will allow you to get to the heart of real problem and solve that instead.

Now, why not take a chance to discover for yourself that amazing powers that you have inside, because once you're ready to do that, just sit back, relax and enjoy the power of self-hypnosis.

Track 2 – How To Troubleshoot At The Unconscious Level

Time: 2m 09s

Welcome to day five. If you've been listening to your awakening of the power of self-hypnosis induction every day and practicing your Power of Self-Hypnosis Method immediately afterwards as well, then by now your mind should be getting into pretty good shape.

Today we'll start looking at troubleshooting. In other words, how do you overcome difficulties that can typically plague other self-hypnosis methods or systems and how do you overcome those?

Essentially, we'll ask questions. Things like, how do you know its working? What do you do if it doesn't work?

Both answers are the same basically, you ask your unconscious and find out.

How To Question The Unconscious

Then the big question is – How? How do you ask your unconscious?

Let me introduce you to the idea of the 'Ideodynamic Response' and that's just a big word to suggest that you can have a certain idea or thought, either consciously or unconsciously and it will have an affect.

The Ideodynamic Response

When you're thinking of pleasant things, you start feeling good and vice versa. When your little dog is dreaming of running in a field you might see its legs twitching. I don't know if that's the case or not, but do you see the point I'm trying to make?

The more you think about something, the more something is on your mind either consciously or unconsciously, the more thoughts are leaking out in other ways. We're going to start using this to create a dialogue, an interaction with the unconscious.

Unconscious Signals

You can train yourself to have a discussion with your unconscious in many different ways.

Hypnotherapists like to use finger signals. You can have an inner mentor figure; you can trust gut feelings and dreams are a great way of interacting with them – or hypnagogic imagery [Ed: the vivid images you see as you fall asleep at nights].

You can use something called automatic writing and even something like the Ouija Board which, in its non-occult setting, is a way for the unconscious

mind to talk directly to you. These are all methods that you could use, but to be honest with you they can be different stages of difficulty in using them.

The Power Pendulum

By far, the simplest, most effective method -- which you'll learn it within minutes -- is what I call the power pendulum and that's what we'll focus on today.

Track 3 – The Power Pendulum

Time: 2m 41s

Let me give you a brief history of the power pendulum so that you understand it in context.

Some people think of the pendulum as being some kind of mystical, esoteric or even occult tool like dowsing for water and so on. The pendulum did start this way, but it turns out that it's nothing occult that makes it work its pure normal psychology.

19th Century Explorers

Back at the turn of the 19th century people on Europe got into the idea of dowsing in a big way. In fact, they were dowsing for water, analyzing for chemicals, looking for different metals using variations on the dowsing rod, different rod for different things including of course, the pendulum. This is where it gets interesting.

Eugene Chevreul

A French man called Michel Eugene Chevreul decided to experiment with the pendulum to find out what its nature is. He looked up the main authority in the use of the pendulum at the time and studied with him.

The First “Scientific” Double Blind Trial In History

Chevreul is particularly interesting, because he was a true scientist. He came up with the very first double blind trial. It's one of these trials where

no one knows what's going on, not even the experimenter until all the data is in and that way people can't cheat either consciously or unconsciously.

He did a double blind trial on the pendulum to figure out whether this was some kind of magical tool that could tell when you had different metals in front of you and where water was located or whether something else was happening.

The Power Pendulum Is Pure Psychology In Action

Guess what?

Something else was happening!

It turns out that the unconscious mind was giving subtle movement of the hand to make the pendulum move one way or another as a signal. When the person expected to find water that's when it would move. When the person knew that the metal was mercury or something else -- that's when it would move.

When the person didn't know or was fooled and thought that water was present but it wasn't, then vice versa, then you'd get the opposite response.

No Magical Properties

This way, Eugene Chevreul proved the pendulum has no magical properties, no esoteric powers. What it does is it gives an ideodynamic response.

As your unconscious mind expects something to happen it gives little micro muscular twitches, things that are going on all the time anyway and those move the pendulum through the force of imagination and expectation.

The Unconscious Lever

It's a very easy to use tool. It is a lever that augments very small unconscious movements and signals. It acts like a lever to make something very small turn out very big, at that point you can actually see unconscious responses very clearly and enter into a very simple dialogue with your unconscious mind.

Track 4 – How To Make Your Own Pendulum

Time: 2m 33s

I'd like to very quickly talk about how you can create your own pendulum. You're going to be using it throughout this session so you may as well know how to make one.

Where To Buy A Pendulum

You can go to any New Age store or go on the Internet, put in pendulum and you'll find many people selling you pendulums. You can find cheap ones for as little as \$5 or get gold plated ones for \$100 and anything in between.

You don't need to spend any money on a pendulum if you don't want to, I'll show you how to make one in a moment. If you want to make it easy on yourself, just go on the Internet and buy something there.

A Simple Pendant As A Power Pendulum

The way I use a pendulum is this, I have a simple chain around my neck with a pendant on the end of it. Its a little stone that's been carved into a nice shape.

The chain is a very fine chain, so the links are very thin. So when I take the chain off and the pendant is hanging off it it's got a perfect weighted pendulum for what I need.

“Cheap Charlie’s” Power Pendulum

If you want to make a very cheap version of this in fact, you want to just do one so you can have something right now to practice with all you need is a tool box and a piece of thread.

Go to your sewing cupboard and pull out a length of thread. Next go to your toolbox and pull out a bolt and a nut. The nut should be roughly the size of a finger ring, maybe a little smaller and kind of chunky.

If you don't have a nut like that you might be able to use a finger ring, which is slightly weightier, a wedding ring is usually a bit too small or too

light, but something slightly weighty in terms of a ring, pendant anything like that will do.

Essentially you want a weight, which you'll put at the end of the thread. Once you have the weight attached to the thread it should be one and a half times to two times the size of your open palm. That's a rough measurement.

Go pull out some thread, get a nice little weight, tie it through the loop in the middle of bolt so you're left with one and a half to two times your palm length in length of thread and all you're going to do is hold it between your thumb and index finger so the weight is hanging down.

Get Your Power Pendulum Ready – You'll Need It!

I'll talk you through how to use a pendulum in a moment, but that's basically all you need. Pause this recording and before you go on to the next track, either get a pendulum if you have one or raid your sewing cupboard and get yourself a nice little weight, tie it to the end, come back and I'll show you how to use it, train it to respond to you and have a dialogue with your unconscious mind.

Track 5 – Power Pendulum Training Phase 1

Time: 4m 59s



This is the first training phase on using the power pendulum. This training phase is getting the pendulum to move for you.

Step 1: How To Hold The power Pendulum

The first thing is to learn how to hold the pendulum.

Hold It Lightly With Thumb & Index Finger

Have a look at the illustration in your manual, which shows you someone holding a pendulum.

You're going to hold it between your thumb and

index finger and hold it as loosely as possible without the thread slipping through your fingers, or the pendulum falling down.

Hold it as light as you can without actually losing control over it.

Keep Your Elbow Floating Free

Next, make sure that your elbow is free floating, it's not resting on a table, not locked into your side, it's floating out in space somewhere.

The closer your elbow is to your body the more comfortable it can be. The further out your elbow is away from your body or higher up your elbow is above yourself, the more pronounced the swing of the pendulum will be.

So you'll find a comfortable halfway between getting a strong response and feeling comfort. In time you'll be able to do this with your elbow resting on the table as well, but initially we want the elbow to be free floating so you'll augment the response. This gives you a more powerful response and its part of the whole training phase.

Hold the pendulum, have the elbow floating freely.

Stay Relaxed & Loose

Relax your shoulder and the elbow a few times, shake the wrist a little bit to make sure everything is nice and loose, hold it in a relaxed grip then we move on to phase two of the initial training phase.

Step 2: Swing The Power Pendulum On Purpose

Step two is swinging the pendulum back and forth.

Swing It On Purpose

Consciously make it swing back and forth. Swing it one way and then the other way and get a good rhythm going.

Make Large Swings

Here's a secret. Do not make it swing a little bit -- make it swing a lot. Big, huge fat swings, that's what you want.

Remember The Feeling

Swing it and feel how it feels in your wrist, arm and fingertips when it swings, the tugging of it, the motion, rhythm all of that, just feel it thoroughly.

Step 3: Get A Genuine Unconscious Response

Stage three is once you've done that, is still the pendulum.

Clear Your Mind & Relax

Clear your mind, breathe and relax.

Focus On The Pendulum Moving

I'd like for you to do two things. Tell the pendulum to move forward and back. "*The pendulum is moving forward and back- forward and back. That pendulum is moving forward and back.*"

Imagine The Pendulum Moving

If you like, imagine the pendulum moving forward and backward.

Feel your hand and imagine the pendulum moving forward and backward. Tell it: "*Go forward and backward-forward and backward. The pendulum is moving forward and backward- forward and backward.*" Tell it, will it, desire it, feel it and know it.

Keep Going!

Keep focusing on that. Affirm it. Visualize it until you begin to get some motion. When you get some motion tell your unconscious mind to augment it more, forward and backward, more intense, bigger and wider swing.

Forward and backward, wider swing until you get a nice comfortable swing going.

Get A Clear Response

It may not be quite as extensive as when you practice it consciously and that's okay. What you're looking for is a clear, unambiguous movement, a swinging forward and backward that's clear and unambiguous to you.

Step 4: Repeat the Process In All Directions

When you have that you're ready to move on to the next phase. Once you can make it move forward and backward, the next thing to do is to still the pendulum, hold it still and then do the same thing going sideways it's the exact same drill.

Move It On Purpose

First you swing it side to side consciously and see how that feels.

Affirm & Visualize

Then still it again, bring it to a stop and start telling the pendulum, move side to side. "*The pendulum is moving side to side, left to right, side to side, left to right.*" See it, feel it, want it, left to right, side to side and so on.

Repeat On Diagonals & Circles

When you can make it move forward and backward at will and side to side at will, just because you're suggesting it and not because you're doing it anymore, then it's time to move the diagonals and then to make it move in a circle in one direction, clockwise and then in the other direction counter clockwise.

The Six Directions Of The Power Pendulum

Those are the basic six directions:

1. Forward and backward,
2. Side to side,
3. One diagonal,
4. The other diagonal,
5. Clockwise in a circle, and
6. Counter clockwise in a circle.

When you can get those six swing consistently and easily just by thinking about them and saying now swing this way or this way then you're ready for phase two.

It may take a little bit of time to practice it and that's fine, but do put the time in and get your unconscious to respond to those things first.

Then we can go on to the second training phase, which will be on the next Track.

Track 6 – Power Pendulum Training Phase 2

Time: 6m 04s

Welcome to training phase two.

Step 1: Getting To “Yes”!

Once you can make the pendulum swing in all six directions without consciously doing it, but just by imagining it or telling the pendulum to do so, the next thing to do is to get a yes response.

Expect A “Yes” Signal

Very simply you'll hold your pendulum in position and now you'll tell your unconscious mind, "*I want you to give me a 'yes' signal. Give me a signal for yes. Yes. Yes. Yes. Give me a signal for yes.*"

Consciously you're focusing on the idea of yes with utter intensity while watching the pendulum.

It could Be Any Of The Six Directions

Focus on yes and will the pendulum to give you a movement. You don't necessary need to know, which it will be. It will be forward and backward,

side to side, those tend to be the most common. It could be one of the diagonals or a circle movement you don't know ahead of time and that's fine.

Focus On The Purpose, Let Go Of The Form!

All you want to do is focus on the idea of "yes-yes-yes, give me a signal for 'yes'. *Unconscious mind give me a signal for 'yes'*", until it starts swinging in one direction and just augment that and thank your unconscious mind for having done that.

Calmly Persist!

It may take you a little while.

Some people do it within 10 seconds, some 30 seconds and some as long as a couple of minutes to do it. Put your time into it until you get the 'yes' response.

Step 2: Get A "No" Response

Now it's time to move on to get another response. Tell you're unconscious mind: "*I want to have a different response for no. Give me a no. Give me a no. Give me a no.*" No-no-no and you fill your mind with the idea of no.

Do NOT Ask For A No, Demand One!

Here is an important point. Do not ask the unconscious mind can you give me a 'no' signal, because the answer will be, yes I can. It might give you a yes signal in answer to the question but not the, no signal you're looking for, so be very precise.

"I want you to give me a no signal. Give me a no signal now. No-no-no, give me the signal for 'No'." focus on no and get a different signal for that.

Find A Different Response

On a rare occasion the unconscious mind will give you the same signal for no as it did for yes. If that happens, just have a chat with yourself just like you'd have a chat with a little child.

Say: "No that's not what I want I want you to give me a different signal so we have one signal for yes and one for no!"

Let's begin again. Start with a 'yes' signal – get a 'yes' signal, chances are it will be the same one. Then get a 'no' signal. This time it will be a different one and make sure you do get a different one.

Step 3: More Unconscious Responses

The next stage is that you want to have different swings for the following kinds of answers.

1. Rephrase the question please
2. I don't want to answer that and
3. I don't know,

The Five Unconscious Answers

So you'll end up with five possible answers:

1. Yes,
2. No,
3. Please rephrase the question,
4. I don't want to answer that and
5. I don't know.

It could be forward and backward for 'yes', side to side for 'no', circling one way for 'rephrase the question', circling the other way for 'I don't want to answer'. It might be one of the diagonals for 'I don't know'.

Notice you still have one diagonal free and that's just fine, but the key is you're taking it step-by-step getting a response for each of those five answers.

Now you have a basic signaling system to get the unconscious mind to talk to you.

Test Questions

The next stage in this training phase is to test out simple questions to see that your unconscious mind is getting the hang of this.

Ask Simple Questions You KNOW The Answer To

You're going to ask your unconscious mind questions to, which you absolutely know the answers.

For example:

Is my name Greg? or Doris?

Hopefully your name isn't Greg and Doris at the same time, because that way you can get a yes signal and a no signal.

Am I wearing a shirt?

Am I standing here naked?

Again, you want to get yes and no signals.

Am I so many years old?

Do I have this job?

Types Of Questions To Ask

Ask questions to, which you'll get an absolutely yes or no just to get a sense that the unconscious mind is getting the hand of this. Don't use any kind of ambiguous questions where you wish one thing or another.

Be sure to ask absolutely clear, no-brainer questions like

- your name,
- what you're wearing,
- age,
- profession,
- where you live and that sort of thing.

Set The Truth Compass

Once you have warmed up the responses you want to do something very important and this is what I call setting the truth compass.

You want the unconscious mind to recognize that this is not a game and that you want its answers to be true and honest.

Truth Compass Question 1

The first thing to do is get in touch with your unconscious mind and say something like

Do I have an unconscious mind?

If you get a no answer to that, that would be freaky, because your unconscious mind is giving you the no at that point.

Just have a chat with yourself and say: "Hang on a second. I know you're in there. You made this move now. So let's not pretend about it. Do I have an unconscious mind?"

Yes, great.

Truth Compass Question 2

Will you give me the absolute truth to the answers whenever I ask them?

You want to have a yes from that.

Truth Compass Question 3

Then you ask:

Are you going to give me the absolute truth to the questions I ask now and in the future?

You want to make sure the unconscious mind commits to giving you the truth, gives you the truth now and commits to giving you the truth in the future.

Once Is Enough

Once you've done this little set up, you don't have to repeat it again. Make sure the unconscious mind gets the hint. You want to get truth from it, only truth and truth every time and it's going to do the responding for you.

Why You Must Set The Truth Compass

Why do you want to do that?

You're setting the scene so that when you start using the power pendulum to question your unconscious mind and do some detective work as we'll do later on in this session that you get genuine responses.

You want to know that you can rely on your responses and this phase starts the initial training on getting truthful responses rather than wishful thinking.

Thank Your Unconscious

Once you've finished this training phase you want to thank your unconscious mind for all the effort it's put into it and then finish the session.

Once you've done that, get used to doing that and once you've done it, you've got your five answers, done your warm up questions, set your truth compass, you thanked your unconscious mind, ended the session and now you're ready for your final training phase, phase three -- which begins on the next Track.

Track 7 – Power Pendulum Training Phase 3

Time: 3m 37s

Welcome back now we're on to phase three and this is the final training phase in the use of the power pendulum.

Inoculate the Power Pendulum Against Lies

You want to inoculate for actual truth.

Wishful Thinking

Make sure the unconscious mind tells you the truth and not what it thinks it wants you to know. Sometimes we get prone to wishful thinking. We want one answer.

For example, should I take this job in Chicago?

I want it, but I don't know if I should take it, because of all these negative things. Sometimes the unconscious mind goes: "*Well I guess he wants a yes, so I'll give him a yes.*"

Make sure it gives you a genuine response.

Avoid Solving The Wrong Problem!

It's more important when you start doing investigative work like,

"Is this problem caused by Uncle Alfred telling me that I had a big nose when I was four years old?"

If you want it to be Uncle Alfred's fault, your unconscious mind will say "yes". At that point you will end up solving the wrong problem.

You might suggest to yourself that you have a little nose, "*My nose is beautiful and it's great*"

But that's not going to make any difference in terms of what you're trying to get as a result. Your unconscious mind gave you the answer it *thinks* you wanted rather than the truth.

How To Get The Real Truth Every Time!

How do you get the real truth? How do you prevent the unconscious mind from just lying to you to be nice?

Set A Thought Trap For Your Unconscious Mind To Avoid

Here's how you do it. The essence of it is what we did in phase two. Do you know how you thought about yes, yes, yes and got a 'yes' response?

Now you can reverse it. You're going to ask a question to, which you know the answer.

For example, "*Is my name Alfred?*"

Assuming your name is Alfred, you know you're going to get a 'yes' response.

Now you think mentally "No-no-no my name is not Alfred; no-no-no"

And you watch what the pendulum does.

Teach The Unconscious How To Answer True

If the pendulum says 'no', the unconscious mind is giving you what you are thinking about rather than a true answer to the question.

At this point, you have a chat with your unconscious and say:

"Hang on unconscious don't give me what I'm thinking about, don't give me what I want, give me the absolute truth."

Repeat Until Success Is Normal

Do it again until you can think of a no, but get a 'yes' response.

Reset The Power Pendulum Each Time You Start A New Session

Incidentally, I should mention that whenever you start using the pendulum for any new session, you get the five answers:

- Yes,
- No,
- Rephrase,
- Don't want to answer,
- I don't know,

You want to reset those.

Although they tend to be similar each time, it won't always be the case. Sometimes the unconscious mind will choose different directions to answer questions in a different way.

Start each session by setting those five patterns ahead of time.

Reset The Answers Before Testing For Truth

Now that you're into training phase three, you start by setting those five answers. Then ask a question to, which the answer is absolutely yes, like is my name Alfred and you think no-no-no-no.

If it gives you a 'yes' response while you're thinking no, you're doing great. If it gives you a 'no' response, then you need to have a little chat with your unconscious and say "*Don't do this. I want the real answer!*"

Go to the point where you can ask yourself a couple of questions, maybe three or four in a row to, which the answer is 'yes', but you can think no and vice versa. Questions to, which you know the answer is 'no', but you think yes. You're not just getting the same response each time you're getting the absolute truth.

Then you mix them in. You think no questions and get 'yes', think yes and get 'no', and make sure you get the correct response each time. When you get this consistently, congratulations you're ready to use the power pendulum as an immensely powerful tool for personal change.

Until then, practice. Using the power pendulum is a vital phase in your training.

Track 8 – Discover The Unconscious Review

Time: 15m 58s

Now that you have the power pendulum working and responding to you, I'd like to introduce you to the Unconscious Review.

Get To The Root Of The Problem

The Unconscious Review is a way of using the power pendulum that will tap your unconscious mind and navigate through the hallways of your memories to find the roots to problems and releases to things.

Essentially, if you have a dirty goal -- in other words conflict between the conscious or unconscious -- it allows you to find out the actual problem and how to resolve it.

There are a couple of things you should know about the review process in terms of your overall knowledge and strategies. On the next track I'll take you through a step-by-step questioning system you can follow to help you with this. I want you to get used to the idea of the Unconscious Review first.

Important Insight 1: Unconscious Reviews Are 100% Safe!

First of all, the primary reason for doing an Unconscious Review is like a hypnotherapist doing a regression on you.

This is a controlled regression. It takes you backwards in time to previous events to find out where things start and how to fix them. The thing to realize is, when you're using the power pendulum it's totally safe, because your unconscious mind still has its regular defense mechanisms going for it.

Allow The Unconscious To Set The Pace

Sometimes your progress will be quite slow and that's okay. It's your unconscious mind putting your defense mechanism up to partly put you off or partly slowing you down so by the time you get to the material you're looking for, you're ready to handle it.

Important Insight 2: Unconscious Defense Mechanisms

The strategies the unconscious mind uses to slow you down or put you off are things like making you feel as if you're uneasy while thinking about it. Making you feel hazy in your mind so you can't think of good questions to ask. Making you feel like I don't want to do this, getting a sense of going nowhere and blocking questions and things like that.

Important Insight 3: Persist!

These are all natural mechanisms the mind uses. Recognize them as natural defenses as proof that you're on the right track and persist. When you're using the power pendulum you can't go wrong, because you're going at your own pace. There is no one pushing you or doing things to you.

You're always in an interaction with your unconscious mind and your unconscious will only reveal material at the right breaking pace for you.

Important Insight 4: Insight – v – Catharsis

This takes us to a very important idea. What is it you're trying to achieve when you're finding this material?

Two essential things:

1. Insight
2. Catharsis

What Is An Insight?

Insight basically means you get a sense of "*Oh, I get it. I know how it started and now I know how to fix it.*"

What Is Catharsis?

Catharsis is when it just gets fixed, when you have a spontaneous release. You think of a situation and go, "*Oh my! It's because Uncle Alfred told me I had a big nose and as I think about it it's not that big a deal anymore.*"

Therefore, you actually had the emotional release where as in the past when you thought about Uncle Alfred you might have still been upset about it with him.

Important Insight 5: Catharsis Does NOT Automatically Follow Insight!

Here's something important for you to realize. In the early days of psychology, people used to think, and this is Freud's fault, that insight lead to catharsis.

In other words, just by the fact that you recover material or have an insight into something, you automatically have catharsis and your life will be better. This is *not* the case.

Catharsis can often follow insight and sometimes follow it hand in hand and that's great. Sometimes you have catharsis first and once the emotion is released the unconscious says, "*Oh by the way, you may as well remember the memory now, because it's safe now and that's fine too.*"

Important Insight 6: Insight Is All You Need For Power Self-Hypnosis

If you happen to have spontaneous catharsis, fantastic then you've resolved the problem without technically doing self-hypnosis.

However, I'd like for you to realize that you don't have to get catharsis straight away. It's enough to get insight, know what the problem is, because now you can use the CAVE cycle to overcome the problem.

How To Use Insights With The Power Self-Hypnosis Method

Let's imagine that you have self-confidence issues and you have to do presentations, maybe go to lots of interviews to get a job and you're shy about it and don't know what to do. You might try saying things like

*I'm confident and I'll do great in this interview.
I'm confident and I'm a great interview candidate.*

What If Regular Suggestions Fail?

You might try that for a while and realize something is not working, for some reason that suggestion isn't working for you, so out comes the power pendulum.

You do a series of questions. It may take you a couple of hours, couple of days or minutes, you don't know.

Step 1: Find The Root

What comes out is the that root of this was something you heard. Uncle Alfred, when you were five years old, told you what a big, ugly nose you had. You cried like a baby, because you were and ever since then you've had self-esteem issues. Your unconscious still thinks your nose is ugly.

Step 2: Fix The Root Of The Problem Not The Surface

At that point you know how to solve it. Before you go down to the interviews you spend 21 days cycling through the idea that you have a perfectly normal nose, your nose is just fine.

My nose is just fine the way it is.

If you want to go for it you might even say:

I love my nose. I love the way it looks it's just fine.

Fix The Negative Blueprint At The Root

This is counteracting that initial negative suggestion put into your mind by Uncle Alfred. So when you have insight you have the key to resolving initial conditions. You can even say:

Uncle Alfred was wrong my nose is beautiful. Uncle Alfred was wrong my nose is beautiful.

You can go directly for it, indirectly for it, you can fix the harm any way you want. Once you have insight you know what to fix. Now you're fixing the correct problem, which in this case is the nose issue rather than the problem you think you have, which is the interview thing.

Fixing The Root May Automatically Fix The Surface Too

Once you fix the nose thing chances are you'll have no problems with interviews anyway.

If you do [still have problems with interviews], then the interview suggestions will start working, because now you've cleared out of the way the underlying contradiction, the conflict the thing that created the dirty goal was the unconscious mind going

I can't show my face in public, because I have a big ugly nose.

At the same time your conscious mind is going,

But I want this job. I've got to go for the interview.

Instead of having that conflict and the conscious mind saying "Okay we're going to be confident in this interview, cool, calm and collected" and the unconscious mind saying, "But they'll see my nose! How can I be this way?"

If the suggestion isn't working it's, because the unconscious mind is going, "No this nose thing is still a problem!"

You resolve the nose thing and suddenly the conflict disappears. A regular set of suggestions at that point will resolve the interview thing or you may not even need it, because it happens spontaneously.

The Power Pendulum Takes You To The Root

Use the power pendulum to get inside. If it happens to be resolved with catharsis, thinking about your Uncle Alfred and realizing how ridiculous it was what he said and how your nose is beautiful now especially that you've had plastic surgery, say

I haven't got a problem with this. My nose is great.

Think about the interview and go

They'll see my nose and see how great it is. I'm bound to get this job.

If catharsis follows fantastic if it doesn't, use the power of self-hypnosis to lead to catharsis to fix the original problem, the real problem and then let nature take care of itself.

Get The Unconscious Mind On YOUR Side!

The next thing to realize about the unconscious review is that you want to get the unconscious mind on your side and work with you.

Sometimes when we have what we consider to be a problem, and the unconscious mind has no idea it's a problem. It thinks it's actually doing a pretty good job. Let's go back to the idea of the interview.

If you said to your unconscious mind, "*I want to fix this interview thing*" -- the unconscious mind says, "*Wait, I don't see a problem with this I'm pretty happy this way. I get to sit at home, watch TV, eat potato chips, who needs a job?*"

At that point, you need to tell your unconscious mind

*"Hang on this **is** a problem. I want to grow as a human being and have these good things in my life and this thing is holding me back. Do you realize that?"*

The unconscious mind goes – No.

Then you may need some suggestions at that point to say

My unconscious mind is realizing this is very important to me and it's time to change.

So you're putting a new program in the blueprint that says:

Unconscious mind you'll have to acknowledge that it's important to me and it's time to change.

At that point the unconscious mind goes, "Okay. That's important to him. It's time to change."

Now, you can go back and say:

Let's change it.

The unconscious mind goes, "All right then."

Why?

Because now it has a reason to change it, because it understands that it's important. Sometimes it's enough to ask if he realizes it, and if he goes "No" telling it "Well it's important!"

Then the unconscious mind goes,

"Okay got it! Okay boss, ready to roll!"

And that might be enough. If it isn't, use the power of suggestion to make the unconscious mind realize it.

You Always Have An Option To Troubleshoot A Problem

If you're still stuck, go right back to the insight process to find out why you're stuck. You might come up with an Uncle Alfred thing again. This way you always have options on where to go.

Option 1: Check The Unconscious Acknowledges The Problem

First it might be the unconscious mind doesn't realize there is a problem and it's protecting you with the ugly nose by not letting you go outside. You need to tell it "*I've got a problem.*"

It goes, "*I don't believe you. I'd rather stay indoors.*"

Now you use suggestion to correct it to say, "*I do want to resolve this!*"

Option 2: Regular Suggestions To Get Unconscious Acknowledgement

And it goes, "*Okay, that nose thing is still a problem, but you don't know about this yet.*"

Then you try the regular interview suggestion.

Option 3: Unconscious Review – Find The Root

Lets say that doesn't quite work out so you go back to the drawing board and say

"Where did this whole thing start?"

You find out about Uncle Alfred, fix that, at which point you have a beautiful dainty nose and the world becomes your oyster again.

The Power Self-Hypnosis Method Is Very Strategic

Notice how you're now applying your power of self-hypnosis in a very strategic manner?

I can't emphasize enough how important this is. If you just go to regular self-hypnosis programs, most people just teach you the bits where you go into trance to affirm something and come back out feeling great. For 78% of the problems you'll face that's just fine, it's more than enough.

How To Guarantee Results

What I'm interested in is creating a system that's totally rigorous, professional and will work for you every time provided you work the system.

This is the beauty of the power pendulum. The power pendulum allows you to strategically troubleshoot any problems that you have.

You won't necessarily begin with a power pendulum, but you will end with it if your regular ways of approaching things aren't working out. Now you have a terrific amount of choice.

Insider Tips For Other Uses Of The Power Pendulum

Insider Tip 1: Check The Unconscious Likes Your Suggestions

Another couple of things you can do with a power pendulum, and this is something as I said, a routine, is you may want to check with the unconscious mind if it likes the suggestions you're going to give it so that you get the unconscious mind's approval before you begin.

For example, let's say you're going to use the power of self-hypnosis to make yourself a master of self-hypnosis. You check with the unconscious mind

"Do you realize that I want to be a master of self-hypnosis?"

The unconscious mind goes "Yes!"... Great!!

"Now, unconscious mind I'm going to use a suggestion,

"I am mastering the power of self-hypnosis in my life"

OR

"I'm mastering the power of self-hypnosis to be a force for good in my life whatever you choose."

Then you say to the unconscious mind,

"I'm going to use this affirmation suggestion. Is this an affirmation suggestion, which will get me what I want to have?"

The unconscious mind goes "No."

"Should I change it to:

"I love the power of self-hypnosis?"

It goes "Yes."

Insider Tip 2: Get An Unconscious Commitment

"If I suggest I love the power of self-hypnosis, will you give me what I want? Will you make me a master of self-hypnosis?"

"Sure."

Now you've played a little trick with the unconscious. You've made it assume responsibility for the outcome. It's agreed to get the job done. If it's agreed, it will have to be consistent with it. It doesn't guarantee results, but it stacks the odds in your favor again.

You can test the suggestions before you spend 21 days trying them out, test them out ahead of time saying,

"Hey unconscious do you like this?"

I did this myself when I had a tele-seminar to teach and I was getting ill. I could barely speak so I sat down with the power pendulum. I wrote down a list of questions. I'll show you how to do that on the next track.

Basically got the idea of "*Why am I ill right now and how can I resolve it?*"

It turns out that I had this idea somewhere inside me. A friend said to me years ago that in order to make massive personal changes you go through a phase of being ill.

It's not the case, but I had this idea inside my mind and because I'd been using self-hypnosis a lot to make a lot of changes in my life, my unconscious mind said, "*Okay, I guess it's time to be ill.*"

As soon as I realized this I said,

"I don't need to be this way anymore so I need to have this call tomorrow.

"It's very important that I do and do you understand that?"

"Yes."

"What suggestions should I say to make that happen?"

And I can't remember exactly what I said, but something like

"I can make healthy personal changes and stay healthy all the time,"

something along those lines.

It didn't like the first or second formulation, but it liked the third one

"Yes, I like that one I'll go with that."

I asked how often I should do it and it said,

"Well, seeing how it's tomorrow, I want you to do three sessions of 21 repetitions."

I did three sessions of 21 repetitions, done. I went to sleep.

The next morning I woke up and while I wasn't perfectly healthy, my voice was more than good enough to do the seminar and no one knew the difference. By the end of the day by the way, I was perfectly healthy again so it just took a little time for the whole thing to clear.

So notice how the power pendulum has so many options, gives you so many choices. It's a very important tool and one of the reasons we spend so much time teaching you how to master the power pendulum to make it work for you rather than works sometimes and kind of doesn't work at other times.

Keep A Record Of Your Questions

The final thing I want to talk about in terms of the unconscious review is keep a list of questions.

Prepare Questions Ahead Of Time

When you're about to use the pendulum it's a good practice to sit down ahead of time and think of about 10-20 different questions you want to ask.

Remember, you're playing detective here so it's like playing 20 questions. You're going to get yes/no responses, so you have to get very good at teasing out the right kind of questions to get at the kind of answer that you want.

Learn From Past Questions

I'll show you how to do that on the next session. For the moment though, the important thing to realize is to keep a record of those questions and the answers you get. It not only makes fascinating reading it teaches you about your own mind.

- When you review those records over time you'll notice, first of all, that you're succeeding at stuff, which is good.
- Secondly, you'll notice patterns in the way your unconscious thinks, which will help you ask better questions later on.

Summary Of The Unconscious Review

Let's recap quickly on what we learned on the unconscious review stage.

1. Get Insight Safely

First of all, you can use the power pendulum to gain insight and sometimes even spontaneous catharsis from a problem.

The insight is like a hypnotherapist regressing you only it's safe, because you're going at the rate and speed that your unconscious mind knows you can handle.

2. Get Acknowledgement And Permission

Secondly, you're going to get recognition and permission from your unconscious mind to work on the problem.

If it says you're not ready to work on this problem just yet, get a time scale.

Can I start in 10 minutes?

An hour?

Two hours?

OR

Tomorrow?

Make sure the time scale is pretty soon so you get to do what you want. Give your unconscious mind a little time to set up the scene, recognize there's a problem then if you need to you can go back to the insight thing and find out what's going on.

3. Check Your Suggestions & Get Unconscious Commitment

Finally, test your suggestions out beforehand.

Get your unconscious mind to respond and commit to responding to the various suggestions that you'll be using ahead of time. That way you have all the balls in your court and you're ready to rock and roll.

As soon as you're ready to learn a very simple questioning strategy, move on to the next Track.

Track 9 – Your Step By Step Questioning Strategy Revealed

Time: 19m 21s

Now we're going to go through a step-by-step questioning strategy that you can follow as part of your way of getting insight, getting to the root of the problem.

Step 1: Calibrate The Power Pendulum

The first thing to do is get your five answers:

1. Yes
2. No
3. Don't know
4. Don't want to answer
5. Rephrase the question.

Get those five each time you start a new session, because sometimes they change and you want to know ahead of time what your unconscious mind wants to tell you.

Step 2: Warm Up The Power Pendulum With Questions

The next thing to do is to warm up or prime the pump.

Get the unconscious mind ready to respond. Ask some no-brainer questions; get some yes and no signals. If you want to test yourself, get it to answer 'yes', to a yes question whilst you're thinking no and so on just to make sure the unconscious mind is giving you general responses. This sets the scene and gets you warmed up for everything.

Step 3: Get Acknowledgement

The next stage is the first part of the troubleshooting process.

You're going to ask the unconscious mind if it recognizes that this situation is a problem. As we mentioned before, the unconscious mind doesn't always know that the thing you want to work on that you consider to be a problem is actually a problem.

It might like it, because it keeps you safe, out of trouble, fulfills some other function the unconscious mind is trying to do for you. The very first thing to do is make sure it recognizes that it is a problem. If the unconscious mind does not recognize your problem then you have two options.

Step 3(A): Talk To Your Unconscious

The first is a very quick chat to yourself.

Say

"Unconscious this is important to me you need to change this for these reasons so I want you to recognize that this is a problem for me now."

Ask it again,

"Do you recognize it?"

It might say "yes", at, which point you're ready to rock and roll.

Step 3(B): Use Suggestion To Get Unconscious Acknowledgement

If it still says no, then now you use the power of self-hypnosis method to get the unconscious mind to recognize that you have a problem.

So you stop the procedure there.

Spend a couple of days getting the unconscious mind primed, telling it

"Situation (X) is a problem for me and the unconscious mind is recognizing that now it's time for a change."

Do that for a few days and check in again. Do it for a few more days and check in again. You don't necessarily have to go for the full 21-day cycle, you may need to, but you want to check in every few days to see if the unconscious mind has the hint yet.

All you want to do is get enough leeway to do the work you need to do and then carry on doing the real work. Do that and test every few days until the unconscious mind realizes this is a problem and acknowledges that it's time for a change.

Important Principle 1: Behavior – v - Intention

The next two stages are more strategies, ideas to keep in the back of your mind than actual questioning processes you go through.

The first thing is what I call behavior versus intention this is a very important point.

Every Behavior Is Motivated By A Positive Intention

Every behavior that you have is motivated by some kind of positive force or intention even though you may not realize it at first. Even messed up behaviors have a positive intention -- to maybe protect the person, keep them healthier, happier, whatever.

Example Of The Positive Intention Behind A Negative Behavior

For example, think of some grumpy old fogey who is miserable and shouts at everyone that tries to speak to him. Everyone might think that is very bad behavior and it can't possibly be a positive intention. The intention has to be mean and nasty and mean and nasty to the rest of the world.

Why would he want to be mean and nasty?

People aren't irrational. Why would his unconscious mind cause him to be this way? How about he had some bad experiences growing up?

He learned to cope by attacking first, so rather than trusting the kids in his school then being teased for it, he learned to be grumpy and nasty to them to push them away before they had a chance to be mean and nasty to him or push him away. So that grew into a bigger pattern as he went through life and now just knows how to be grumpy.

It's all he knows, but his unconscious mind is trying to protect him from the nasty kids even though he doesn't need that anymore. This is a very important thing to realize, because when you understand what the intention of the behavior is you can start programming your unconscious mind, you rewrite the blueprint so that you get the intention in a better way.

If you want to be safe, not having people call you nasty names and so on, what better way to do it than to be this very pleasant charismatic person? When someone does become nasty to you, you have this over abundance of happy emotions that is water off a duck's back.

Isn't that a much better way to protect you from nasty comments and nasty people?

So you have your friends to rely on to pep you up and you have this deep inner sense of self-esteem and trust so you don't need to be grumpy to people anymore.

At that point, the intention is satisfied, the unconscious mind is happy and going, "*Oh, I like that idea I'll run with that and now!*"... it no longer needs the behavior, in other words, being grumpy.

The Key Ingredient To Change

This is a key ingredient particular to changing habits, nail biting, going to the gym, overeating and so on. You need to understand what the purpose of the behavior is. Is eating because you like the taste of food – are you just a *Bon Viveur*.

Are you eating a lot, because eating means love to you and when you're upset you eat more food so you can feel good about yourself?

Are you eating, because your unconscious mind is trying to protect you from sexual advances from other people?

What is the intention?

Is it protection from advances, is it to make you feel good when you're down in the dumps, is it just because you enjoy eating good food what is the intention of it?

Negotiate A Better Deal!

Once you get the intention you can have a chat to your unconscious mind and negotiate a better plan.

Example Negotiation 1

For example, you love eating good food, because you enjoy good food. How about, you enjoy a thoroughly good meal once a week and the rest of the week you behave well and eat the kind of stuff you should be eating?

More importantly, because the unconscious mind can have any experience it can cause you to love eating salads and healthy foods as much as you used to enjoy eating all of the other kinds of foods. Now you have balance. You

get to have a big meal and have a lavish meal and enjoy that and the rest of the week or month you get to be just as enthusiastic about foods that are healthy for you.

Now you have the power of self-hypnosis working for you and you're working hand in hand with your unconscious mind. This helps you to troubleshoot all kinds of problems.

Example Negotiation 2

Let's turn to another idea. Let's say you were overeating, because eating picks you up and makes you feel love when you feel down in the dumps. Let's say you use the power pendulum and find out that when you were a kid your mom used to make you a meal, kiss you on the head and say eat it all up and mommy will love you.

So eating everything up on the plate is a way of getting mother's approval. If you eat a ton of ice cream it's like every little spoonful is a spoonful of love. As soon as you realize that you know what the solution is. You can correct your thinking by saying

"Hey, food isn't love; love comes from the inside."

"Every time I need love, I can just think of my friends, family and all of these happy memories that I have. I can be inundated with as many of those as you want."

You'll be as obsessive and compulsive about thinking happy thoughts, recalling wonderful experiences, talking to your friends and having a great time as you used to be about pulling five gallon boxes of ice cream out of the fridge and stuffing yourself with them.

Why?

Because you're giving way to the intention again, the intention is to pick you up, to make you feel good when you're down in the dumps.

Example Negotiation 3

Let's look at the final possibility, the idea of eating to be fat as a sense of protection. It's a good thing to be protected and there are many different

ways you can be protected. There's nothing wrong with you being sexually attractive and still being protected.

For example, you can learn to be affirmative and assertive so when people do make some advance to you, you can say thank you very much for the offer, but I'm not interested and then walk away.

Perhaps at that point the solution is to work on self-esteem first, work on being more assertive next and when you have self-esteem or are more assertive, you don't need the fat anymore as protection because you have much stronger protection, the protection that comes from deep inside you.

In fact, you might even use that as your set of suggestions.

"I don't need to be fat when I have my unconscious mind to protect me. I can feel good and assertive at any point in time. I can be so strong, because now I have the unlimited power of the unconscious mind on my side."

The Problem IS The Solution

Do you see how the power pendulum allows you to accurately pinpoint the real cause of the problem? Immediately it suggests the real solution.

Rather than you standing there and creating a superficial solution like I'm going to eat healthy and love eating healthy, which might work for most people, but if it doesn't work you'll know how to troubleshoot it, find out what the real cause is, what's slowed you down and stopping or preventing you and you get to fix that.

Important Principle 2: Goal Behavior – v – Goal Conditions

The next thing and this is something you want to check in terms of your questioning process, is to find out why you're doing certain things.

The intention behind the behavior is one thing, but the other thing is also do you have a behavior or a condition?

Two Reasons For Overeating

Let's look at the behavior of overeating. You might think overeating is a problem and in our example it could be one of two things.

It could be a behavior problem, because the unconscious mind just got used to eating and likes it. Maybe it likes the taste of food or something like that. Or it could be because it wants the condition that eating a lot does. Eating becomes a way of supporting a condition of being fat.

When you look at it in terms of behavior and condition, and look at it in terms of behavior and intention, it starts allowing you to figure out what's going on so you can solve the actual problem.

Interim Summary

Let's have a quick summary of where we are so far.

Step 1: Calibrate The Power Pendulum

You're going to start off by resetting the five answers to the questions

1. Yes
2. No
3. Don't know
4. Don't want to answer
5. Rephrase the question.

Step 2: Warm Up the Power Pendulum With Questions

You'll do a warm up process; ask a couple of yes/no questions so you get the unconscious mind used to answering you.

Step 3: Get Acknowledgement

Now we have the recognition that you're having some kind of problem and this situation you're facing is a problem in your life.

Important Principles: Intentions, Behaviors & Conditions

Next, you're strategic thing in the back of your mind is asking "*What's the intention behind these behaviors, behind this problem, and is the behavior the problem or is the condition this behavior creates the problem? What am I fixing here?*"

Step 4: Get Permission To Explore The Problem

The next thing you want to do is get permission from the unconscious mind to do some exploration. This is an important stage. Remember, you're unconscious is there to protect you. One of the ways it does that is by creating amnesia -- "*I need to forget your memories, certain memories that aren't pleasant to remember so you get protected from them.*"

Give The Unconscious Mind Time

If you're about to start delving into it you need to tell your unconscious mind, "*we're about to take a joy ride down this lane is that okay with you?*"

If you surprise your unconscious mind with your request it might go, "*I'm not ready with this yet. I haven't got a plan of action on how to protect you whilst you're doing what you want to do so the answer is no.*"

At that point you say

How much time do you need to be ready?

Ten minutes? No.

One hour? Okay, an hour.

In that hour's time your unconscious mind does whatever it needs to do in order to organize that memory in a way that you can deal with it safely.

Come back And Check That You're Good To Go

When the hour is up you come back again, restart the whole power pendulum process by setting the five questions, doing a couple of yes no questions, getting to recognize the problem, these are all set up things,

getting permission, saying the hour is up. Are you ready for it now? Sure, great let's dive in now.

Again, you're making sure the unconscious mind is on your side, you're not fighting it or resisting a natural process, you're making it work for you. As a rule you should get permission to do what you want to do within a few minutes and the latest in a couple of days.

Troubleshooting Continuous Refusals

If your unconscious mind is saying *NO* – after a couple of days then you might want to give it a good talking to. Say,

"Hang on a second this is very important to me and I need to deal with this."

Maybe ask it,

"Is something else going on that I need to deal with first before I'm ready to deal with this?"

Then you go through the whole question process then to find out what that other thing is first.

Check For Other Issues

In other words, you go through some support mechanism before you're ready to deal with the real issue that you're looking at.

For example, let's use something we've been talking about already. Let's assume someone is overweight and the unconscious mind wants the person to be fat as a way of protecting them from unpleasant events.

Let's say this person was sexually abused as a child in a mild sort of way and that's caused the whole pattern to go on. The unconscious mind wants to protect that and might say hang on this person is not strong enough to deal with the fact that this happened to them.

"I've protected them and made them forget about it so they can get on with their life they're not ready to handle this yet."

Before it will release that memory it's going to say to you

"Well, you're going to have to be a different person before I'm ready to release that memory."

Then you go through the question process. Say

"Okay, what's going on what do I need to do first?"

Then somehow the idea comes up to you that I have to be more assertive so I can deal with more difficulty in life and a little bit more level headedly.

Then you go through the process, go back to being strong as a child. Make some suggestions about being assertive, strong and healthy and that sort of stuff. Your 21 days are up. You're feeling more assertive, healthier than before, stronger, you can take criticism, go through tough times and be okay with it.

Now your unconscious mind goes

"Okay, this person is ready now. They are ready to handle what happened back then so they can clean that stuff up."

You Can Seek Professional Help With Larger Issues

By the way, notice that we're going into some pretty heavy territory. I happen to think that you can deal with most things with self-hypnosis and I also recognize that this is a very valuable place for having experts in fields in other words, therapists, hypnotherapists and so on, help you along the way.

The role of a therapist is to help you create solutions more quickly and easily. I, of course, as a hypnotherapist, am particularly partial to the idea of hypnotherapy I think it works very quickly; it's very effective and efficient and gets great results for people.

Just because you have thousand power of self-hypnosis at your fingertips, it doesn't necessarily mean that from time to time you may not want one to one go to a specialist for help.

Sometimes you get stuck and say

"Hang on a second I'm not getting this whole assertiveness thing going for me.

"Maybe I'll go to some assertiveness training, get some valuable experiences from that, use that as my foundation, put some suggestions around that and that's how I'll grow and learn."

Listen To Your Hunches

Remember, your unconscious mind finds solutions in many different ways and maybe as you're giving yourself the assertiveness suggestions, you might say, an assertiveness course might be the quickest way to getting where it wants to be.

Whilst you're sitting there thinking all I've got to do is say these suggestions, your unconscious mind has other plans.

If it spots the same article on assertiveness training over and over again over the course of a couple of days and you see assertiveness trainings all over the place, this could be a hint that the unconscious mind is giving you saying *Take this route this will get you there more quickly.*

So go,

Okay. I guess my unconscious mind is giving me a hint here and do it.

You go to the training and inside of days you have the kind of success and advancements that might have taken you months or even years of work on your own to get.

Please bear in mind this tool is just that, a tool. Keep it in context. Your unconscious mind knows many different ways to resolve things so listen to it. If you've got a hunch to do one thing, do it. If you have a hunch to go somewhere else, do it.

If you start looking in the yellow pages and constantly come back to the same hypnotherapist over and over again, if you're getting curious about it and that sort of thing that could be a hint from your unconscious mind to give it a go – so give it a go.

That might be exactly what you need to do for the next phase in your development. So recognize that the power of self-hypnosis gives you solutions in many different ways. It may not be in the ways that you expect but be open to it, because that's part of the process.

The Five Magic Questions

Let's assume now that you have permission to make the change. Now you're ready to play detective. You're going to do this by playing 20 questions.

The key questions to think about are:

1. Who,
2. When,
3. Where,
4. What and
5. How

The How Question

How did it happen?

In other words, do you have some imprint did someone say something to you?

- Is it something you heard?
- Is it a belief you've got, a feeling you have?
- When did it happen?
- Where did it happen?
- Who was around you?
- What was the context?
- What actually occurred?

The order of that I like to go through how is,

Is it an imprint, something that happened to you that made you believe something or is it a feeling, which is pulling you back -- like shame, guilt or fear?

The 4 'W' Questions

Once you've got the how you can find out where did that how begin? When was it?

You can find a way of going back in time. Ask, was it in the last 10, 50, 30 years and so on? When you find the time you can start guessing around the time.

Okay, it was when I was give years old.

Was it the birthday party? No.

Was it this event? No.

Did it have something to do with Uncle Alfred? Yes.

Was it when Uncle Alfred said you've got a big nose? Yes.

Check For Spontaneous Catharsis

Bingo, you've just hit the event now you have the insight. Now you can ask your unconscious mind,

Okay, given that I know what it is now and I realize that my nose is the same as everyone else's -- it's perfectly fine -- is this a problem for me now that I've realized this or have we released that?

The way to ask that is;

Is this still a problem for me?

And the answer goes **NO**.

Have I released it? Yes.

Can I now move on with my life and know that my nose is perfectly fine?
Yes.

Great you're done and nothing else needs to be done. The uncovering process has created catharsis. The memory has been released and you're ready to roll.

If, on the other hand, you say, now that I've got this memory and there is insight,

*Am I done with this whole nose thing now? **No.***

*So, I still think that my nose is ugly? **Yes.***

Okay, great now I'm going to do some suggestions around that.

*If I suggest now for my self-hypnosis cycles that my nose is perfectly formed, it's no different than any other nose and I can feel confident about who I am and how I look, will you accept that? **Sure.***

Great, you now know how to do it. You know what to do for the next 21 days and that is your cycle. When you're done you'll have cleared up that memory and be free of that limitation.

That's basically, the questioning strategy process in a nutshell. Play with this and get used to it. There are little subtleties that happen here, but there is a lot of power. This is one of the most crucial troubleshooting stages in self-hypnosis.

Very few programs teach something like this and when they do it means that you get to solve the reasons why it will fail for other people. You now know how to make self-hypnosis work for you and you've got some vital keys on how to overcome the difficulties that keep other people stuck even if they know how to use the power of self-hypnosis in their lives.

Track 10 – A Few Special Points To Bear In Mind

Time: 3m 46s

Before we finish today's work on troubleshooting using the power pendulum, there are a couple of special notes I'd like you to be aware of.

Stick To Psychologically Sound Territory

First of all, when you use the power pendulum, you'll be using it psychologically that's what it's been designed to do in context of the Power of Self-Hypnosis Method.

That means if you're going to read other people's minds, if you were to say for example, does so and so love me?. If you want to predict the future or the winning lottery numbers for next week.

Avoid ESP Or Occult Questions

If you were going to do something, which requires extra special knowledge, which doesn't exist in the normal five senses or normal realms, at that point you're going to taint the use of the pendulum to give you questions or answers to things that it's not designed to do, at least not in the context of this method.

I strongly recommend that you avoid doing that so the power pendulum works for you exactly as you intend it to. If you're going to do any kind of things like divination or anything like that, it's entirely up to you but use a different system like tarot cards, dice or something else. Do not use the power pendulum to do that.

You're going to keep those two sides of your life totally separate so that you have something, which is systematic, workable and presentable.

Are You Really Tired?

The next thing to do is to realize that from time to time you get tired and so does your unconscious mind. If you get tired, if you start getting silly responses or you start feeling fatigued, etc., recognize it's one of two things.

It's either a defense mechanism or you're just absolutely knackered and it's time to go to bed.

If you are tired, take a break and that's fine.

In time you'll learn to recognize the difference between your unconscious mind using it as a defense mechanism, saying I'm tired. Its saying "Don't go there. Let's avoid doing this."

If it does that then feel free to keep pushing through it, because you'll uncover the material at the right rate for you. If, on the other hand you can just barely keep your lids open, because you're very fatigued -- go to sleep. Its okay! Tomorrow is another day and you get to do work then.

Only Ask Loaded Questions

Finally, it's very important when you're asking questions of the unconscious that you make sure they're loaded in your favor. Always ask a question along the lines of if. How can I do this? Can I do that? That sort of thing. Don't ask "why?" questions and don't ask questions "Can I? Am I able to do this?".

For example, can I change the way I feel about myself in this situation? No.

Where do you go from there?

You're stuck. The fact is you can change anything about how you look, feel, think or act -- anything. Why give the unconscious mind an out?

Ask it:

How can I change?

I want change in this way. Is it appropriate? No.

I want to change in that way. Is that appropriate? No.

That's fine, but not:

Am I able to change?

Do I have the capacity of change inside me?

If the unconscious mind at that point says "No", you're screwed. And you screwed yourself!

Therefore, don't give your unconscious mind an option to stonewall you by saying "No" conclusively to something. It's going to require you to do a little bit of thinking ahead of time so that your questions don't lead down a blind alley that it's going to be difficult to get yourself out of.

Remember those special cases. It's okay to be tired so have a rest. Stick with it, so if you're tired, but not very tired. Then it's a question of a defense mechanism just go through it. Avoid, shall we say, more esoteric uses of the pendulum. Don't use it for dowels or predict the future, read people's minds and that kind of stuff.

Finally, make sure the questions you ask are good questions that get you to where you want to go and don't offer the opportunity to the unconscious mind to stonewall you and say "*No, we're not going any further than this.*"

If you do these things you're going to have a powerful tool on your fingertips, literally, that will help you troubleshoot most problems you'll come across in self-hypnosis.

Track 11 - Bonus CD 3: How To Use The "Cryptic Alphabet System" To Troubleshoot Conflicts With Your Unconscious Mind

Time: 0m 39s

Before we end this recording I'd like to let you know there is also a special bonus CD. This is bonus CD three, which has even more uses of the power pendulum.

In particular we're talking about a special cryptic alphabet system that will allow you to get the unconscious mind to spell out exactly what the problem is. That takes a bit more training and more information, so I put all that information for your use on bonus CD three.

As soon as you're ready, jump on to that and listen to it. It gives you even more in-depth uses of the power pendulum that will take the stuff you learned here into greater depths still.

Track 12 - End of Day

Time: 1m 12s

This is the end of day five of the Power of Self-Hypnosis For Guaranteed Results Home Study Program. Today you discovered how to connect with your unconscious and use the unconscious review to get unstuck.

Tomorrow, we'll focus on some advanced suggestion strategies that will be especially important to people with overactive conscious minds. You'll get the inside track on four different ways to shut down the gatekeeper and prevent the conscious mind from messing up all the good work you've done in self-hypnosis.

Not only that, you'll also get a chance to experience these advanced suggestion strategies in action. I look forward to seeing you tomorrow on day six of the Power of Self-Hypnosis.

Day 6 – Your Advance Suggestion Strategy Toolkit For The Mind

Track 1 – Day 6 Introduction

Time: 1m 33s

Welcome to the Power of Self-Hypnosis For Guaranteed Results Home Study Program. This is day six of your exciting seven-day journey to thoroughly master the power of self-hypnosis.

Today's session is called **Your Advance Suggestion Strategy Toolkit For The Mind**.

In this session, we're going to find out how to prevent the conscious mind from interfering with all of your good work.

First, we'll examine the four Taoist sages, the four advanced suggestion strategies that will shut off any interference that your mind might project. We'll focus on each of the four sages in turn so you can understand how to make it work for you.

Then we'll practice using each of these advances suggestion strategies so you get a full experience of the toolkit you have at your disposal.

Now, why not take a chance to discover for yourself the amazing powers that you have inside you, because once you're ready to do that, just sit back, relax and enjoy the power of self-hypnosis.

Track 2 – How To Defeat Conscious Interference

Time: 10m 41s

Welcome to day six. I hope you've been practicing your awakening induction. If you have done it today yet, then can I strongly recommend that you go and listen to that first before we carry on here.

Remember, this is the pathway to conditioning your mind and body to respond to you in the way that you want to, so it's one of the most crucial steps you'll take in the whole system.

The Interference Problem

What I want to focus on today is answering the question:

- What if your conscious mind is over active?
- What if you just can't help yourself and you keep interfering, trying too hard, activating the law of reverse effect, the harder you try, the more you fail that kind of thing?
- What if your conscious mind keeps getting in the way?

Why Conscious Interference Is A Problem

Let me tell you a story about why it's important to deal with this. Imagine if you will there's a husband and a wife and both are keen gardeners. For some reason, as couples sometimes do they get into an argument and decide to have a competition to determine once and for all who the best gardener is.

They both select an adjacent piece of ground and decide we're going to plant our things and in a couple of months time we'll see who has a nicer garden.

One of them plants, sows the seeds properly, prepares the ground, waters it, goes back inside, has a cup of tea and just waits.

The other one is so keen to win, so wants to win that this person comes out every night and waters the garden. Then just to check how things are going

on will open up the ground, picks up the seeds, looks at them, puts them back in and say this is going okay.

They then put more water on goes back in, comes back a half-hour and does the whole thing over again and this continues for a couple of weeks.

So by this stage, the one garden is blossoming, looking fantastic. The other one is looking bedraggled, weak and half the things aren't growing at all.

Leave Things Alone If You Want Them To Grow

You don't have to be a master gardener to figure out what's going on there. There comes a time when you just have to leave things alone. In fact, a cousin of mine who's a chef says, the biggest mistake people make when they're cooking is they keep interfering with their food; just put it in the pan and let it do its thing.

The same is true for self-hypnosis. If you want the power of self-hypnosis to work for you, just put it in the pan and let the unconscious mind do its thing. You're not doing the cooking. All you're doing is saying this is what I want to have at the end of it.

You're going to order from the menu and say this is the meal I want Mr. Chef, go ahead and do your magic.

It would be ridiculous for me to go to a restaurant and try and tell the chef you should be cutting carrots this way, cooking the soup that way, are you sure you don't want to turn that thing over now and I'm picking up a spoon and actually doing it for him that's a recipe for disaster, because you'll get kicked out the restaurant and never get your meal.

The same is true of your unconscious mind. So up to this point, you've been so eager to make this work for you that you're getting in the way, trying everything to make it extra special and work. At that point, it's time to kick back and relax and let your unconscious mind do the work.

How To Cut Out Interference

How do we do this?

Key 1: Keep The Conscious Mind Busy

The secret is to keep the conscious mind busy without letting it interfere with the process that's going on. In other words, you have to distract the conscious mind and get it to do something else.

Key 2: Stay Engaged

The key is not to disengage. Sometimes people decide this isn't working so I'll do something completely different and that could work if the unconscious mind gets the idea that it has to keep engaged and keep working on the problem.

If it doesn't and says "*I guess he doesn't find this important anymore*" at that point, you're disengaged and nothing happens anymore, so you want to keep yourself engaged without being too engaged, without being interfering.

Key 3: Discover An Ancient Chinese Secret

We're going to do this by borrowing a leaf from an ancient Chinese philosophy called Taoism.

Taoism is very interesting, because the whole philosophy is based on this one principle: the idea of

- Trusting your inner nature,
- Letting your unconscious do the work so the conscious mind just gets to appreciate things,
- Set the scene and then let the emotions, unconscious and events roll out as they will and trust that the best outcome will come about.

There are a couple of examples of Taoism that I want to show you to describe this.

Chinese Secret 1: Act Without Acting – Wei Wu Wei

The first one is the idea of Wei Wu Wei, which means doing without doing.

It sounds like a paradox, how can you do something without doing anything?

Until you start mastering the power of self-hypnosis, then it suddenly starts making sense.

You do without doing by handing responsibility over to the unconscious mind and say you do it

"I'm going to sit here, sip my cup of tea, enjoy the sunshine, read my paper and let you get on with the work at hand at that point magic can actually happen."

Chinese Secret 2: Know Without Knowing – Pu

There is another little quote from the Tao, which is *The Tao that can be named is not the true Tao.*

Basically, the way that can be named is not the true way and again, this describes the same idea: If your intellect can grasp it, can pigeonhole it and put it into a little box you've probably already missed the point.

The Four Taoist Sages

Therefore, we're going to take a leaf to of this Taoist philosophy and the four maneuvers or advanced suggestion strategies I'll share with you, I've named them the **Four Taoist Sages** in honor of this ancient Chinese philosophy that worked stuff out four or five thousand years ago.

Here are the four Taoists sages.

1. The first one is a **Pre-Hypnotic Suggestion** and I'll show you how to do that in a moment.
2. The second is **Hypnotic Questions**, sometimes known as "Affirmations."
3. Next we have **Emotional Streaming** or "Emo-streaming."
4. Finally, we have what I call **The Big Drift**. This is a beautiful technique, which I borrowed straight from another competent hypnotist called Ernest Rossi.

Follow The Tortoise Into Wonderland

We're looking to bet on the tortoise, not the hare.

We're not trying to get instant results immediately. We want to get results over a period of time so we're planting those seeds, getting out of the way and letting nature do what it does best, grow things, make things happen.

The Power Of "Sleep On It"

One of the ways to do this is to activate the power of 'sleep on it'. We've done this before. You have a problem you can't quite figure out, so someone says "*just sleep on it and see how you feel in the morning.*"

The reason they say that is because that's an intuitive grasping of something. You're handing responsibility of working the problem out to your unconscious mind and letting it do its work. So we're going to activate the power of 'sleep on it' by using it in combination with the four Taoists sages.

You're Already Doing It!

Believe it or not, you've been doing this already. If you've been following my recommendation and been doing at least one self-hypnosis practice the last thing at night just before you get into bed and sleep then you've already activated the power of 'sleep on it'.

So you've got your time in self-hypnosis, at which point you've planted the seed, watering it, packing the grown down and making sure it's all nice and neat.

Then by going to sleep it's like going back inside the kitchen while a nice gentle rain shower comes down and starts feeding the whole ground; you're getting out of the way already.

Now whilst you're sleeping the unconscious mind has totally free rein to integrate experiences.

You Reap What You Sow (Before Sleep!)

Typically it will integrate it most profoundly the very last experience you have inside your consciousness before you go to sleep. So, if you do your

self-hypnosis practice immediately before you go to sleep that's a perfect way to activate the four Taoist sages, even if you're using the classic suggestion methods. So use the power of 'sleep on it'.

How The Power Of "Sleep On It" Changed The World!

It's not just me making it up let's face it, you've had those experiences in your own life.

I'd like to share a couple of stories of great scientists who have actually used the power of 'sleep on it' to make their ground breaking inventions.

A Completely New Chemistry

One of these scientists is August Kekule.

He's the one who discovered the Benzene molecule and with it discovered a whole branch of chemistry called organic chemistry. The structure of a benzene molecule was eluding him for ages until one day he decided just to sleep on it.

The next day when he got up, he was just going on about his daily business. I believe he was getting on to a bus, going into the university when suddenly it just struck him like a flash of lightning.

He had this vision of the Ouroboros, which is the snake that bites their own tail and with it, he had the insight that that must be the shape that a benzene molecule takes. In other words, it forms a chain where the last link in the chain forms back on to itself.

Faster Than Light!

Albert Einstein is famous for coming up with the theory of relativity whilst having a dream, in which he was riding on a beam of light. That means that he had the insight two or three years before he had the mathematical know how to be able to prove that his insight was correct.

That means his unconscious mind was two years ahead of his intellect being able to keep up with him and that's the power you're activating. T

hat's the power that the four Taoist sages are designed to get active in your life. Remember, you don't have to use the four Taoist sages.

Start With The Classics

I still recommend that you start off with the classic methods first.

Let The Four Taoist Sages Fight Interference

If you find yourself interfering, trying too hard, not knowing how to make something come about, not able to enter that restful, calm and receptive state of mind; because you're thinking too much, trying to take control of the process by saying this is how it should be and getting worried or excited in a way that gets your intellect engaged that's the point, at which you use the four Taoist sages.

A Taoist Change Of Pace

From time to time you may want to do them just for fun anyway as a variation and a separate way of doing things, but it's good for you to have the entire range of activities.

You have the quick bursts, which come from the classic methods and you have the slightly longer more drawn out method from the Taoist sages, but they have also overcome some of the most severe limitations, especially when you have things like a dirty goal.

With that thought in mind, let's go into the first of the four Taoist sages, the pre-hypnotic suggestion.

Track 3 – Sage 1: Pre-Hypnotic Suggestions

Time: 8m 37s

Its So Easy You Have Done It Already!

The interesting thing about pre-hypnotic suggestions that if you've been following the advice on day four, which is the classic suggestion methods, you've been doing the pre-hypnotic suggestion without even realizing it.

Unconscious Priming Studies

When you set your time limit and make your safety statement that's a pre-hypnotic suggestion. The place this comes from is psychological studies on something called "Priming."

Basically, we all have a vocabulary where we will take ambiguous words and understand them in a particular way.

For example, the word "bank" can mean many things.

- it can be a bank where money is kept,
- it can be the side of a river – a riverbank, but
- it could also be a maneuver that an airplane makes.

When you have an ambiguous word, the unconscious mind will resolve it with a probability towards one rather than the other. In other words, whenever you hear the word bank it will first flash you that one and see if it fits the sentence you're in and if it doesn't, it will come up with the other meanings.

A Word At The Right Time Changes Your Outlook

Scientists did the following experiment. They had people, at a subliminal level, listening to certain words. For example, "water." Immediately afterwards they were given the word, which is ambiguous like the word "bank."

The interesting thing is, whilst without this kind of priming people would think of a bank in terms of money bank and write that down.

When they were primed, in other words, when the unconscious mind had a subtle cue like water or something like that, at that point, they instantly flashed to a riverbank.

So they pre-selected out of all the experiences the one that you want people to end up having.

Pre-Hypnotic Suggestions Use The Priming Effect

Therefore, a pre-hypnotic suggestion activates a trace inside your mind. When you go into hypnosis the unconscious mind says

"*What do we do?*"

"I've got this thing hanging about, I guess that's what I'll work on and that's how you're going to use."

The P-TACK Formula For Success

The method to use it is very straightforward. We're going to take the simple TACK formula we learned on day two and add a "P" in front of it, 'P'-TACK.

The TACK formula is

- Go into trance,
- Have this attitude of receptivity and so on.
- Then there's the CAVE model, and
- At the end of it you have this knowledge that things are going to work out.

You're going to start it off with a "P" at the beginning for "Parameters" or "Priming Response."

How To Prime A Pre-Hypnotic Suggestion

How do you do that?

In exactly the same way you primed yourself to stay in hypnosis only a certain amount of time to emerge totally alert and ready to deal with whatever comes your way should an emergency arise.

In other words, you just say it and intend it. You fill your mind with the idea. Here's how you're going to use it.

Step 1: Choose A Suggestion

Step one, you'll take a suggestion or idea or goal you want to achieve.

For the purpose today, we'll focus on the idea of mastering self-hypnosis. That's why you're here right so you may as well use it to get what you're trying to achieve. We're going to take a simple idea of a suggestion.

For example, "*I'm mastering self-hypnosis now*" simple, direct and straightforward.

Step 2: Fully Consider The Idea

The 'P' stage will be for you to consider two things.

- First consider the statement; "*I'm mastering the power of self-hypnosis for myself.*"

Consider and think about what it means having that power working in your life.

- Then come back to the idea. "*I am mastering the power of self-hypnosis in my life.*"

And again, let your mind think about what this actually means. Enjoy that.

Fully Consider The Idea Behind The Suggestion

Remember, as we talked about before you want the energy, the juice, the payoff of this, not just the activity of doing self-hypnosis, but the payoff you get as a result and that is to say this amazing life, this clear, calm mind, this healthy, strong body and all of the other things you want to have in your life;

I am mastering the power of self-hypnosis.

Step 3: Begin Your Power Self-Hypnosis Practice As Before

Once you've done that for a few minutes, maybe three or four rounds of repeating that and thinking about it, when you are getting a sense that your mind is getting it, it's clicked with this idea, then go straight into your TACK.

As you did the hypnosis thing previously – in the classic method – where you have CAVE, which is

1. You have your Convincer,
2. Followed by the Affirmation,
3. Visualization
4. And finally you're Drifting through the experience...

We're going to modify this and make it simpler.

A Simplified CAVE Cycle

We're going to change CAVE to CSD. So you have your convincer still so you know you're in self-hypnosis. At this point, you should go to a place of sanctuary, a place of ideal comfort and relaxation and a place to chill out and relax.

Step 4: A Relaxing Place

Some people like to imagine themselves on the beach or swinging in a hammock between palm trees. Others like to be in a calm, cool mountain retreat. Someone else might enjoy the sporting activity of skiing down an amazing mountain run and someone else might enjoy a walk through nature.

It doesn't matter what scene you choose, as long as there is a scene that you personally find deeply relaxing.

You're going to engage yourself in that scene. Look about, check out who's there, what you can do, what it feels like being there and enjoying that scene for however long your period of self-hypnosis can last, five, ten, twenty minutes whatever it is.

Allow Your Mind To Drift

Then at some stage as you're going through this mental fantasy trip you're going to allow yourself to start drifting. In other words, you've enjoyed this fantasy trip for a while so allow your mind to unwind. If it wants to carry on in that place great. If it starts thinking about random stuff; fantastic just let whatever comes up, come up.

Special Rule 1: Do NOT Steer!

The only caveat I'll say here is, if you start thinking about the problem and trying to engage it so to steer it in some direction, then don't go right back to your pleasant scene.

Special Rule 2: Break Negative Cycles

If you find yourself contemplating some negative things to a point where you're actually feeling a negative emotion again, break the cycle and go back to the pleasant scene. The key is that your state, emotion or mood is one of positive calm relaxation.

At the same time, once you've finished with the relaxing place you can drift to wherever you go provided your conscious mind doesn't try to interfere, make it steer, make something specific happen and you remain in that restive, emotional state.

You don't want to get yourself all worked up about something, something about something negative and going down a negative cycle at that point, pull yourself back. The good news is those last two caveats or conditions, very rarely happen.

Most of the time you'll go in, have a pleasant scene, enjoy it, you might drift a little bit, you might sense that maybe it's time to come back now and you come back in the safe knowledge that something wonderful has happened. You look forward to a bright future, count yourself out and open your eyes feeling refreshed, alert and fantastic.

Step 5: Return From Trance

Then you check your clock again to make sure that you've been keeping the time parameters that you've said to yourself and that's it you've done the whole method now.

Let's repeat.

- You're going to start off by priming.

- You'll set your time and safety statement as before.
- Then you'll think something along the lines of, I'm mastering the power of self-hypnosis for myself.
- You'll contemplate what that means to fill your mind with the idea; do a few cycles of that.
- Then you go to your convincer-

Close your eyes; get in touch with your arm, arm relaxing, relaxing, relaxing, there you go.

- When your arm starts relaxing, feeling comfortable, heavy, a healthy glow, whatever then start contemplating some wonderful calming scene; a beachside, a walk through the woods, walking your dog, going for a swim, something pleasant and relaxing.

Sometimes I enjoy just having a raft on a river and that river draws me down a path of infinity. Other times I'll sit on a train and hear that regular, monotonous sound as the train passes through that infinite tunnel.

I see those lights flashing by and I get to use ease backing those comfortable chairs, in my train they're comfortable and listen to the sounds and let things pass by as the scenery comes and goes.

- It doesn't matter what it is let your imagination run wild and enjoy this. As you're drifting through this experience you'll find at some point your attention will wander to other things and that's fine. The point is, when you feel it's time to come back, you bring yourself back.
- Check out your watch to make sure that your time limits are still correct and you're done. Practice that before we go on to doing hypnotic questions.

Track 4 – PSH Exercise: Pre-Hypnotic Suggestions

Time: 5m 05s

Let's do a quick run of the pre-hypnotic suggestions so make yourself comfortable and find a comfortable position as you've been doing before.

Step 1: Set The Parameters (Pre-Hypnotic Suggestion (PHS))**PHS 1: Time Limit**

I'm going to ask you to think about the time limits. Let's say "*I'm going to take five minutes to do hypnosis.*"

PHS 2: Emergency Response

You're going to use your normal safety statements so just remind yourself of that. Very good.

PHS 3: Main Affirmation

As we're here to do self-hypnosis, just repeat to yourself the affirmation suggestion

I am mastering the power of self-hypnosis.

And get a sense of what that means.

- How will you feel as a master of self-hypnosis?
- How would you react and respond?
- How would you be in the world?

I am mastering the power of power of self-hypnosis.

- What does that mean?
- How is your life going to be different?

I am mastering the power of self-hypnosis.

Consider all the implications.

I am mastering the power of self-hypnosis.

Allow your mind to go to the place where you are a master of the power of self-hypnosis and you're using it in your life in everything, to make your life easier, smoother and happier.

Step 2: Clear Mind

When you're ready, take a deep breath in, breathe out, relax, close your eyes and allow your mind to clear.

Step 3: 'C' (CAVE) Convincer

Get in touch with your right arm. Get a sense of your right arm. Tell your right arm to relax. My right arm is relaxing, relaxing, relaxing.

Every time you remind yourself that your right arm is relaxing just check in with it. Notice what happens. Keep doing that on your own. Get a sense of what's happening in that arm. Don't try and make anything happen.

Very good.

Step 4: 'AVE' (CAVE) Drift In A Pleasant Scene

Now allow your pleasant scene to arise. Get a sense of it.

- What's the temperature like?
- Are you inside or outside?
- Is it day or night?
- Are you alone or with other people?

Get a full sense and enjoy this scene. Explore it. Feel it. Hear the sounds. See the sights, at least pretend to and at some point, just allow yourself to drift. You can drift in the same scene or you can allow the scene to alter. The key is not to try and make anything happen just let whatever arises, arise and that's just fine.

Step 5: Return From Trance

Bring yourself back counting from one to five. At the count of three make sure you get back into your body, feeling your arms and legs and everything coming back to normal. At the count of four start stretching. At the count of five open your eyes feeling refreshed, relaxed, alert and simply fantastic, looking forward to an amazing future with the power of self-hypnosis.

Track 5 – Sage 2: Hypnotic Question

Time: 5m 41s

Welcome back.

Affirmations & Hypnotic Questions

I'd like to introduce you now to the idea of hypnotic questions.

Some people call this 'Affirmations' with an 'O' in order to distinguish it from 'Affirmations' where you merely make the statement.

Insight 1: Ask Loaded Questions

With an 'Afformation' – or a hypnotic question – you are asking yourself a loaded question so your unconscious mind has to answer it by responding to the inherent or implied idea within it.

Insight 2: The Unconscious MUST Answer Every Question

Hypnotic questions rely on a simple, but very profound principle and that is to say that the unconscious mind will try and answer a question a long time after the conscious mind has already given up or been satisfied with the answer it has gotten.

So your unconscious mind is always looking for even better quality of responses, which means you have a certain responsibility. If you ask a poor question, a question loaded in a negative way then you're hypnotizing yourself for a negative outcome.

Insight 3: The Wrong Questions Have Hurt You!

Here's the classic way people do it.

- *Why am I such a failure?*
- *Why do I always mess up?*
- *Why does no one like me?*
- *Why do I always have such bad luck?*
- *Why does this always have to happen to me?*

Notice these are classic questions that people ask themselves all the time!

How To Switch Off Destructive Questions

If you're going to do that, switch the question around so you're getting the question to direct you to where you want to go.

- *How can I succeed?*
- *How can I solve this problem?*
- *How many ways do I know that I have mastered self-hypnosis?*
- *In how many ways is self-hypnosis becoming a part of my every day life?*
- *In how many ways will the power of self-hypnosis help augment my life and give me everything I want?*
- *How quickly am I mastering the power of self-hypnosis?*

Do you notice how those questions are loaded in your favor, because in order to answer those questions the one thing you're implying or presupposing, the thing you're assuming is that you are using this as self-hypnosis and you're doing so successfully.

The 'Deep Thought' Process For Activating The Power Of Hypnotic Questions

The method we're going to use for hypnotic questions is something that I borrowed directly from the 'iMethod' called **Deep Thought**.

It's very simple. We're going to go back to our CAVE cycle.

Step 1: Set The Parameters

So you have the parameters you're starting off with.

Step 2: 'C' (CAVE) Convincer

And then you do the convincer.

Step 3: 'AV' (CAVE) Hypnotic Questions

However, instead of doing the affirmation at the 'AV' part of the stage we're going to go straight into the Afformation – in other words; the hypnotic questions.

So once your right arm is heavy and relaxed, the next step is for you to start asking yourself a hypnotic question. Again, for the purposes of what we're doing here, given that you want to master self-hypnosis, the question should be related to self-hypnosis.

The one I'll use in the demonstration example is:

How quickly am I mastering the power of self-hypnosis?

This is how you use it. You've got the convincer. You ask the question,

"How quickly am I mastering the power of self-hypnosis?"

Step 4: Collect Impressions

You allow your mind to grow quiet and drift.

As you allow your unconscious mind to bring in feelings, pictures, ideas, thoughts, hunches, whatever it is, just collect them.

Step 5: Cycle Back To Hypnotic Questions

After a while, especially if you find yourself drifting off track a little bit, ask the question again.

How quickly am I mastering the power of self-hypnosis?

Again, some images and ideas will come to mind, not all of them will make sense and that's okay just let whatever comes, come.

How quickly am I mastering the power of self-hypnosis?

Do this for the entire cycle.

Step 6: 'E' (CAVE) Drift

At the end of the cycle, back to the visualization and drifting stage of the CAVE cycle you're going to let yourself drift again exactly the same way previously as you did in the pre-hypnotic suggestions.

After you've done this for a few minutes allow your mind to grow open, expansive, relaxed and comfortable, so you're not trying to make anything happen, you're drifting. As you're drifting, let it drift in any direction it wants to go, same rules apply.

Remember Special Rule 1: Don't Steer The Boat!

If you find yourself trying to think about the actual problem or question you have in mind steering it to a certain outcome then either let it go or go right back to asking the hypnotic question and awaiting some kind of response or answer.

In other words, you're trying to stop your intellect from doing precisely this.

Remember Special Rule 2: Break Negative Cycles!

The other thing is, if you should start drifting into some kind of negative state, which draws your mood down to a negative mood then go right back to the question and let that re-direct you back to the positive experience.

Other than that, allow your experience to drift to wherever it wants to go.

Step 7: Return From Trance

At the end of the whole cycle, collect the impressions you had and then bring yourself back counting one to five. So when you're back outside you can recall whatever recollections you have in terms of the impressions you had and then get on with your daily life.

Remember To ‘Sleep On It’!

As before, this method is particularly powerful if you use it just before going to bed, because just like those scientists, they were thinking about certain ideas, racking their brains trying to solve some kind of problem and then they fell asleep.

So that problem or question was upper most in their mind as they fell asleep and that's exactly the question that the unconscious mind ended up answering.

Notice again, by the way that the unconscious mind didn't give them the answer right away.

It wasn't the very first time they asked the question it happened after sometimes a couple of week's worth of work.

Remember the 21-day rule?

It still applies here, so when you're ready to have a go at this go on to the next track where I'll give you a five-minute demonstration of this particular hypnotic process in action.

Track 6 – PSH Exercise: Hypnotic Questions

Time: 5m 16s

Make yourself comfortable.

Step 1: Set The Parameters**Time Limit**

As before begin by setting your time limit for this particular session, five minutes.

Emergency Response

Make your safety statements.

Step 2: Clear Your Mind

And as soon as you've done all of that take a deep breath, close your eyes, breathe out and relax. Clear your mind.

Step 3: 'C' (CAVE) Convincer

Now, get in touch with your right arm. Tell your right arm to relax. Tell your right arm to relax.

My right arm is relaxing. My right arm is relaxing.

Just focus on that for a while.

Step 4: 'AV' (CAVE) Hypnotic Questions

Then, when you're ready, feel connected to the arm, you feel it starting to relax and feel heavier begin to ask yourself the question:

How quickly am I mastering the power of self-hypnosis in my life?

Be curious as to what sense, impressions, feelings, ideas, images come to mind. How quickly am I mastering the power of self-hypnosis?

Allow what comes to come.

How quickly am I mastering the power of self-hypnosis in my life?

Keep repeating that question. I will be silent for a while, but keep repeating that question slowly and allowing yourself plenty of time between the questions for ideas, images, hunches, feelings, etc., to start flashing up and just notice them.

Simply notice them.

The next time I speak just allow yourself to drift.

Step 5: 'E' (CAVE) Drift

Very good.

Just allow your mind to drift comfortably for the remainder of the session.

Step 6: Return From Trance

Okay, it's time to come back now. As soon as you're ready count yourself back, one to five.

- At the count of three you're getting back into your body.
- At the count of four getting a little stretch.
- At the count of five open your eyes feeling refreshed, relaxed, alert and simply fantastic.

Do this at your own rate and pace knowing that a bright, new future is coming to get you.

Track 7 – Sage 3: Emo-Streaming

Time: 7m 05s

The Third Sage is called 'Emo-Streaming or emotional streaming'.

Surf Your Emotions

Essentially this is the same kind of idea as hypnotic questions only rather than basing it on intuitions, hunches or intellectual things we'll be surfing the emotions and moods instead.

Get Out Of The Content

The main purpose for Emo-Streaming is for those people who find it difficult to get out of the form or content of their goal allowing the general idea of the goal, the excitement and energy behind it to drive them.

If you find yourself thinking about

- *I have to have this one Ferrari.*
- *I have to have this one person that has to marry me or I'll never be happy.*
- *I have to have this one job or I'll never succeed.*
- *I have to do it in this one way or I just can't get my outcome.*

If you find yourself getting stuck in that kind of mode you're basically holding on to the form, to the content too much and this is a great way to get yourself out of that.

Switch Between Emo-Streaming & Classic Suggestions

At the very least create the ground in which your regular sense of suggestions can start working again.

You can do this for a while and then go back to classic suggestions or you can do the whole process with just this.

How To Do Emo-Streaming

Like Hypnotic Questions

To use this you're going to go through the deep thought process again. This time when it comes to asking the hypnotic questions what you'll be asking is something about the way you feel after the goal.

Go Beyond Your Goal

Think of a timeline. You're here on date (X). On date (Y) in two months, two years whatever it is you'll have achieved your goal and on date (Z) you'll have gone way beyond having achieved the goal, which is all in the past.

Ask Questions About Your Emotions

So you want to take yourself mentally to date (Z) and ask yourself these questions:

- *How would I be feeling as a person?*
- *What would I be like as a person?*

- *How will I feel as a person at that point?*

Avoid 'Thinking' – Start 'Feeling'

You're not looking to intellectually come up with an answer in terms of I'll be doing these things and having these things and so on you're looking for an emotional response.

How will I feel when I've achieved (X) and beyond?

An Example

So in the context of what I'm doing here, the main question would be something like:

How will I feel when I've mastered the power of self-hypnosis and have gone well beyond that?

Focus On The Emotions That Come

As in the hypnotic questions, in other words, the deep thought process, you're allowing instincts, flashes of ideas, images etc., to flash up and what you're looking for the evocations or feelings, allowing an emotion to come up.

You're going to maintain your focus on that idea until an emotion starts welling up and you can focus that emotion and watch it grow. If you find yourself getting distracted go right back to the question again.

Return To Your Theme

How will I feel when I have mastered the power of self-hypnosis and I have gone well beyond?

An emotion arises, maybe a sense of empowerment, maybe a sense of being on purpose, joy and happiness, success and achievement. I don't know what it will be for you, but if you ask the question then wait and watch for an emotion to arise and focus on that, you will find it.

YOU Don't Make Anything Happen!

A crucial bit here, as in all the Taoist sages, is it's not your conscious mind's responsibility to make this happen. It's not up to your conscious mind to direct the experience your only conscious involvement is to notice whatever emotions arise and as long as they're pleasant or empowering in some way, focus your attention on them and watch them grow.

You're not going to make it happen, the only thing you're going to do is ask the question and notice what it evokes. Think of it in terms of dropping a pebble into a pond. When you throw a pebble in you'll see ripples.

You can't make the water make ripples the pebble will do it spontaneously or automatically that's what happens when pebbles go into water.

It's the same way when you ask yourself questions answers will start coming back. You may not be aware of them in the beginning and that's okay, your job is merely to ask the question, throw the pebble in and then start being sensitive for what kind of ripples come back.

Therefore, the only thing you're looking for is to trigger this state of having achieved things. The trigger this emotion of having gone beyond having mastered the power of self-hypnosis that's what you're going to do, don't try and make it happen that's the key piece here.

How Emo-Streaming & Hypnotic Questions Saved Me From Bankruptcy!

I'd like to give you an example of how I used this myself at the beginning of my career as a hypnotherapist and coach.

I had just left my law firm and was laboring under the very false impression that if I was good enough at my job, people would come knocking at my doors ready and willing to work with me.

That's true if you happen to be working for the best law firm in the world. It's not so true if you're just setting up shop as a hypnotist or coach for the first time and no one even knows you exist so my business skills were, shall we say, a little bit poor at the time.

The one thing I did do, because I didn't have any idea on how to actually run, start, advertise, market a business or anything like that and my budget wasn't the largest either.

One thing I did every single day was make sure I went into hypnosis and I pretty much did exactly what I'm asking you to do here. The questions I asked myself were-

- *How is this becoming a successful business?*
- *How am I going to make my money?*

I just paused and let things come my way.

I asked the question again, pause and let ideas come my way then I'd ask the question again.

Sometimes I actually had genuine ideas of things to do, people to talk to, places to go and so on. At other times, I had this tremendous feeling that it's all going to work out.

I would drift around in that for a while, come back refreshed, my panic for the day was over and I could get on with doing useful things.

Here's the interesting thing as a result of doing this, I was in this mindset of anything is possible, I knew it was going to work out and somehow this started rubbing off on people.

I was out one day, I met some new people and one of them offered me a job as a coach at a training company.

So I assisted there for a while. Suddenly I landed my first international conglomerate coaching contract. It was for a huge Fortune 500 company and I honestly still don't know how it happened it was a pure stroke of luck.

Here's the thing, I was in a state where everything was possible; I was in that afterglow and that person decided to take a risk on me even though they only met me for that first time and only had the interaction of that particular evening with me.

At that point, it opened a door.

The next thing I had to do is keep doing this to make sure that when I actually got my first coaching clients I did good work with them. Notice how the very things you're doing here sets your mind up for success, especially when your conscious mind has no idea of what should happen or how to do it.

Track 8 – PSH Exercise: Emo-Streaming

Time: 5m 10s

Are you ready to do this?

Step 1: Set The Parameters

Find a comfortable position to sit in.

Time Limit

Give yourself your time limits, five minutes for this exercise.

Emergency Response

Make sure to remind yourself of the safety statements.

Step 2: Clear Your Mind

When you've done all that take a deep breath in, close your eyes, breathe out, relax and clear your mind.

Step 3: 'C' (CAVE) Convincer

Pay attention to your right arm. Make sure your right arm is relaxing.

My right arm is relaxing.

Tell yourself. Go through the whole convincer stage.

Step 4: 'AV' (CAVE) Emo-Streaming

Now that you're through that, it's time for you to focus on the evoking of the emotional response.

Ask Hypnotic Questions

Ask yourself a question,

*How will I **feel** when I've mastered the power of self-hypnosis in my life and I've gone well beyond?*

Allow yourself to drift and notice for any emotions that start to arise.

*How will I **feel** when I've mastered the power of self-hypnosis in my life and I've gone well beyond?*

When an emotion arises, maybe a sense of joy, excitement, purpose or achievement, just focus on it and allow it to sit within you and let it grow.

After a while ask yourself again:

*How will I **feel** when I've mastered the power of self-hypnosis in my life and have gone well beyond?*

Notice the emotion come- pay attention. Let it grow and then go beyond it.

*How will I **feel** when I've achieved mastery of the power of self-hypnosis and I've gone well beyond that?*

Keep repeating that question and noticing the emotions that come up.

Step 5: 'E' (CAVE) Drift

Okay. Now allow yourself to drift. Whatever emotions are there just allow those to guide you and make you drift through different experiences.

No need to think or do anything. No need to wonder or contemplate. Just feel those emotions drawing you along like a raft drawing you across a river. You get to sit back, relax and enjoy the ride.

Step 6: Return From Trance

When you're ready, count one to five.

- At the count of three you're getting back to your body.
- At the count of four, stretching.
- At the count of five open your eyes feeling refreshed, relaxed, alert and simply fantastic, looking forward to a bright, new, fresh, shiny future.

Track 9 – Introducing The BIG Drift

Time: 1m 07s

Welcome back again.

I call this next exercise 'The BIG Drift' it's the final of the four Taoist sages.

I call it the big drift, because you end up drifting a lot. The key to doing the big drift is for your conscious mind to play the role of a witness, an observer just noticing the responses that are happening without making anything happen just allow things to occur.

If you follow through with the exercises on the previous three Taoist sages, you'll find this one very easy to do. If you have any difficulty just go back and start playing with the other Taoist sages first. Get used to those and then you'll trust your inner process enough to be able to go with the big drift.

The easiest way to do the big drift is for me to guide you through it first and then afterwards break down the seven stages so you can do it on your own any time you want or need to.

Hypnotic Warning

If you're driving a car or operating any kind of machinery stop what you're doing. As soon as you're ready to dive in just move on to the next track and enjoy the process of going through the big drift.

Track 10 – PSH Exercise: The BIG Drift

Time: 10m 34s

Step 1: Prepare Yourself**Relax**

As soon as you're ready to begin sit yourself in a chair somewhere, make yourself comfortable and relax.

Hands Up

To begin this process I'd like you to lift your hands up and face them palm to palm as if you're caught in the middle of a clapping motion. Keep two – five inches in between those palms.

The distance is not important.

Stay Loose & Relaxed

The key thing is to keep your shoulders and elbows loose and out in the open. Shake your shoulders out a little bit; let your elbows become nice and loose. Make sure it's not resting on anything or inhibited in any way.

Interim Step: Clear Your Mind

As soon as you've done that, take a deep breath, breathe out, relax, clear your mind.

Sense

Look at those arms. Look at those hands as though they weren't your hands. Get a sense of those hands out there as though they weren't even your hands. Notice the curiosity of seeing arms out in front of you that might not even be your own.

As you get a sense of that distance between yourself, those arms and hands out there, you can also begin to tune into their sensations in those hand

over there. Perhaps you can feel the radiation of heat from one hand in the other hand.

- Which of those hands is feeling warmer right now?
- Which of those hands is feeling more relaxed and more comfortable?

Get a sense of those arms over there and the sensations that accompany them. Notice any other sensations that accompany at the same time. As you get a full sense of awareness of those hands over there, just allow your mind and thoughts to wander and drift.

Step 2: Review Resources

Think about, which of those hands feels like it wants to make its path down to your lap first.

One of those arms will naturally begin the motion downwards towards the lap as the other one remains up there.

Meanwhile, your thoughts can drift and recall experiences of great success, of achievement as that hand begins to drift down towards your lap recalling experiences, life lessons and learnings.

At some point, you were a child and you learned important things like how to speak, how to move, how to interact with others. A child has to learn kindness and all kinds of things.

Then there are those teenage years and all the changes that occur then, fluctuating emotions and you made it through all that and learned many important lessons all the way into adulthood. You passed exams, made achievements you can review all of those and at the same time get a sense of things happening in the back of your mind.

All the while that hand is drifting all the way down to your lap, slowly and steadily as your recollections and mental review continues to take place.

There's nothing of importance for you to do right now other than notice whatever sensations arise, whatever thoughts and experiences, just noticing all the resources, the feelings, experiences, the insights and the life lessons you've had that have brought you to this point; the point at which you're

listening to this training and the power of self-hypnosis so you can make it work for you in your life.

All these experiences have brought you to this place and that's a good thing, because you can trust those experiences and all the things they mean or imply about your ability to succeed in the future.

Allowing that hand to drift down at its own rate and pace, comfortably in its own way; you don't have to know when it will reach that lap it will do so by itself.

Now, feel free to continue doing this until that arm is resting on that lap.

Step 3: Review Your Purpose Or Problem

When that first arm reaches that lap, begin to think about your objective or a problem that you wish to resolve. For the purpose of this particular experience, consider your objective of mastering the power of self-hypnosis. Get in touch with that.

Get a sense of what it would be like to master the power of self-hypnosis. A sense of the obstacles in the way and begin to review these in a fresh light already; because you get to review them in light of your past experiences and lessons, things you may not have considered before.

Take time to allow that to happen.

Step 4: Review Possibilities

As you finish your review of your objective in mind the mastery of the power of self-hypnosis in your life, notice how that other arm wants to return down to your lap as well.

As that arm begins the journey down to your lap you can review options, possibilities, new perceptions, insights, behaviors, all the things that can assist you in your journey towards mastering the power of self-hypnosis.

As you review these things allow them to gently come to mind. As that hand is descending to your lap really allow those possibilities, options all of those ideas to come to mind. Review them as though you've never seen them before. This is the first time you get to re-experience those.

Even if you've had those ideas before allow yourself to witness or notice them as though it was for the first time. Perhaps there are some new ones you haven't seen before, notice these things and be aware of what possibilities arise.

What options you have available, what experiences you might try out, what things you could do and give yourself permission to have the full range of experiences without needing to evaluate, analyze, judge or anything else. Just notice what options and possibilities are available until that arm reaches your lap.

Step 5: Choose A Behavior Or Action

When that arm has reached your lap I'd like you to review what options and behaviors you have available to you. Choose a simple behavior that you'd like to commit yourself to now.

It might be a behavior, an insight or lesson that you wish to take with you back into your every day world, but choose something simple that you wish to now experiment with in the every day world a thought, idea, behavior or option and make it part of who you are.

Step 6: Integrate Everything

When you've chosen a simple behavior that you'd like to experiment with in the world outside, allow your eyes to drift closed, if they haven't done so already.

With your eyes closed, allow all that sense of experience to settle down inside your mind like a dream, beginning to find its own level, space, place to exist whilst your unconscious mind continues the process of finding solutions, options and possibilities to help you master the power of self-hypnosis.

You don't need to know how it's going to do it. Get a sense of yourself filling up from the inside, a sense of everything working out, a sense that things are going on in the back of your mind and when you're ready, when you have a full sense of that, just allow your eyes to drift open, feeling refreshed, relaxed, alert and simply fantastic.

Bring yourself back to your normal every day sense of alertness with the sense of a simple activity, behavior task that you're going to engage in and experiment with in the outside world. As soon as you've done that forget about this experience and enjoy the fact that you've done it.

Step 7: Get On With Your Life!

Let it go and get on with your life. Don't think about it too much. Then join me over the next track where we dissect how to do the big drift.

Track 11 – Sage 4: The BIG Drift

Time: 11m 33s

Welcome back again, that's the big drift, you've gone through the seven stages of it and notice how you're combining elements that the other three stages have taught you how to do.

Key Secret: Trust Your Unconscious

The essence of the big drift is trusting your unconscious and creating a space, in which you can create more options and more possibilities so that your whole mind is primed towards finding better ways and options that get you to the place you want to go more quickly.

Remember the reticular activating system that we mentioned on day one?

This is going to prime and prepare it to find even more options so that when better ways of doing something comes up you just automatically decide that will be fun I'll try that out.

At that point you get the results you want more quickly than your conscious mind could ever plot or reason. If you're going to do this for yourself feel free to use the recording to guide you through it. Of course, the ultimate point will be where you just take yourself through this experience.

The 7 Stages Of The BIG Drift

To do that is very simple. There are seven stages.

Step 1: Prepare Yourself

The first step is to prepare yourself.

Hands Up

You prepare yourself by getting your hands into position,

Relax

loosening your elbows up so there is a freedom of movement there and beginning to get sensitivity in terms of how those hands are working.

Sense

Feel the temperature changes, lightness, warmth, coolness all that difference between one hand and the other and getting a sense of that sensitivity.

Look At THOSE Hands

It helps to look at those hands as if they are not your hands, which creates a mild sense of disassociation and gives the unconscious mind more freedom to take control of that arm.

Each of those arms are going to guide you as the hypnotic pendulum does and let you know when your unconscious mind has finished doing a particular piece of work.

So you want those elbows to be nice and loose and you want to get a sense of those hands wanting to return so that as it begins to happen, the rate and speed, at which your arms descend to your lap will be the rate and speed, at which your unconscious mind is doing the work, which is appropriate for that phase.

Step 2: Review Resources

Allow An Arm To Lower Automatically

Step two you then allow one of those hands to start descending.

Review Life Lessons

As that hand descends you want your unconscious mind to review all of your life lessons, all the things that have happened that brought you here, all the experiences and successes that you have.

Basically, you're looking for resources, life lessons, abilities you have inside and strengths.

Create A Problem Solving Context

Here you're creating the context, in which you're going to place the problem or outcome goal, so that you're contemplating now your objective in the success room rather than in the failure room and this sets the scene for success.

Remember, as the hand drifts down these thoughts and ideas can arise spontaneously. You don't have to make any effort for this, just allow those thoughts to arise. It's all about the resources, the powerful moods, the pleasant emotions, achievements, life lessons and so on.

Step 3: Review Your Purpose Or Problem

Step three is quick; once that arm reaches the lap it activates your reason for being here.

Just A Brief Review

You're going to quickly review the objective or problem you want to solve. The key is not to stick in it for too long you're just setting it up enough for the possibility section in a moment to come.

A Fresh Perspective

The other thing to do is to start looking at the objective or problem in a fresh light. Remember, you're now looking at that problem through new eyes, because you're going to have placed it inside the room where successes happen inside your mind.

By doing so, you get to experience it in a slightly different way and that's perfect, because it begins to set the parameters in, which the unconscious mind starts looking for solutions, successes rather than failures or problems.

Once you've done that and it's only a very brief moment of reviewing it and seeing that objective in a different light.

Step 4: Review Possibilities

Step four is to allow your second arm to descend, but only as slowly as you begin to review possibilities or options available to you, new perceptions, new insights or instincts all as they relate towards that objective or problem that you wish to solve.

The hand can make its own journey as your unconscious mind brings new ideas and thoughts to you. Get absorbed in the activity of the arm and the ideas, options, insights, resources, possibilities and so on that come your way.

Step 5: Choose A Behavior Or Action

Step five is to give yourself a behavioral prescription.

Choose A Simple Idea!

Look at things that you can do, some simple activity, insight or lesson you can take with you into the every day world so you can start taking what's on the inside and start acting on it. You might find a little behavior or action that you'll find easy to do.

You might say to yourself

I wonder what I want to experiment with.

Perhaps you'll find yourself doing self-hypnosis on the train or tube on the way home.

Perhaps you'll find yourself curious about other ways, in which you can use the basic tools that we've outlined and create your own unique method.

Perhaps you'll find yourself deciding:

I want to do this every morning and evening, sometimes sitting in bed or in a chair next to the bed, until I find the best place for me to do this and get the results that I want.

I honestly don't know what ideas come to your mind, but ideas will come.

Choose a simple behavior or insight and take that with you.

Step 6: Integrate Everything

Next, if at this point you still haven't closed your eyes just close your eyes and allow the integration to take place.

Allow the thoughts, ideas and experiences to kind of settle down inside your mind until you get a feeling of being full. That is the unconscious mind re-arranging the pattern for you. The important thing to realize is you want to take with you that simple activity.

So during the integration stage allow things to settle down and make sure you focus on that simple activity or behavior you'll take back with you at the end of it. When you feel full, allow your eyelids to flutter open, come back feeling refreshed, relaxed, alert, simply fantastic and having a sense that you can experiment with your new behavior in many different ways.

Step 7: Get On With Your Life!

In step seven, when you're back outside just get on with your life.

Don't think too much about it. Don't try to make anything happen, just get on with your life and if an opportunity arises and you decide to go for it, just go for it and enjoy it.

Load The Odds

Again, you're trusting your unconscious mind to create opportunities then jump on them as you spot them.

The key is to live your life, not to sit down watching TV and eating potato chips all the time, you want to get out there in life to give life an opportunity to offer you opportunities.

As opportunities arise and you spot them, because your unconscious mind is now ready to find them and offer them up to your consciousness, take advantage of them. Enjoy them, experiment with them. See where they lead you and trust those gut instincts.

Listen To Your Hunches & Intuitions!

This method, the big drift above all others is one, in which you're going to start getting hunches, instincts, intuitions, seeing the same idea in many different places and you need to pay attention to that.

If you find yourself leafing through magazines or reading newspaper reports and you keep coming back to the same company, same idea, same principle, same people doing similar sort of things that's your unconscious mind saying pay attention this is something for you to pay attention to.

Then bring that into the next equation and find out what can you do with it. Maybe it means you need to go on a holiday, try out a new thing, call up someone who knows about this stuff and ask questions about it. Trust those hunches and instincts – it's your unconscious mind in action.

When your unconscious mind moves that's a lot of power moving in your favor and that's a very exciting place to be. So that's the big drift in a nutshell. Use it and enjoy it.

Mix And Match

Remember, as with the four sages and the four classic suggestion methods mix them up, use them together.

Sometimes you might start with one of the classic methods for example, a straight affirmation and maybe something comes up in the middle of it, at which point you might start going into the Emo-Streaming to burn through the negative associations.

Start asking yourself: *How will I be when I've achieved this goal? How will I be?*

Then go through that emotion to the other end, when you get to the other end and you start feeling that sense of flow, trust and harmony you can go back to your affirmation saying that's what it means to master the power of self-hypnosis.

The Power Self-Hypnosis Method In Action

This is exactly what I did, if you recall, when I was starting my own business. I had no clue of what to do with it. I was starting my affirmation suggestions.

I have a healthy, successful business.

Then I'd get all of these anxiety attacks or: *"I don't know what to do. I don't know how to do it. My time is running out. My cash is running out. I have no way of knowing how to advertise. I'm wasting my money. No one knows I exist."*

As these classic gatekeeper patterns started arising I switched my focus to the Emo-Streaming and jumped straight to the end saying

- *How will I feel when I have this great business?*
- *How will I be as a person?*

I kept focusing that question and suddenly the tension eased away and I went back to my affirmations.

I have a healthy, successful business

And at that point, the affirmations felt right and that's how I knew that I had beaten the dirty goal. Of course, it was only a matter of time until a dirty goal came back again, but in a slightly weaker form so I did it again and again.

After a few weeks of this practice, I no longer needed any of the sages we were talking about. I just needed to go straight for the affirmation, because my body knew what was happening. I knew how it felt. I knew what the outcome would be and I could keep a clean goal in mind without the assistance of all these extra techniques.

At that point, I'd just sit down in my regular practice and get that outcome, the picture, the visualization, the affirmations and it all felt right. The goals had been cleaned up. There was no conflict at the unconscious level and I can honestly say I got everything that I wanted.

The weird thing is I have no idea how I did it there was no conscious plan. In fact, all those around me kept saying you need to knuckle down and get yourself a plan, take a plan and stick to it. I knew that's not the way to do it for me I have to let my unconscious mind find the correct approach.

I tried many different things. I kept having a hunch about this and that, how to advertise, write copy and build a business. I picked up business books; I read segments here then gave up on that book and picked up another. Throughout that time I was building my knowledge, experience and experiments until I got to the point where everything I wanted came to pass.

If it could work for me, especially considering the completely clueless stage I began with when going into business on my own then I know it will work for you. Trust the four sages. Trust the four classic suggestion patterns and use them in your whole life I'll make such a big difference.

Track 12 – End of Day

Time: 1m 23s

This is the end of day six of the Power of Self-Hypnosis For Guaranteed Results Home Study Program.

Today, you've discovered the four Taoist sages that will let you shut off any interference from the conscious mind to ensure that you get the results that you want.

Tomorrow, the final day, we'll look at how to make the power of self-hypnosis a natural part of your life. We'll focus on techniques to unlock the power of your mind.

We'll reveal techniques that you can use to sleep like a log and wake up at whatever time that you want, full of energy without ever needing an alarm clock again. We'll also focus on applying the power of self-hypnosis method to change habits and solve problems.

Finally, we'll give you a detailed, step-by-step practice schedule to make the power of self-hypnosis something, which is a natural part of your life.

I look forward to seeing you again tomorrow on day seven of the Power of Self-Hypnosis.

Day 7 – How To Completely Master The Power Of Self-Hypnosis Method And Get Incredible Results

Track 1 - Day 7 Introduction

Time: 1m 43s

Welcome to the Power of Self-Hypnosis For Guaranteed Results Home Study Program. This is the final day of your exciting seven-day journey to thoroughly master the power of self-hypnosis.

Today's session is called **How To Completely Master The Power Of Self-Hypnosis Method And Get Incredible Results**.

In this session, we're going to focus on getting practical results with self-hypnosis.

- First, we'll look at how to use the Power of Self-Hypnosis Method to fall asleep easily, comfortably any time and any place. Then you'll train your inner clock to awaken you refreshed without needing an alarm clock ever again.
- Next, we'll focus on using the Power of Self-Hypnosis Method to change habits and solve problems.
- Finally, we'll finish the program with a step-by-step practice guide including tips on how to use the Power of Self-Hypnosis Method to create the perfect life.

Now, why not take a chance to discover for yourself the amazing powers that you have inside, because once you're ready to do that, just sit back, relax and enjoy the power of self-hypnosis.

Track 2 – Use The Power Self-Hypnosis Method To Unleash Your Potential

Time: 1m 06s

Welcome to the final day of the Power of Self-Hypnosis Method. By now you have covered the entire method and know how to do everything.

So what I want to focus on today is taking all the pieces that you've learned, put it together to solve different kinds of problems and situations that you want to probably use this stuff for.

Also, to show you how to find hidden abilities that you might not even realize that you have and use them everyday to enhance the quality of your life and the power or your unconscious mind.

Congratulations!!

The first thing I want to do is to congratulate you.

As far as I'm concerned you have now successfully graduated in the Power of Self-Hypnosis Method. Keep practicing what you've learned and keep using it, because it's in the use of what you're doing that real mastery comes.

With these thoughts in mind, let's go right into the very first part of the day's graduation presence if you like and find out how you can use the power of self-hypnosis to sleep like a log every time.

Track 3 – Sleep Like A Log With The Power Of Self-Hypnosis

Time: 10m 34s

How are we going to start applying these skills that you have to solve specific problems and activate specific abilities?

Beat Insomnia!

The first thing we'll look at is how can you beat insomnia?

How can you sleep like a log any time, any place with distractions around you or not; irrelevant?

No More Sleepless Nights!

Since I learned this method and acquired this version of it, I've fallen asleep any time, any place anywhere. On airplanes, airport lounges, hotel rooms, my home, even with loud noises, stress you name it and I've been able to sleep through it.

In fact, my ability to sleep through things has since become legendary and I hope that yours will also.

Sleepless Nights Are More Common Than You'd Think

The first thing to realize is that sleep problems are surprisingly common and the solution to them is surprisingly simple. Almost all types of insomnia are psychological, which means you don't need to take drugs or go to the doctor to resolve those things.

Why?

Because you have the mechanism inside you already to be able to sleep like a log any time.

Heed This Medical Warning!

I will say this there are some forms of insomnia that are a telltale sign for some kind of medical condition.

If you're using this method and still find trouble falling asleep, go see a medical doctor and have yourself checked out just in case you have one of these medical conditions – it's the safe and rational thing to do.

Say "Bye-Bye" To Sleeping Pills

However, assuming you're in the vast majority of people who don't have a medical condition then you can say goodbye to all forms of sleeping pills once you master the method I'm about to show you.

The Full Step By Step Method To Sleep Like A Log

The method is very simple. It has a couple of key components.

Perfect Sleep Step 1: Prepare

The first step is to lie in bed and prepare yourself to go to sleep.

There's something very important about what I just said. Bed is for sleeping, nothing else, well maybe some other things, but we don't want to talk about them on this program.

Don't Take Your Troubles To Sleep With You!

The point about insomnia is that a lot of people take their troubles to bed. They go to bed and think about problems, future plans, anything, but falling asleep.

Over time these things can turn into a pattern. As soon as you lie down in bed, your mind starts racing, because it's used to thinking about the future, even when you don't even need to do it anymore.

Bed Is For Sleeping

So first realize that your bed is for sleeping. When you want to plan things and think about the future, do it somewhere else. Lie down or sit on a couch, get a yoga mat out and lie down on the floor. If you have to its okay to do that there, but your bed becomes a trigger for sleeping.

This is very important.

Why You Had To Sit Up For Self-Hypnosis

This is also why I said to you before when practicing the self-hypnosis method, sit up, even if you stay in bed, sit up and change your position so your body knows that when you're lying down in bed it's time to go to sleep; very important.

Perfect Sleep Step 2: Use Your Regular Power Self-Hypnosis Method

The next stage is very simple and you already know how to do this it's using the Power of Self-Hypnosis Method to put yourself into hypnosis, so you'll be following the CAVE steps.

PHS 1: Prepare

At the beginning of it all, you're going to start with the parameters.

Emergency Response

You'll say your safety statements –

I'm about to use self-hypnosis to fall asleep.

If any time during the night I find there's an emergency that needs my attention, someone needs to have my attention or I need to do something like go to the toilet and take care of something like that then I'll find myself instantly alert and ready to deal with whatever happens.

When it's time to go back to bed again afterwards, I'll be able to drift back to sleep easily and naturally.

Time Limit

Secondly, you want to set a time limit or an intention.

The intention is that you're going to go to sleep using the Power of Self-Hypnosis Method. You'll sleep comfortably and easily through the night so that you awake in the morning refreshed, relaxed and totally alert and those are the set up parameters.

PHS 2: Clear Your Mind

Now you go ahead, close your eyes, take a deep breath, relax.

PHS 3: 'C' (CAVE) Convincer

get in touch with your arm and go through the whole convincer stage making your arm nice, warm and happy.

Perfect Sleep Step 3: Pay Attention To Relaxation & Comfort

Here's the key thing:

Once your arm is deeply relaxed – it feels heavy maybe it's got a warm glow, maybe there is a tingling – something like that, when you know that your arm is relaxed, I want you to *pay attention to the rest of your body*.

Notice Bubbles Of Comfort Arising

Notice if some part of the body has a kind of sympathetic response. Notice if another bubble of comfort, relaxation, warm comfortable glow or comfort is arising inside of you.

Focus On Anything Comfortable

If it does, pay attention to that and watch that grow. Once you have it there, wonder if there is another part of your body that has it also.

Move From Comfort To Comfort

Again, another sympathetic response so you keep jumping from one bubble of comfort or relaxation to the other.

Perfect Sleep Step 4: Repeat The “Relaxation” Convincer

If it happens that you don't have a sympathetic response yet, not a big deal, just switch your attention to another part of your body and do the whole convincer cycle again.

Switch Arms

You might switch to your left arm and say

My left arm is feeling relaxed. My left arm is feeling relaxed, relaxing-relaxing- relaxing.

Check For A Sympathetic Response

Then, when you get the response in that arm, check out your body is there a sympathetic response?

What part of your body is feeling comfortable or relaxed and place your attention on that.

Perfect Sleep Step 5: Allow The Drifting To Lull You To Sleep

Essentially, you'll keep doing this until the point where you'll naturally find your mind beginning to want to drift off.

Notice The Comfort Drawing You In

You might notice a warm, comfortable blanket or relaxation spreads all over you and that's when the sleep period starts. You're getting sucked into that warm whirlpool that will draw you into sleep.

Allow It To Happen

When that happens just allow it. Drift all the way into sleep time and sleep comfortably throughout the night.

How To Troubleshoot Any Problems With The Perfect Sleep Method

Here are a couple of rules or ideas to keep in mind in case things don't go quite the way you intended.

Sleep Key 1: Focus On Relaxation

The rule of thumb is for you to cycle through the body using the convincers to relax different parts of the body. Notice if you have a sympathetic response in a different part of the body and keep bouncing from those bubbles of comfort and relaxation until the drifting occurs naturally.

Sleep Key 2: Don't Think Thoughts

When it does, great, allow it to occur. The key is that you want to make sure that you're not thinking thoughts, you're not thinking about plans, future activities and above all else you don't want to be thinking about problems.

Sleep Key 3: Beat Distractions By Focusing On Relaxation

If you find yourself going down that route as part of your drifting, go right back again to your body and use the convincer cycles again.

Let's say your arms are both relaxed and you've gone into this comfortable dream spin, but then suddenly you start thinking about a project tomorrow.

At that point break your attention from the project and think about your right leg. Now use the convincer cycle on the right leg. After that you could use:

- *My right leg is relaxing-relaxing-relaxing.*
- *Breathing is relaxing.*
- *My left leg is relaxing.*
- *Face, tongue, eyes are relaxing.*

There are so many parts of your body that you can run the convincer cycle on eventually you'll just drift into a comfortable, easy, natural sleep.

Sleep Key 4: Trust Your Unconscious!

If you're one of the people that wants to control the process and make it happen that's part of the reason why you're not falling asleep, because your conscious mind has no idea how to fall asleep. It doesn't do it – that's purely the domain of your unconscious mind; you've got to trust it to allow it to happen.

Here's a great way to make it happen.

Inner Secret: Try & Fail

When your body is in this warm comfortable glow of relaxation, comfort and inner peace, try hard to stay awake.

When I say try hard to stay awake, I don't mean sit up and pinch yourself, think thoughts, do math puzzles or that sort of thing. No!

The key thing is to maintain the same quality of comfort and relaxation and see if you can hold on to awareness even then. At that point one of two things will happen.

- Number one is your unconscious mind takes over and says "*you're going to sleep whether you like it or not*" and you just fall asleep. You don't even know it until you wake up refreshed the next day.
- The other thing that might happen is it will seem like you're not falling asleep you're just lying there in bed in a very comfortable glow without thinking any particular thoughts, but it seems like you're still consciously active in some ways.

The fact is you won't be. Your mind will naturally drag you into sleep spindles and dreams and so on. It's just that those periods will be cut off from your consciousness, which is one of the quirky things of how your mind works.

Trust the fact that you can just lie there without any particular thoughts, as long as you feel that comfortable glow inside your body, that ease of relaxation or that inner peace, it doesn't matter whether or not your conscious mind thinks you're asleep.

The fact is you will be drifting in and out of sleep enough to be totally refreshed and once you've done that your unconscious mind gets the hint and goes

"Okay buddy, tomorrow we're just going to take you right into sleep, because that's where you need to be."

Sleep Key 5: Go Back To The "Relaxation" Convincer

Remember, if at any stage you get some kind of distracting thought for example, you start planning something, thinking of a problem or anything that makes you feel uncomfortable, go right back to your convincer cycle.

- *Left arm feeling heavy,*
- *left leg feeling heavy,*
- *lungs easing,*
- *breathing coming easy and rhythmically,*
- *heartbeat rhythmical...*

all of these things.

Overview Of The Complete Perfect Sleep Method

The complete method is simple-

Step 1: Prepare

- Lie down in bed,
- Clear your mind,
- Tell yourself what you're going to do.

You're going to use the Power of Self-Hypnosis Method to sleep like a log.

You're going to sleep all the way through the night, and

If at any point you need to awaken, because someone needs your attention, an emergency arises or you need to take care of some kind of bodily function, you'll instantly become alert.

You'll be able to deal with whatever needs to be dealt with efficiently and effectively. When it becomes time for you to go back to bed and sleep again, you'll instantly drift off to sleep easily and naturally.

Done, it's as simple as that.

Step 2: Use Your Regular Power Self-Hypnosis Method

Now you go through your convincer cycle:

- Deep breath, clear your mind, think of the right arm.
- Relax the right arm.
- When you feel that, you'll find a sympathetic comfort or relaxation in another part of the body. Let that grow.

Step 3: Pay Attention To Relaxation & Comfort

Find another sympathetic comfort, let that grow.

Step 4: Repeat The "Relaxation" Convincer – IF Necessary

Find another part of comfort and let that grow.

Step 5: Allow The Drifting To Lull You To Sleep

Keep tracing them. Jumping as though you are jumping from lily pad to lily pad until eventually your whole body is in a glow and you'll end up drifting in a deep, comfortable sleep, sleeping through the whole night.

We've talked about this. On the next track we'll go through a quick five-minute procedure to install this pattern inside you at the unconscious level. As soon as you're ready to do that join me again on the next track.

Track 4 – Exercise: The Perfect Sleep Method

Time: 6m 46s

Welcome back.

We're only going to install the ability to sleep like a log right now using the Power of Self-Hypnosis Method we're not going to guide you into sleep yet.

The Power Self-Hypnosis Process

Find a comfortable sitting position and when you're ready take a deep breath. Breathe out, relax, clear your mind and close your eyes.

Then as you've done before, just focus on your right arm. Tell your right arm to relax.

The right arm is relaxing- relaxing- relaxing.

Feel the right arm relaxing- relaxing- relaxing.

Sense the right arm relaxing. Loose, limp like a rag doll, relaxing, heavy and comfortable.

Now, at your state of self-hypnosis, it's time for you to realize that you can sleep like a log any time you wish to. To sleep like a log is very simple. The procedure is easy.

Step 1: Prepare

At night, when it's time for you to go to sleep you'll take care of all the normal business, wash, get into your nightclothes, lie down in bed, turn off the lights and then lie comfortably in bed.

Once you're lying comfortably in bed, all you need to do is remind yourself why you're here. You're going to use the Power of Self-Hypnosis Method to fall asleep. You'll sleep deeply and comfortably all night long, you'll awaken refreshed and alert in the morning.

If at any time during the night sleep something should require your attention outside. For example, someone needs your attention, there is an emergency or there is a bodily function you need to take care of, then you will instantly become alert and refreshed.

You will deal with whatever situation needs your attention effectively and efficiently. When it's time to go back to bed you'll drift into sleep instantly and awake in the morning feeling refreshed.

Step 2: Use Your Regular Power Self-Hypnosis Method

Now it's time for you to go through a CAVE cycle. Get in touch with the right arm and relax the right arm in exactly the same way you've done now.

Step 3: Pay Attention To Relaxation & Comfort

Once that right arm is relaxed scan your body and you'll find that parts of your body have sympathetically aroused comfort, relaxation, easy, inner peaceful feelings.

Focus on that part of your body and those feelings will grow.

Next, find another part of your body. Scan from the top of your head to the tips of your toes and find another part of your body that feels comfortable, calm, relaxed, a sense of inner peace.

As you find that part of your body, focus on that and watch that grow, enjoy it.

Keep moving from area of comfort to area of comfort until your mind naturally drifts off to sleep.

Step 4: Repeat The “Relaxation” Convincer – IF Necessary

If at any stage you have any distracting thought or cessation, simply go back to the convincer cycle.

- *Left arm is relaxing.*
- *Left leg is relaxing.*
- *Right leg is relaxing.*
- *My breathing is calm and easy.*
- *My eyes are relaxing,*
- *Tongue is relaxing,*
- *Throat is relaxing,*
- *Left shoulder relaxing*
- *Right shoulder relaxing.*

You can relax so many different parts of your body.

Any time you have a distracting thought or idea simply go back to the convincer cycle then right back to finding sympathetic comfort and letting that guide your way like stepping stones towards a comfortable, natural night's sleep.

Step 5: Allow The Drifting To Lull You To Sleep

Using the power of self-hypnosis you will easily drift off to sleep every night. No matter what the stresses and strains of the outside world, you'll easily and comfortably fall asleep every night using the Power of Self-Hypnosis Method.

You can trust that. The more you use it when you don't need to, the more powerfully the skill will be available to you when you do, so you may as well practice it every night.

Your quality of sleep will go up. You'll be able to sleep deeper and more comfortably. You'll awaken more alert and more refreshed and you'll deepen your connection of trust with your unconscious.

It simply makes sense to practice the Power of Self-Hypnosis Method to sleep like a log every single night and enjoy it.

Go ahead and allow your mind to drift for a while as your unconscious mind takes these ideas on board and makes sleeping like a log, sleeping comfortably and deeply every night a natural part of your experience; very good.

Now it's time for you to return. Mentally count yourself up from one to five.

- At the count of three remember getting back in touch with your body.
- At the count of four you're beginning to stretch again.
- At the count of five open your eyes feeling refreshed, relaxed and alert.

Simply fantastic, knowing that tonight when you use this method for the very first time you're going to have the best night of sleep you've had in a very long time and you get to look forward to that. When you're ready join me on the next track.

Track 5 – The Inner Wake Up Call

Time: 7m 08s

Welcome back again.

Now that you've installed the ability to sleep like a log any time, any place anywhere, I encourage you to use it a lot. The more you use it, the easier it becomes and it will be there for you when you need it.

For now, I'd like to show you another ability that you have, another hidden potential that lies dormant inside each one of us and very few people ever activate.

Activate Your Inner Clock

This is the inner clock; what I call the 'inner wake up call'.

How would you like to have the ability to have an inner wake up call that wakes you up at exactly the time you need to awaken and not before or after, but exactly the time you need to awaken?

Not only does it do this, it does it easily and comfortably so you awaken refreshed and alert. No more drowsy, switching the radio on snooze. You'll awaken instantly, easily and totally naturally.

This relies on the ability or the natural biological clock that each of us has. Technically speaking, you've actually been practicing and rehearsing that inner biological clock for the last few days already.

After all, every time you set the parameters, in a moment I'm going to go into hypnosis for five, seven or ten minutes, you're training that inner clock over a short period of time.

The Inner Wake Up Call

Now we're going to use that same function. We're going to sleep through the whole night and awaken every single time. Since I started using the inner wake up call, I've stopped wearing a watch or using an alarm clock.

In fact, I think I've only ever used an alarm clock five times in the last 10 or 15 years and that was only because it was such an important meeting that I didn't want to risk not making it.

Even then I found myself waking up about a minute before the alarm was set to go off and I woke up totally naturally and easily. I switched the alarm off before it started to alarm me!

So we're going to use this natural function so that you can do that for yourself.

Seasonal Affective Disorder

If you happen to be suffering from something called Seasonal Affective Disorder (SAD), this will take care of a lot of that just because your biological clock will begin adjusting itself to waking up naturally and in the right state of mind.

However, if you wish to ease this transition and make it even easier for you to wake up in the mornings, you may also want to investigate the use of special lights, which have a stronger light quotient, because part of how the mind wakes up in the morning is in response to light it's just part of the way the brain responds in sleep and waking cycles.

So if you have to wake up, it's dark outside and you have trouble waking up, then do investigate special lamps and lights, which will help with that process.

Know that in time, using self-hypnosis will also help you to transition into the waking state in the mornings even if it's a very early wake up call and it's still dark outside, so use everything at your disposal to make your life easier and more successful.

How To Use The Inner Wake Up Call

Now, let's focus on the actual method. You're going to use this method in combination with the sleeping like a log method.

Why?

Because you're going to be using this immediately before going to sleep so that idea primes you into the whole sleep state.

Step 1: Start With The Perfect Sleep Method

You're going to be lying in bed comfortably, putting all of your ideas outside of your mind, then as soon as you're ready to fall asleep close your eyes, take a deep breath, relax, clear your mind and tell yourself what you're going to do just like in the sleep method.

Step 2: Imagine A Clock

This time, once you get into the convincer cycle, before you get into the regular sleep pattern, when you jump from sympathetic moment of comfort to another one and let that moment grow; before you get to that stage, right after you've gone through your convincer cycle on your right arm, I'd like you to picture an alarm, bedside clock, wrist watch anything that tells time.

Step 3: Make Sure It Has The Current Time On It

This time device will be telling the time as it currently is or was as you went to bed. Let's say you're going to bed at 10:00 pm. You create that inner space, go through the convincer cycle and maybe a minute or so has past, so you look at that inner clock and you'll see it being 10:01.

Step 4: Set The Inner Clock To Your Wake Up Time

Mentally, change the time on the clock to the time that you wish to wake up. Let's say its 7:00 am the next day. You just click the clock through until its 7:00 am.

Step 5: Affirm The Wake Up Call

Then you start affirming to yourself

This is the time I want to wake up. This is the time I will wake up. I'm going to wake up at 7:00 am tomorrow feeling refreshed and alert.

Now you've set the time.

Step 6: End With The Perfect Sleep Method

You've seen the clock, affirmed it, gone through a couple of cycles of affirmation and now it's time to hand it over to the unconscious mind, go through the regular sleep cycle to fall deeply and comfortably asleep.

At that point you'll awake in the morning.

How To Adjust The Inner Clock

In the same way as you trained your inner clock to be responsive to five and ten minute increments during the self-hypnosis practice that you've had, you're going to do the same thing in the morning.

Notice The Real Time

When you wake up check your alarm clock and see what time it is. If it's 7:05 notice it. If it's 5:55 notice that. Go back to sleep again of course and come back a second time.

If its 6:55 notice its 6:55 and feel free to get up at that point.

Get Up When Its Time

If you're within ten or 15 minutes of your target, simply get up, notice the time and know that the next time it will get closer and will be easier for you to get closer to the target time.

Then get up, go about your business, your day and repeat the cycle again in the evening.

Overview Of The Inner Wake Up Call

Let's say you go to bed at 10:00 pm, see that clock, 10:00 pm. Move the clock forward to 7:00 am. Say

This time I'm going to wake up at 7:00 am. This is the time I want to wake up. This is when I will wake up and it's going to happen.

Then drift off to sleep using the natural sleep method that we discussed in the previous track and off you go it's as simple as that.

How To Install The Inner Wake Up Call

On the next track we'll go through another little hypnotic process to set your internal clock and install the inner wake up call so you can use it any time you want or need to.

I recommend that you practice this on the weekends first just in case you overshoot your time a little bit. As a rule you'll want to not use an alarm clock so your unconscious mind knows you're up against it. You haven't got a fall back option for it to get lazy and say the alarm is going to go off anyway so I may as well let him do it.

Make sure that you put yourself in a position where your unconscious mind goes

Okay, this guy is serious I'm going to have to give him what he wants

It's just an easy way of doing it.

So as soon as you're ready, jump on to the next track where we'll take you through a little process to install the inner wake up call; ready at your command.

Track 6 – Exercise: The Inner Wake Up Call

Time: 5m 36s

Begin With The Power Self-Hypnosis Process

Begin this process by sitting somewhere comfortably. As soon as you're sitting comfortably take a deep breath. Breathe out, relax, close your eyes and clear your mind.

Now focus on your right arm and relax your right arm. Feel your right arm relaxing. Affirm my right arm is relaxing- relaxing- relaxing. Feel your right arm relax. Feel it grow loose, limp, heavy, comfortable like the arm of a rag doll or a wet dishcloth, loose, limp and relaxed; very good.

Now, you have an internal clock and you've been using it throughout this program. It's time that you learned to use that internal clock to set your inner wake up call. From this day forward, you'll be able to wake up anytime, any place anywhere easily and effectively by trusting the power of your unconscious mind to awaken you at the right time every time.

Step 1: Start With The Perfect Sleep Method

In order to use the inner wake up call, very simply put yourself to bed, clear your mind and focus on your right arm relaxing as you would do for any other hypnotic process.

Step 2: Imagine A Clock

Once you're comfortably relaxed, mentally picture some kind of clock or time device.

Step 3: Make Sure It Has The Current Time On It

The time on the device will be the time that you went to bed. See that time.

Step 4: Set The Inner Clock To Your Wake Up Time

And mentally change the time to the time that you wish to get up in the morning.

Step 5: Affirm The Wake Up Call

When you set the time you wish to get up, affirm to yourself,

This is the time I want to get up. This is the time I will get up. My unconscious mind will awaken me comfortably, easily, feeling refreshed and alert at this time in the morning.

Step 6: End With The Perfect Sleep Method

Once you have done this process, simply allow yourself to find an area of comfort in the body and focus on that. Now you can continue with your natural sleep cycles as you've learned before.

You have an inner alarm clock, an inner wakeup call that can awaken you gently and easily every time, so you awaken refreshed, relaxed and alert. You don't need to introduce stress into your life through an alarm clock. You simply trust the inner wake up call and it will do the work for you.

Then, once you've set the inner wake up call simply allow yourself to drift off to sleep using the natural sleep method you already know. You'll sleep deeply and comfortably.

If, at any point in time, something outside requires your attention, someone is calling you, some emergency requires your attention or a bodily function needs to be taken care of, you will of course, awaken easily and naturally. Then when it's time to go back to bed you'll drift instantly back to sleep and you will still awaken at the time you set for yourself in the morning.

In the morning when you awaken, simply check your normal clock, your outside real world clock and see what time it is. If you over or under shot a little bit that's fine that will correct itself as the days turn into weeks. Eventually, you'll wake up exactly on the minute every time whenever you want or need to.

Now allow yourself to drift into comfort, allowing whatever scenes or experiences that come to mind, to come to mind. Feel good as your inner mind, your unconscious internalizes your inner wake up call and makes it accessible to you whenever you want to use it.

I'll be silent as you do that now. When you hear my voice next you'll simply find yourself drifting back; very good. Now it's time for you to count yourself back out again, remembering to count from one to five.

- At the count of three, reorient your body.
- At the count of four, start stretching and moving around.
- At the count of five, you're going to open your eyes feeling refreshed, relaxed, alert and simply fantastic, knowing that you just activated a very powerful inner device.

Your inner wake up call will be there for you for the rest of your life whenever you need to use it so use it well. Use it every day and the more you use it the more you'll know that you can rely on it when you want it.

Track 7 – How To Change A Habit With The Power Of Self-Hypnosis

Time: 9m 29s

Welcome back again.

Now you have two interesting methods of activating unconscious abilities that a lot of people don't realize they have.

The Power Self-Hypnosis Method Is Perfect For Habits

I want to talk a little bit about changing habits. One of the primary reasons that you came to this program is, chances are, you want to change some habits you want to get rid of some bad habits and install some good habits.

The Power of Self-Hypnosis Method is designed to do precisely that and this is what it excels in.

Overwrite Old Habits

How are you going to change a habit?

You're basically going to overlay the new and healthy habit over the old one. You're going to tell the unconscious mind once what you don't want and then focus on what you do want and stick to that.

Use The CAVE Cycle

You're going to use the CAVE cycle and during the 'AV' stage, the actualization and visualization stage, you're going to affirm the new habit and visualize the new habit. It's like the rehearsal method. In fact, remember using the visualizations for rehearsals?

That's installing a new habit, the habit of moving correctly in a golf game, the habit of speaking correctly during a presentation or the habit of treating people in a certain way when you're interacting with them, so basically, you've been doing throughout the course of this program.

Here are the steps.

The Step By Step Guide For Changing A Habit

Step 1: Clear Your Mind

As before, simply clear your mind, take a deep breath and relax.

Step 2: 'C' (CAVE) Convincer

Then connect to your arm. Go through the convincer cycle or the CAVE cycle until you've got that sense of the arm being comfortably heavy, relaxed, loose and limp, whatever it is.

Step 3: 'AV' (CAVE) Change The Habit

Once you have that, then you go into the 'AV' stage and here it's time for you to change your habit.

The first step is to tell your unconscious mind, this is the habit I want to change or install. If you have a negative habit, go with a change. If there's no habit in place and you want to put in a good habit then go straight to the good habit.

Tell your unconscious mind this is the habit that I want or this is the habit I no longer want. Then tell yourself this is the habit I want to have instead. Put yourself in the context where you want it.

Examples Of What To Change

If you go to the gym there are two contexts

- One is being at home deciding to go to the gym in other words, the habit of being excited about it.
- Secondly, actually being in the gym, being glad you came, having had a good workout and so on.

So there are several habits in place.

If you know the behavior that you want, for example, going to the gym and working out, great then go through the behavior, rehearse that and install it that way.

Make sure that your affirmation says you will be using this habit every day, it becomes a natural part of you, you're doing it without thinking about it it's just part of how you respond to life and that sort of thing.

Troubleshooting: What If You Don't Know What To Replace It With?

What do you do if you don't know what the behavior is?

What if you know you want a good habit, but you don't know what the habit is?

Let's say you do want to go to the gym, but you honestly have no idea how to go to the gym.

Millions of people are like that, I'm like that. I don't know what to do in a gym. I get lost with all that equipment.

You can either train yourself or hire a private coach to teach you some of the basics so you're doing it well, definitely worthwhile or you can leave it up to your unconscious mind to find the right solutions for you.

An Example Of The Indirect Approach To Problem Solving

It was particularly important in certain examples like I had when I was setting up my business. I wanted to put in good business habits, but I didn't know the first things about how to run a business. I didn't know how to advertise, talk to people, tell them about what I do – all of those things were new to me, because I never had to do it before.

Therefore, I had to go to the outcome.

Remember, you can either rehearse the habit or you can jump to the outcome. At that point, I knew I didn't know enough about business to rehearse any particularly good habits. In fact, I might end up installing bad habits as a result. So I just went to the outcome.

The outcome was having a healthy, thriving business where my clients love me, where I'm earning well and I get to have all the things I want to have out of life. I get to travel. I get to work with smart people. I get to work at the cutting edge of a particular discipline and so on.

Step 4: Go To The Happy Ending

Once you've rehearsed the habit, set the outcome and affirmed it all.

Step 5: 'E' (CAVE) Drift

Remember to allow a drifting stage to occur, just as you did in the last few exercises today.

The drifting stage gives your unconscious mind time to integrate the learnings and lessons, making it part of who you are before you reach regular consciousness again.

It's like a barrier between your unconscious and conscious mind so that when you come back outside you can't interfere with it too much, because

the pattern is already rolling. The scene has already been set and your unconscious machinery is working on the case for you and that's it.

Resolve Dirty Goals

Remember, all the things we've talked about so far are part of how to set a behavior. If you end up having a dirty goal, remember a dirty goal is when there's a conflict between what your unconscious mind wants or thinks and what your conscious mind wants or thinks.

If there's a conflict like that you need to do something to overcome the conflict. How do you do that?

That's what we've talking about for the last few days. You either use the power pendulum method and find the root cause of the conflict and resolve that or you use the four sages and use that to burn off any excess energy that the conflict might have.

You burn through the objection the unconscious mind has by getting the unconscious mind to come up with better ways. You ask loaded questions using hypnotic questions and you go through the experience of having the result rather than just visualizing it getting the energy element of it using the Emo-Streaming and you can use the big drift.

The big drift is a winner all around.

The Real Secret Behind The Tortoise Mind!

The key thing is let your internals align to it and allow the tortoise mind time to do its work. Why do I keep saying the smart money is on the tortoise?

Let me reveal it to you now.

Use The Power Of Your Parallel Processor

One of the things that happens with self-hypnosis and one of the things you'll notice happening is that as you work on one goal, because that objective is tied up to all kinds of other different things, you'll end up invariably resolving a bunch of issues at the same time without even realizing it.

Sure, it can happen that you set a simple goal, you internalize it, you use your self-hypnosis, it gets achieved and that's it, nothing else changes except for that thing.

Resolve A Whole Web Of Related Issues

More often what will happen, especially when you use these methods, particularly the four sages, when you allow that drifting stage to occur and other things like that at that point your unconscious mind starts finding other possibilities, other connected areas and it cleans those up at the same time.

The Tortoise May Seem Slower – But Its Pulling A Lot More Weight!

The tortoise might seem to be a lot slower, but it's actually carrying a lot more weight. So by the time it crosses the finishing line you get so much more than you bargained for, so many more good things come your way than you actually thought in the first place.

The reason this is important is because now you have a whole support structure to support your new habit or behavior.

The New Habits Will Fit Your Life!

Let's imagine the gym example again. If it's going to the gym, if it doesn't fit your lifestyle you're going to have a struggle each time. You'll have to fight for it and go to the gym, find some time for it.

You might be drained and exhausted, because your job is taking too much attention from you, you might not be eating right and don't have enough energy for the gym, but you're going to the gym so you have your behavior there, but you're not getting the goal.

Remember, the goal for going to the gym is to live a healthier lifestyle.

If you go to the end energy for example, using emo-streaming, if you're using these techniques as part of the process, especially if you just use normal affirmations of the goal or behavior plus that drifting stage.

During that drifting stage, your unconscious mind looks at the totality of your life and says, hang on. If you want to go to the gym and be healthy,

vibrant, strong and all of that stuff then there are going to be some other changes you need as well.

Let Your Unconscious Mind Work Out The Details

The rest of his life has to be there too. So he's going to have to eat better as well so he has energy to go to the gym. He has to be able to manage his time better so he's not stressed out at work and doesn't lose all of his energy just worrying and stressing out at work.

It probably helps if he can work around his friends and social life in such a way that he's got time to go to the gym. Let's deal with all of these things tweaking them at the same time, so by the time he ends up going to the gym naturally, everything else is in place all of his ducks are in a row.

His friends are supportive of it. He's got time to socialize and go to the gym. He's eating well so he's got plenty of energy. He's more relaxed at work, so when he comes home he's not totally drained so he has more energy to go to the gym again.

All these things are in place at the same time.

That is the true secret to trusting the tortoise mind and putting your money on that.

Allow Solutions To Grow Like Guests At A Party

It's a beautiful thing when it happens because now, if I'm being obsessed about all this long list of goals that you want to deal with you end up dealing with one and you'll know that a lot of these other things get pulled along in its wake.

They'll come along with it so by the time you end up doing one goal you might find yourself having succeeded in a half dozen, even a dozen other areas of your life that you hadn't even considered yet or that you were going to wait for later to deal with, but now you don't have to.

This is the beautiful of trusting the tortoise mind; go with it.

You have the tools for it and you can have that interaction between the classic methods, which will prime the pump and get things going and the

four sages, which get that open expansive, general change to fit the whole of your life so that the changes you make don't come out of context.

It's an important piece and the reward is simply fantastic.

Track 8 – How To Solve Problems With The Power Of Self-Hypnosis

Time: 18m 38s

Let's move on to solving problems.

The other reason why people come to self-hypnosis is, because they have a problem and don't know how to resolve it.

Learn From The Scientists

How do you resolve problems?

We're going to take a leaf out of the book of scientists, the Nobel Prize winners who solved amazing problems using the power of their unconscious.

Problem Solving Principles

There are a couple of key principles involved in the problem solving cycle.

Principle 1: Fill Your Mind

1. You are going to actually spend some time thinking about a problem so it's in your mind, your intellect, you're creating connections and you're getting your unconscious mind to realize that this is something you want to deal with.

2. You must understand the nature of the unconscious.

Principle 2: Solve The Problem In Context

In other words, allow the unconscious mind time to start picking the pieces, gathering tools and information so that the problem gets solved its

wholeness, its totality. You never solve just one problem you solve the whole problem in context.

When Einstein had the dream of riding a beam of light it basically suggested a stream of mathematics that he ended up spending the next two years trying to come up with to prove that his idea was correct.

His unconscious mind had done the work ahead of time it made the intuitive leap, but it still had to have that build up time afterwards to prove it. It's an important stage before having the dream, he had to fill his mind and think about it so his unconscious mind starts building up some response potential.

Principle 3: Use The Power Of ASP

This is one of the most crucial and important things you need to ever know about problem solving. If you don't do this, then problems will remain problems. If you do this, whether or not you use the power of self-hypnosis to help augment the problem solving cycle, you'll still solve problems quickly and easily.

This is the **Access State Principle**.

Remember, when we talked about, I think all the way on day one, how the mind has certain room. Each room is a certain room and a certain state and your experiences and memories are encoded within that room.

You have a problem solving room, a room where you come up with options and possibilities and things you can do is not the room you're in when you're depressed, stressed and unhappy.

I take that back.

A mild amount of stress can be a useful room to be in. However, large amounts of stress shuts doors to potential, to options and that's the last thing you want.

- You've got to pay attention to what state you're in.
- You've got to let your mind think about it so you're priming the pump so to speak, and

- You have to find a mechanism for handing over to the unconscious the responsibility for coming up with some ideas then for presenting those ideas back to you.

How The Problem Solving Cycle Saved My Legal Career

I'd like to tell you a story of how I used this problem solving cycle to save my career.

Back in the days when I was still a lawyer there was a transaction I had to deal with, which was a straightforward thing. There was a bank that was handing over all of its responsibilities to another company. There were some hundred or so documents that had to be executed to document the whole handing over of power and responsibilities, incomes and all that sort of stuff.

These documents each had between two and about eight or nine different people and institutions that had to sign to legalize to allow that whole handing over of power to occur. Every one of those documents had a unique little problem or quirk that I had to solve and it took a lot of my attention.

All except for two; two of these documents were so plain vanilla, I had them done within 20 minutes ready to roll, printed up on my desk ready to do their thing. The others took more of my time, because there was always some special nuance, law clause or something else going on, but you don't need to know the technicalities.

To cut a long story short, a month rolls by, it's now time to sign and execute these documents to allow the whole handing over of power and responsibilities to occur. We're at the client's company, there are some dozen people in the room, there are hundreds of documents, because for each document you need a copy for each person signing.

So of the hundred or so documents, we've probably got about 800, because we have copies for every signature and so on it was a lot of copies. I had to manage the whole process flawlessly.

I'm like the orchestra conductor telling people "*Okay, you all walk around this way, sign here, different color tabs are for different people signing things.*"

I'm making sure everyone is signing the documents. Meanwhile, we have people sending in faxed signatures from overseas.

It's all working beautifully. Faxing is going for the documents to testify that it's being signed and that's going to be bound later on- beautiful.

There was BIG Trouble!

Until suddenly, I have a sinking feeling in my stomach. I have a sudden realization that I've completely forgotten about those two documents that were a no-brainer at the start of the deal.

The client could sign them, because the client was right in front of me, but the other person, someone called the trustee wasn't there, had never been queued up, had never been asked about this whole process and hadn't even given permission to the whole thing.

I had a sinking feeling, because I just didn't have enough time to get him to sign it now.

I got the signatures all ready.

I rushed back to the office called the trustee and said,

"Look there are these two documents this is what's happened could you please spend the next half hour looking at them and sign it, because if we don't execute this by the end of the day there is going to be big trouble."

Guess what?

There was big trouble.

They refused to sign them on a technicality. They were correct to refuse to sign them by the way. They had to get legal advice before they could sign them and it was the correct thing to do from their part, it just didn't help me very much.

We Are About To Get Sued For Hundreds Of Millions Of Dollars!

Now we have the entire deal falling on its ear, because one signature is missing from two documents and it's my fault.

This thing starts going ballistic. I go to my supervisor my supervisor ended up had to go to the head of the department, the head of the department ends up pulling out his liability insurance.

Although it's a small mistake there are hundreds of millions in the balance and I felt about two inches high. I wished the ground would open up and swallow me, it was a huge mess.

I Feel Like The Lowest Of The Low!

We survive that day and work until 9:00 or 10:00 in the evening. I make my way home and I'm feeling miserable. I'm feeling guilty. I feel like a failure and the whole thing is still up in the air there's still an almighty mess.

My Inner Hypnotists Kicks In

As I'm sitting on the train on the way home trying to rack my brains for a solution, suddenly my training comes back to me.

I remember that the last place you want to be when making a decision or trying to solve a problem is feeling guilty, stressful and hating yourself.

I went through a little exercise to calm my own mind, something similar to the method we're using here. The point is I'm changing my state to be calm, focused and clear. It takes me the whole train journey home, roughly an hour, to clear my mind, because this is a very big deal for me.

When I get home I clean myself up and go straight to bed. I used my self-hypnosis process to put myself asleep in the same way I've taught you to do it in today's session.

I slept like a baby.

I dream and have a wonderful night's sleep despite the fact that all of this stuff is happening on the outside.

Ironically, I sleep so well that when I wake up the next day, for the first five or ten minutes I feel fantastic, top of the world as though nothing had happened. In fact, I've completely forgotten about the events of the previous day.

Fear Grips Me Again

Then somewhere along the lines when I'm showering or brushing my teeth, it hits me like a ton of bricks and I'm going into overload. I'm getting frightened again, fearing for my job, because I've made a massive mess up and thinking, "Oh my God, this is terrible!"

Again, I remember the Access State Principle.

I cannot come up with a solution in that state.

So I clear my mind and allow my emotions to burn through using the deep thought method that I've taught you along with the emo-streaming. I burn through the negative emotions. I keep myself focused on being calm and I know that absolutely a solution will come to me.

ASP Saves Me

That morning on the train on the way into work I have a sudden flash of inspiration. I know how to solve this. I know exactly what to do.

In case you're interested the solution is very simple. In English law it's illegal to back date documents they have to be signed the date that they are signed.

Therefore, you can't sign a document on the 10th, but make it the date of the 5th. It's totally illegal as far as English law is concerned and you can go to jail for that.

The problem is the deal was done on the day, but the documents weren't there to document it, so we can't make it backwards active. We can't make the documents the date of the problem, because it's illegal so we're stuck in this kind of paradox.

The Inspiration

I suddenly had this realization.

My unconscious mind has come up with this – it's beautiful.

You can't change the date on the document, but you can make agreements retroactive. So although it's signed on the 10th and dated the 10th you can say that it has effect as from the 5th. That's totally legal, because now it crisp, clean and the law allows it.

Now To Persuade The Partners!

The first thing I did when I walked into work, I have a big grin on my face, I drag my supervisor out of his office, we walk into the senior partner's office and I say to them here's the solution. At first they, because now they're still in fear remember and start telling me it's illegal and not allowed.

I say

"No there's a distinction; we're not changing the date we're changing the effective date."

Suddenly it hits them they know it's a solution, so I start putting the whole thing into effect. It takes us about a week to put the new documents into place, find new people to sign and agree to the whole thing.

Seven days later, the new documents get signed, everything that used to be a hundred million dollar lawsuit has gone away. The client is happy, we're happy, my career is safe and I breathe a sigh of relief.

ASP Saves The Day

All that down to a simple idea: the Access State Principle.

How To Use The Power Self-Hypnosis Problem Solving Method

I'm going to show you how to use that to solve problems here and now. Let's assume that you're faced with some kind of problem and you don't know how to resolve it.

Problem Solving Step 1: Change Your State

The first step is to change your state the same way that I did. How do you change your state?

You've been changing your state the whole week. The Power of Self-Hypnosis Method you've been using is designed to change your state and clear your mind at the same time.

Inner Secret 1: The CAVE Cycle Changes Your State!

The CAVE cycle does this for you and that's why you have the convincer stage of the CAVE cycle, it's to clear your mind of all of these other thoughts.

When you have habits you don't want, when you have problems, when you have things you can't solve, our minds tend towards feeling bad about it.

What the 'C' part of the CAVE cycle, the convincer has done for you for the last six days has cleaned your mind out so you're in the room, in which problems get solved, habits get changed, inspiration can strike and that's why it's there, to change your mind, to filter out problem time from solution time.

It's a key part of the method and something that a lot of other systems don't have. Sometimes they don't need them, because people will spontaneously go there, but you get to do it on purpose.

Number one change your state.

Problem Solving Step 2: Prime Your Mind

Number two begin to prime your mind.

Remember the deep thought process you did yesterday?

Prime your mind with deep thought about the solution.

- *What's the solution to this?*
- *How can I resolve this?*

Problem Solving Step 3: Drift

Then evoke, in other words, drift, let go. Let your unconscious mind do its thing.

Inner Secret 2: Give Your Mind Time To Work Its Magic

You may not get the solution the first time, but remember, I was sitting on that train and doing all that priming and I didn't get a solution. I got home and before I went to bed again, I went through this whole cycle and I still didn't have a solution.

I went to bed, went through my sleep cycle and built into it that while I'm sleeping and dreaming my unconscious mind will work on the problem. I woke up the next day and still didn't have the solution.

I sat on the train and that's where it hit me. It hit me with a delayed reaction, because my unconscious mind took a while to figure it out and allow the answer to filter the consciousness.

Inner Secret 3: Deep Thought

You need to pull out space for that whole cycle to occur.

How can you do this?

Let's take it within the process of the CAVE cycle. You've got the convincer, which is basically setting your state. You now have the power of the Access State Principle working in your favor.

Whilst you're there you can use the deep thought process to stimulate answers.

How do I resolve this problem?

If you can't get it that way, you jump over to the emo-streaming.

How will I be when I resolve this problem?

This changes your state to a solution state to the state you'll be in after solving the problem and attached to that might very well be the solution itself. So far you've got a creativity strategy and it'll take care of a lot of problems just doing that.

Problem Solving Step 4: Sleep On It

The next phase is to sleep on it.

Assuming like in my example, you haven't solved the problem yet, then you simply resolve to sleep on it. You go to bed, go through your sleeping method so you go into your sleep cycles to fall asleep and just before start the sleep cycles you set the intention.

Inner Secret 4: Use Pre-Hypnotic Suggestions Before Sleep

Remember your pre-hypnotic suggestions. See how they all start combining?

Your pre-hypnotic suggestion is:

I'm going to use the sleep method to fall asleep. I'm going to dream comfortably and awaken refreshed in the morning.

Whilst I'm sleeping my unconscious mind will work on resolving this problem so when I awaken tomorrow morning or sometime during the day the solution will just come to me.

That's a pre-hypnotic suggestion. Its stuff you've been doing all week anyway and now you're going to make it work for you to problem solve.

Inner Secret 5: Trust Your Dreams And Intuitions

Now, while you're sleeping and dreaming, take note of what dreams come to you, because very often you'll have the solution in the dreamtime. Let me give you an example.

How Dreams Built A Sewing Machine

You may have heard of or used yourself, a device called a 'sewing machine'.

A sewing machine is interesting, because you actually get to do something you do by hand and mechanically overcomes a particular problem, which is when you sew you have to get a needle in one way, the thread goes through and the needle comes back out with the thread on it.

That is technically speaking impossible, because you can't let go of the needle with the machine and pick it up again on the other side. It's a difficult and technical problem.

The inventor of the sewing machine was stumped for months with exactly this problem. He couldn't thread the needle all the way through the material and have it pull back out the other side with the thread following it. It just doesn't work on a sewing machine because it has to have a fixed point which is, the machine making its work.

It irritated him and he couldn't get the resolution.

One night he just decided to put it out of his mind. He went to sleep. That night he had the following dream.

He dreamt that he was a jungle explorer and that he was being chased by a bunch of pygmies or man-eaters. These people were tribal so they had all of these spears and they started hunting him and throwing the spears after him. He noticed in his dream that these spears had a curious design.

The spears had a hole at the top of the spear right around the point of the point. At that point he had a flash of insight and woke up and the key thing is he wrote down that flash of insight. He realized that to solve a technical problem you put the hole in the front of the head of the needle, the bit that pierces the material.

That pulls the thread through and you have another item that keeps the thread there as the needle comes back out and suddenly you have the thread on the other side, which is where you want it. So he resolved the problem in a dream and you might very well do the same.

Inner Secret 6: Keep A Notepad By Your Bed

If you're going to use the dream method then keep a pad of paper and pen next to your bedside and when you have a dream that seems important wake up, jot down the essential elements and go back to sleep again. Sometimes you'll be hit with a flash of insight.

Write it down.

On a rare occasion, those flashes of insight, when you look at them in the morning, are maybe not such a good idea, but they'll still be the seed of something. So keep it anyway maybe use your deep thought to reflect on the concept and see how you can improve it to make it practical.

Problem Solving Step 5: Visualize The Final Goal

The next stage is to visualize the actual outcome.

If you don't know how to get to the solution, get to the solution itself. In other words, what is the result of it?

Remember the Emo-Streaming is, "*How do you feel when you get there?*"

You can also get there and visualize what the outcome will be like when you solve the problem. For me that was a no-brainer, I would feel totally relieved.

I'd go out and party-like a rock star with my friends for having saved my career. I'd be patted on the back by all the people that were currently looking at me like I was dirt for having made that schoolboy error and I'd be very happy.

Guess what?

By the time I'd outlined the instructions, presented it to my senior partner and had the documents done and everything was executed I felt like I was on cloud nine. I was totally popular in the department for having come up with an ingenious solution.

I went out and had a great time. In fact, the very outcome picture I had in my mind actually ended up being what I did.

So go to the future to allow the unconscious mind to go, "*Okay this is where we're heading we'll find some way of getting there.*"

Problem Solving Step 6: The BIG Drift

Finally, a great method is the big drift, particularly when you're stuck.

The big drift combines all the things we've been talking about and puts them into one neat package to get the result that you want.

So take these strategies and use them to solve your problems, the things that are facing you; it's a fantastic set of tools. I can't begin to tell you how many times that's saved me, helped me out, helped me overcome the situations where I was totally stuck. It un-sticks things and gets things moving.

The big drift particularly is very useful when you feel stuck to un-stick things so you get a sense that something is actually happening even though you may not necessarily know what it is yet.

Track 9 – Use This Practice Schedule For Success

Time: 6m 35s

Let's focus on developing a practice schedule so you can have the power of self-hypnosis in your life for the rest of your life. There are a couple of simple rules that I'm going to encourage you to think about while doing this.

Practice Rule 1: Daily Practice

Number one, daily practice is better than saving it all up and at the end of the month trying to do a six-hour marathon.

Practice Rule 2: Wake Up And Bedtime

Do five or ten minutes a day, morning and evening. The two key periods of practice are in the morning immediately on waking up, usually within half an hour of awakening is the perfect time, because you still have that afterglow of the unconscious state.

And in the evening before you go to sleep.

- *I love to do self-hypnosis and present my goals, etc.*

Then I get into bed and do the self-hypnosis sleep method to fall asleep deeply and comfortably. That way I'm priming the pump and I know I've got everything gunning for me while I'm asleep.

Additional Sessions

You can if you wish to, put other sessions in between- lunchtime, in the evenings, these are good times. Lunchtime to get you through the day or in the evening to separate your work life from evening life these are good distinctions to make.

Practice Rule 3: The 21 Day Rule

Remember, above all the 21-day rule.

Stick to one topic for at least 21 days. At the end of those 21 days evaluate your position again. Are you getting the kind of results you want?

You may want to continue. Have you gotten the results you want? You may want to stop and change to another topic.

If you do stop, if your gains start receding again, once you stop doing what got them in the first place you want to get back on that pony and start riding it again.

Sometimes you gain success, you stop, you start losing success, you get back on the pony, get successes again and you may have to do it a few months before its engrained enough that you can let go and its part of your regular blueprint. Time will tell, as will experience.

Troubleshooting Problems

Finally, if you're not getting the results you want then you need to start doing some troubleshooting.

How do you trouble shoot?

Four sages is the classic point and of course, the power pendulum.

The power pendulum may take some time, but it's worth the effort. The power pendulum is called the power pendulum for a reason; it's powerful and it's a pendulum. It gets results, but you have to stay with it to get the results you want.

Special Mini Booster Sessions

When I say that you focus on one topic for the next 21 days I don't mean you can't do anything else. There are little mini-trances you can do throughout the day if you need them.

For example, you have important meetings coming up and important moments you have prepared for. So at that point, it's appropriate to set your mind to get into the right shape.

Important Meetings

Let's say you've got a big meeting coming up and you want to give it your all. Then maybe five or ten minutes before the meeting you shut yourself in your office or if need be 'the special office' – in other words, the washroom – and you go into self-hypnosis very quickly.

You rehearse how you want the meeting to go, set the outcome and when you're glowing and buzzing, come back out of self-hypnosis with a buzz still inside of you. That's going to color the tone of the interaction and help you get the result you want.

So if there are little mini-projects in between like that, by all means do them as well, as they happen on the fly.

Relaxing After Work

If you come home, you're a bit stressed and you could do with some relaxation again, do some self-hypnosis to relax, but knowing of course that it's different than the main topic of a theme for that particular month.

Important: Stick To The 21 Day Rule

Stick with the 21-day cycle. Don't chop and change just because you've started on something. This is what I used to do and I used to do it very badly.

When I wanted something to change and ironically the more I wanted it the more I would mess up my self-hypnosis, I'd start on my 21-day cycle and within day two I'd change it. I'd change the suggestions and content. Day three I'd change again. Day four I'd change again. Finally, at day five I'd work on something completely different.

Remember how I said before that problems come in conglomerations, in units. By solving one thing the tortoise will drag everything along with it. What you don't want to do is get stuck by switching from one project to another, to another.

Even though they may be related, focus on one project, let that be your head point and let the tortoise do the rest of the work.

Stick to what you're doing for 21 days.

Morning and evenings are the most important times and you'll get results.

Practice Rule 4: 5-15 Minutes Is All It Takes

How long do you do it?

I think five to ten minutes is plenty of time. You can even go as far as 15 minutes, but don't spend much longer than that.

Why?

Self-hypnosis is there to empower your life; it shouldn't be an escape from life.

I do know people and I've been guilty of this myself, who think if five minutes a day gets this result, how much will five hours a day do so you sit there meditating like a monk and trying to get at this.

What part of the mind are you trying to activate?

The trust and let go part or the needy, desperate must get it done part?

Let's face it the needy, desperate, must get it done part activates the law of reverse affect.

If that's where you are, chances are doing five hours a day will give you fewer results than doing less work, because you have to put your mind in the right place.

Remember, ReSeT.

You want a **Receptive mind**. If you think you need five hours, you're not being very receptive you're being very pushy and that's the killer when it comes to self-hypnosis.

Exceptions To Rule 4

So five, ten or 15 minutes and the only big exception is when you go to sleep then you're starting it off and you have no idea how long it takes, because you just go to sleep.

The other one is the big drift. Allow the big drift to take its own time. Sometimes that arm will come down in minutes and sometimes it will drift down over the course of 10 or 12 minutes so it can take longer and that's okay. Allow your unconscious mind to take the pace during the big drift.

For all other activities set a time limit of between five and 15 minutes and stick to it.

Finally, do take time to practice regularly, every single day. You're better off doing five minutes a day and no more, but doing it every single day for the next few months than doing it for an hour on the weekend and making some time here, there and everywhere.

You can find five minutes. Anyone can find five minutes. It's easy to do, because you only delay your sleep by five minutes and you do it before bedtime, which is when you want to do it anyway.

You can find those five minutes and when you do and practice regularly, the treasure house awaiting inside you is truly awesome and I look forward to the day when you discover it for yourself.

Track 10 – How To Create The Perfect Life With The Power Self-Hypnosis Method

Time: 7m 03s

The final thing I want to talk about at the end of this program now is how do you create the perfect life through the power of self-hypnosis?

Aim For Long Term Results

Of course, remember that we're looking for long-term results, we're trusting the tortoise mind rather than the quick fixes of the hare brained mind.

We're going to do steady, meticulous 21-day cycles and maybe even extending those cycles beyond that if we need to. We know when we're solving one thing a whole bunch of other things are coming with it, especially when you build in those four sages and the various drifting cycles that we've put into the CAVE method.

Quick Fixes Are Fine – But The Real Deal Is In Who You Become Over Time

You'll use little quick fixes as you need them for a meeting, a hot date, a special project, to solve a problem, as and when you need those, sure, by all means, use them.

In the meantime, every evening, use the sleep cycles and the inner wake up call, using that and relying on that consistently and getting into practice with that.

Mornings and evenings, do your five to ten minutes of self-hypnosis practice on whatever topic you have.

The Initial Set Up Phase

For the next 15 days, remember you've been doing this for six days now, so for the next 15 days, I'd like you to stick with slightly longer practice, because you're going to listen to the 25 or 30 minute "Awakening Induction" [Awaken The Power Of Self-Hypnosis Day 2 Track 5] I created for you on day two, followed by a quick two, three or four minute self-practice to shore it up and make sure you're doing the effort.

The whole thing will take you 30 minutes tops, 25 minutes to listen to the recording and three or four minutes to do the whole thing again on your own with a bit of affirmation and visualization on mastering the power of self-hypnosis.

You want to do this for the next 15 days to add to the six days you've already been doing it, because it sets the groundwork for where you're going to go with this. It sets up the conditions, so by the time you're ready to deal with the problems and habits that you want to change, get up and running.

You're already working from a point of success. Your mind is ready and knows what it's doing. It's primed for success so you just have to let it go and do its thing.

How To Choose Your Next Goal

How do you know what it is you want to work on?

After all, sometimes you can't just run out and say I think I've fixed everything in my life.

Once you've dealt with immediate concerns or things that are bugging you right now, it would be good for you to figure out how to keep the progress going even when you don't know what it is you should be working through. I'd like to give you a couple of ideas on what you can do at that point.

The Wish List

Number one is to draw up a wish list.

Whenever you think of something that would be cool to be able to do, cool to have or a problem that you haven't thought about for a while, but

suddenly you get confronted with it again, because it's something that happens every Christmas when you have to do 'that' thing.

Add it to your Christmas list or your wish list. Then go off taking things off the wish list one by one as they get resolved. Sometimes you'll start one thing on the wish list and realize you don't need to do it anymore, because something else somehow took care of it, in which case, take it off.

There will be plenty of other things to come and just add them to the wish list. As you go by you'll be able to delve into it as a grab bag and say

This month I'm going to focus on this and it will be fantastic.

The Life Bio

The next one is a great little idea; write a life bio.

Write the story of your life from your earliest memory to the present day. Let your stream of consciousness go through so keep writing and writing. This could be something you'll spend a couple of weekends on working through to get the whole thing done.

When you've written your entire life bio you'll take it and use your power pendulum to point to each paragraph and say is there something in this paragraph that I could do with fixing? How about this paragraph, this one and know the paragraphs that have something in it, some event that you want to clean up at some point.

Go through each paragraph sentence by sentence, line by line and ask the unconscious mind,

Is there something here that I should address?

Is there something here that I need to clear up or something here and highlight those things?

By the end of this lengthy process you'll have a big bunch of papers with your entire life history, highlighted, maybe in different colors, with all the things where some clearing up could be done.

Then if you're ever stuck, are at a loose end, and don't know where to begin or what thing to start cleaning up, go to your life bio and say

- *Should I start with this one?*
- *Should I start with this one?*
- *Should I start with this one?*
- *How about this one?*

Great, I'll go with this one and you have your month's topic ready to roll.

Hypnotic Questions & Deep Thought

The next thing, which is something I personally like to do, is to just use the deep thought process.

Remember the second of the four Taoist sages?

Use the deep thought process only this time the suggestion, Afformation, the question you ask yourself is

- *What should I work through now?*
- *What's the next issue I should work through?*
- *What's the next issue I can clear up inside my mind?*

Focus on those questions and notice whatever comes up that will be the territory of your next month of work.

The Perfect Life Visualization

Finally, something, which is kind of charming, is to use an all-purpose life enhancer.

Why not sit there and imagine the perfect life for yourself. Go to the outcome. Then add a little of your Emo-Streaming to get to what it feels like to have that perfect life and enjoy it.

Throw in some affirmations saying,

I'm in this great and perfect life for myself and every day I'm getting closer to it.

Throw in some inner pep talk saying

I feel amazing. The inner power of my unconscious mind is moving me step-by-step every single day, closer to this absolute vision of happiness.

I'm successful, rich, happy, I have love in my life, friendship, I'm doing good works, I'm a genuine force for good in the world and it's all down to the power of self-hypnosis that I've been using for all this time it's easy, natural and I feel fantastic knowing that this is coming for me.

Get enthused with this. If you want, you can even throw in things like the big drift so you don't even know what it is you're doing. It's just that you know your unconscious mind is working on building this absolutely sumptuous, rich, vital and vibrant future for you.

With those four strategies you'll never be stuck on things to work with and you'll always have something to fill your self-hypnosis practice.

Finish Your First 21 Day Cycle

Please finish your 21-day cycle on the awakening process and that sets the pattern for you to use it with other things and other things, bit by bit, inch by inch, your whole life gets cleared up.

No matter where you start from, eventually you'll end up in a place where you are deeply satisfied with life – happy, rewarded, enriched so all the good things come to you. That is my wish for you and that is the thought that I want to leave you with.

Have fun, enjoy and discover the genuine power that lies hidden inside each one of us.

Track 11 – End of Day

Time: 1m 33s

This is the end of day seven of the Power of Self-Hypnosis For Guaranteed Results Home Study Program. This session concludes the program.

The Power of Self-Hypnosis for Guaranteed Results Home Study Program

During the last seven days together, we've been on an exciting journey of discovery, revealing the secrets of unlocking your mind power and that vast untapped potential that has been sleeping inside you until now.

I would like to thank you for giving me the opportunity of sharing these insights with you. As a teacher and a coach, I'm only ever as good as the materials that I have to work with. In this case, it's your mind and I'm truly grateful that you have stuck with me over the last seven days.

I certainly hope that you will use the Power of Self-Hypnosis Method as a force for good in your life and see all the dramatic benefits that it has to offer. I hope that I get a chance of meeting you again, perhaps on some future program.

Until then, enjoy the Power of Self-Hypnosis.

Bonus 1 – Expert Inductions You Can Use for Wonderful Deep Trances

Track 1 – Bonus 1 Introduction

Time: 1m 43s

Welcome to the Power of Self-Hypnosis For Guaranteed Results Home Study Program. This is bonus CD one to accompany your exciting seven day journey to thoroughly mastering the power of Self-Hypnosis.

This bonus session is called **Expert Inductions You Can Use For Wonderful Deep Trances**.

As you might expect in this bonus session we're going to look at other ways you can take yourself into wonderful deep trances.

We will examine and set up additional methods that you can use to access hypnosis so that you always have an alternative and can find a better approach to suit you or simply to offer you more options and varieties in life.

We will of course look at the master keys that make any induction work so that you can find even more processes or create your own unique approach for yourself.

Why not take a chance to discover for yourself the amazing powers that you have inside? Once you're ready to do that, just sit back, relax and enjoy the power of Self-Hypnosis.

Track 2 – Variety Is The Spice Of Life

Time: 2m 03s

Welcome to this bonus track one. In this track I want to introduce you to seven other methods of Self-Hypnosis that you can use in the same CAVE cycle as alternatives to the ones that I showed you on day two.

The Magic Is NOT In The Method – It's In You!

The reason for this– I want you to realize – there's not really magic in the method you use to get to this special state of mind, the receptive state of mind, in which you get to use the power of suggestion and power of hypnosis in your favor.

Choose One Approach To Master

If you don't like the particular approach we used in day two, choose any one of these seven methods and get good at that. I recommend that you choose one approach and become good at that and let that be your natural second nature way of doing things.

Then you can experiment with other ways of doing it just for variation or something different to do or other ways of looking at it and see how that treats you.

Having one method that you stick to usually shows your neurology and kind of conditions your whole mind/body system to very quickly and easily get back to where you want to go easily, reliably and quickly anytime.

Use A Different Method For A Change

With that thought in mind, remember you can use any of these seven inductions either as an alternative to one you're using just because you fancy a change or you can experiment with it if you haven't quite taken to the method we used on day two, feel free to use one of these until you find the right approach that suits you.

Feel Free To Use Your Own Approach

The final thought I'll leave with you is again, there's no magic in these seven particular approaches, I'm just trying to expose you to different varieties and styles of Self-Hypnosis.

If there's a different method you've been exposed to before or you've come across a different method that you seem to click with on your own then by

all means use that method and make that a natural part of how you use Self-Hypnosis.

The magic in the method is inside you. It's in that ReSeT formula. It's in the ability to use affirmations, visualizations and the various drifting processes in order for you to be able to get a message into your unconscious, change a blueprint and thereby change your life.

Track 3 – PSH Method 1: The Power Pendulum

Time: 2m 41s

The first method of Self-Hypnosis that I want to give to you, the first of seven methods, is the Power Pendulum.

You'll be familiar with this already because on day five we will be using the power pendulum as a method of actually getting in touch with your unconscious and talking directly, in order to trouble shoot and problem solve things.

If you haven't gotten to day five yet, then by all means wait until you get to day five to do this method, but I'll describe to you in any event how to use the power pendulum as a way of getting yourself into hypnosis and then carrying on with the CAVE cycle as usual.

Step 1: Get Into Position

The very first thing you do is you start off in exactly the same way as the use of the power pendulum. In other words, find a comfortable position to rest in, your elbow nice and loose holding the pendulum and mentally will it to move.

Step 2: Get The Power Pendulum Moving

Imagine it moving backwards and forward, focus on it moving backward and forward and tell it to move backward and forward, until it does move backward and forward.

Insider's Tip: Clear Your Mind!

You'll notice that you have to keep your mind clear. There's a kind of balance between willing it to move, wanting it to move, imagining it moving, telling it to move and getting out of your way enough to let the arm do its thing, to let the pendulum do its thing.

When you get to that magical point where you're putting enough effort in but not too much effort that it gets in the way, you've pretty much found the 'C' stage of the CAVE cycle; remember the 'C' is all about the convincer stage.

Once you've had that convincer, that moment that tells you right now you've entered a trance state and you have a response from the unconscious to show you that you've reached a place you want to go.

Step 3: Close Your Eyes & Let Go

At that place you can just let go, close your eyes, let go of the pendulum, let it slip out and as the pendulum hits the floor, the desk or any other place it ends up landing you can just simply slip into a comfortable trance and begin your affirmations, visualizations or drifting cycles, depending on what part of the process you want to focus on in that particular session.

Step 4: Continue With 'AVE' Of The CAVE Cycle

The rest is exactly the same as you learned on day two. It is exactly the same method. You're still going to use the CAVE cycle, you're still going to use the convincer which this time is now the pendulum.

If you want to add a second convincer you can go right back to my right arm is relaxing- relaxing- relaxing there's absolutely nothing that prevents you from doing that, you don't need to do that.

The fact that the pendulum is moving tells you that you're right at the threshold, the gateway of trance; so as soon as you close your eyes relax and start talking to your own unconscious mind, at that point you're pretty much set for success.

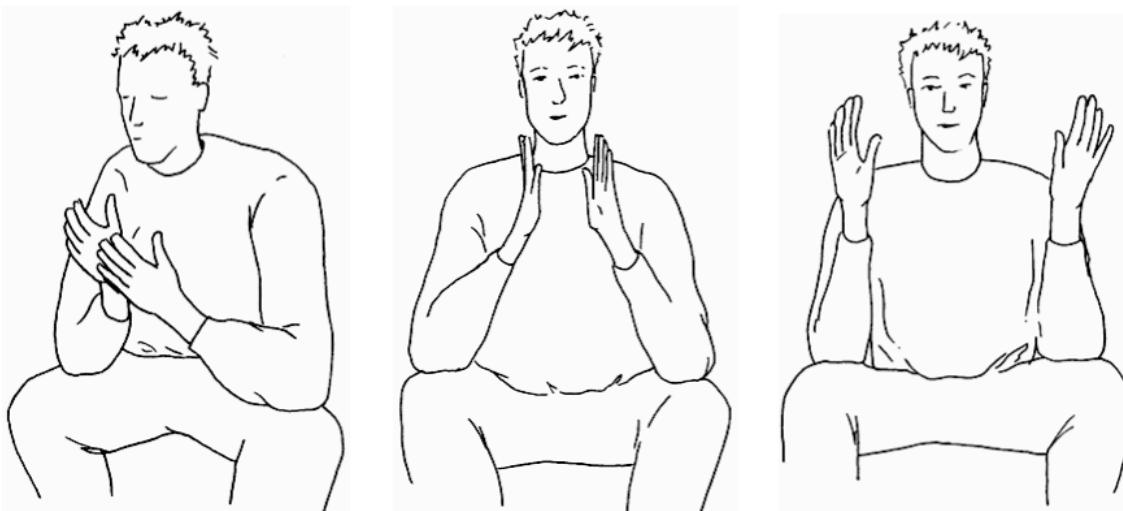
Track 4 – PSH Method 2: The Magnetic Hands

Time: 4m 16s

I'd like to move onto the next induction. The second one is the Magnetic Hand Induction.

The Hand Positions

Again, this might be similar to something you did before, but it's going to be a little different this time. For the magnetic hand induction, feel free to look at the diagram in your manual, which accompanies this series, just to see the positioning.

**Step 1: Rub Your Hands**

The way you're going to start off is just by rubbing your hands, palm to palm like your hands are cold and you just want to heat them up a bit.

As you start rubbing your hands, you'll feel that heat begin to develop.

Step 2: Hold Hands 1-4 Inches Apart

As that heat develops then just allow your hands to rest apart – maybe one to four inches apart – kind of like you’re in the middle of clapping and your hands are just going to be frozen in space.

Step 3: Notice The Sensations

Your hands will still be warm from rubbing them. Feel that warmth between them. Feel the warmth radiating off them, so you can actually feel the warmth from one hand radiating into the other.

Step 4: Feel The Force (Luke)!

As the name implies, in magnetic hands the next thing to do is to move the hands in and out ever so slightly, almost to the point where you’re almost not sure whether you’re moving them at all.

Get a sense of some kind of force or feel, like a magnet, pushing those hands apart or pulling those together. Sometimes it feels like they’re being pulled together, sometimes it feels like they’re pushing apart; either way is fine. The key though is to focus your attention on whatever sensations arise.

Step 5: Go With The Flow

As those sensations arise just focus on those and notice how they get stronger. If those hands want to move in other words, if those hands feel a force pushing them apart; allow them to move apart naturally. Don’t resist it and don’t make it happen simultaneously.

If your hands feel like they’re drawing together, in other words some magnetic force is trying to pull them together then allow them to come together.

Step 6: Close Your Eyes In Trance

Either way, when your hands have moved a few inches, perhaps your hands have come all the way to touching each other, perhaps your hands are spread out so that your hands are now six, seven, 10 or 12 inches apart; at

that point you've pretty much got your 'C' stage of the CAVE cycle again that's your convincer.

You can feel free at that point to just close your eyes and drop into a nice deep comfortable trance.

Step 7: Continue With 'AVE' Of The CAVE Cycle

And then carry on with the affirmation, visualization and drifting cycles; or if you prefer you can carry on a little bit longer until you come to the point where you feel this is the right point for me to just close my eyes and start the next phase of the power of Self-Hypnosis cycles.

Insider Secret: Look At The Space In Between

A couple of things about this method; you can actually intensify the experience by looking at the space in between the hands using that as a focal point.

What you do is you look at the space in between the hands and you're trying to get a sense of where both of those hands are at the same time. By looking at that space and seeing those hands at the same time, feeling the sensations, you'll notice that your eye is going to peripheral vision, trying to keep track of both hands simultaneously.

That actually, believe it or not, helps to open the doorway into hypnosis. So it's a nice little trick you can use to add impact to what you're doing. It's a lovely little technique you'll see described in other different places and when you use it with the TACK principles and the CAVE as a cycle, so this is the convincer stage of the CAVE cycle, you're there.

Now you have two methods of doing alternatives to the 'C' stage of the CAVE cycle to induce a trance and know you've actually achieved one.

One the next track I'd actually like to talk you through it a little bit, to give you a step-by-step process. If you're willing to actually have an experience of the magnetic hands induction; just move on to the next track.

Hypnotic Warning

It is hypnotic, so don't listen to it if you're driving a car or operating any kind of machinery and I'll actually talk you through step-by-step each part of the process as applied to the affirmation, the self-suggestion into becoming a master of Self-Hypnosis.

If you are driving a car or operating any kind of machine, an iron or anything like that, skip the next track, go to the track after that, in which I will introduce you to the third Self-Hypnosis method and that one you can listen to again while driving or anything like that otherwise, I'll see you on the next track.

Track 5 – Exercise: PSH Method 2 – The Magnetic Hands

Time: 6m 08s

Step 1: Rub Your Hands

Make sure you're comfortable. As soon as you're sitting comfortably, bring your hands together in a kind of prayer position and start rubbing your hands along with me.

Step 2: Hold Hands 1-4 Inches Apart

As you're rubbing those hands just notice the temperature building up inside those hands. Feel the temperature building up. As that heat gets to the point where it's nice and hot, just relax your hands bringing them apart maybe one to two inches, palm to palm and facing the same position more or less.

Step 3: Notice The Sensations

Note a couple of things; first of all, you might realize there's some heat there just notice that. Perhaps you feel a buzzing or a tingling sensation as the blood flows to your fingers, as the energy is released inside you.

Step 4: Feel The Force (Luke)!

Whether or not you feel that buzzing now or that tingling sensation, allow your hands to drift in and out ever so slightly and feel a magnetic force between them. Maybe it feels as though you're holding an invisible ball of energy and that ball of energy can expand pushing your hands apart or it can contract, drawing your hands together like a magnet.

Feel that sense of something.

Insiders Secret: Look At The Space In Between

You may want to look at the space in between your hands. Notice your hands drifting in and out naturally with your breathing, in and out; feel that ball.

Step 5: Go With The Flow

When you get a sense of that, will it to either expand and bring the hands apart or contract and bring them together.

For the moment, let's focus on the expanding. Move those hands in and out and feel that expansion. You won't feel the expansion as fully when you're moving the hands apart, you may have to push together ever so slightly to feel that tension again and then those hands drift apart again.

Your hands are pushing ever so lightly, feel the tension and then they drift out again. Push in like you're squeezing the ball of energy and then let go and let them drift out again.

Step 6: Close Your Eyes In Trance

Now, as you get a sense of that, notice that at some stage your eyes will want to close comfortably. You'll feel more comfortable with your eyes closed than with your eyes open.

Step 7: Continue With 'AVE' Of The CAVE Cycle

At that stage just comfortably close your eyes and allow your hands to drift down to your lap only as slowly as you can affirm to yourself;

I am mastering Self-Hypnosis in my life.

I am mastering the power of Self-Hypnosis in my life...

And really get a sense of what that means.

What does it mean to master the power of Self-Hypnosis in your life?

Visualize a scene of being a master of the power of Self-Hypnosis.

- *How would you be as a person?*
- *How would you feel?* Get a sense of that.
- *How do people respond to you?* Get a sense of that.

Just let your mind go. Drift comfortably and pleasantly through this scene or that.

Perhaps you think of a pleasant scene like drifting down a river on a safe comfortable barge or a platform made of logs, hearing the sound of water, the sunshine's warmth on your skin; the sound of nature, drifting pleasantly, drifting quite pleasantly; allowing the power of Self-Hypnosis to become a natural part of who you are and what you do in day to day life.

That's right, take all the time you want.

Return From Trance

When you're ready just count yourself up from one to five.

- On the count of one begin the journey back to full alert consciousness.
- Two bring yourself out more and more completely.
- Three, getting a sense of being back inside your body, knowing that those suggestions are now packing away safely in the back of your mind.
- Four, allow the front of your mind to begin to stretch your body out, moving your hands, arms and legs.
- Five, your eyes are open and you're feeling refreshed, relaxed and alert, simply fantastic.

Welcome back from another hypnotic adventure. I hope you enjoyed the experience as much as I enjoyed guiding you through it.

Track 6 – PSH Method 3: The Arm Levitation

Time: 7m 46s

The next induction I want to share with you is a favorite of mine. This is an induction that took me about two years before I could figure out how to actually make it work for me. It took me a long time. Now, I've actually found out a much quicker, much easier method to do this.

I used to love doing this and this is how I actually got hold of the idea of the CAVE cycle, because it proved to me once and for all that I was in Self-Hypnosis.

How To Do The Arm Levitation Induction For Self-Hypnosis

This is the infamous arm levitation induction.

The idea here is that you trained your arm – your left arm or your right arm, it doesn't matter which – to naturally start lifting up automatically, without you doing it. It moves all by itself.

As the arm moves up it causes you to go into hypnosis more and more deeply. By the time the arm has reached a comfortable level you're in deep hypnosis, you can start your affirmation cycles, visualizations and drifting, all the other regular parts of the CAVE cycle are there and ready for your disposal.

My Favorite PSH Induction

One of the reasons I really like this or I'm so affectionate towards it is probably because of the, 'eureka moment' I had when I actually first managed to actually make this work for me and figured out how to make it work easily.

The second reason is because I used to use this all the time and you may recall that I used to use Self-Hypnosis as part of my own daily practice whenever something important came up in my life.

For example turning my business around into something that was financially viable from being on the verge of failure for the first six months.

And also whenever I saw a client that I had no idea what to do with, I was a bit scared and nervous or if there was a big interview or a big meeting up ahead – I'd spend some time in Self-Hypnosis using this method.

I wouldn't begin the actual suggestion phase or the rehearsal of the meeting until my arm was comfortably floating up. Sometimes I'd even let my arm drop down and do it all over again just to be totally sure I was there. That's me doing belts and braces and wanting to be perfect at this, but you don't have to do that.

A Convincing Response Gets You There

The point is, once you get a convincing response from the unconscious, you know you're there. At that point, provided you have a receptive calm and peaceful mind, the rest is really easy to do and you know you have the perfect conditions to implant suggestions at the unconscious level.

The Step By Step Arm Levitation Training

Let's talk through the method quickly first and then let's actually go through an example of it where I guide you through the whole process so you can actually experience it for yourself.

We're going to essentially be using the same kind of principle that you used on day five in order to train yourself into using the power pendulum. You're going to basically teach the arm how to lift.

That sounds a bit strange, because you already know how to lift the arm, right?

Step 1: Lift The Arm

If you take your right arm for example, put it on your lap, relax it nice and comfortably then pick it up and put it back down, you know how to do that.

Step 2: Focus – Stimulate The Neurological Connections

The key thing is the more you do that and start paying attention to all the micro muscular movements, all the activity required to make that happen, at that point you begin to stimulate the neurological connections between your brain, the muscles in the arm and the actual motion itself.

As that happens you're creating a pathway that's easier for your unconscious mind to plug into. It begins to get a sense of oh I know what you want me to do.

Step 3: Let Your Unconscious Mind Lift The Arm

Once you've done it a few times – and I'll guide you through the whole process in a moment – then you can rest your arm on your lap and tell your unconscious mind to do that.

How do you do that?

In the same way as you told your arm to relax and it started relaxing or in exactly the same way as you wanted the power pendulum to move and it started moving.

The simple affirmation that I like to use is

Unconscious mind, I want you to lift my right arm. Lift that arm. Go ahead and lift that arm. Lift that arm lifting-lifting-lifting. I feel my arm getting light, lifting-lifting-lifting.

By the way, it's already happening to me just by describing it to you – then the arm starts coming up all by itself.

Insider's Secret 1: Look For Unconscious Twitches

You'll tend to recognize the motion because it will tend to be a bit slow, it tends to be a jerky motion that stops and starts constantly. It'll go to a level and then it will stop.

You might have twitches in the muscle from time to time, all of these are signs of unconscious motion and that's great.

Step 4: Let The Hand Touch Your Face Or Chest

As a rule I like to allow the arm to continue lifting until its come all the way up to touch my face.

Step 5: Continue With 'AVE' Of The CAVE Cycle

And then my eyes close and I know I'm in a perfect position to do the next part of my cycle, the CAVE cycle in other words, the affirming and visualization.

Insider's Secret 2: Use Repetition To Prime The Pump

Here are a couple of tricks to make it easier. The first thing of course is you lift the arm and put it down several times so you create a connection between the movement and the unconscious mind knowing what you want it to do.

Insider's Secret 3: Really Focus On The Muscles & The Movement

The next thing and this is quite an important part of the phase, is for you to pay attention to all the different motions going on inside that arm.

- After all, how do you lift your arm?
- Do you know what muscles you need to move?
- Does it begin in the wrist or the elbow?
- Is it the shoulder blade?

Remember, there are muscles in the back that actually have to move to support the whole arm structure and allow the arm to move up. You may even find that you're moving ever so slightly backwards to compensate in terms of your balance.

As your arm comes up your body has to rebalance in different ways, so there are many different muscles that have to do a very subtle job. The question is do you know what those are?

When you lift and lower your arm you begin to find out – what's going on in here.

- *Where are my fingers?*
- *Where is my wrist?*
- *What muscles are working inside my wrist and in my forearm?*
- *The connection between the forearm and the elbow?*
- *What's the connection between the elbow and the bicep and the triceps?*
- *Which arm's muscles are relaxing and which arm's muscles are tensing?*

From the triceps up into your shoulder itself, the shoulder blade and then all the way down the back of your muscles as well. All of those muscles you can pay attention to and really get a sense of how they're working.

Insider's Secret 4: Lift The Hand As SLOWLY As Possible

Once you've lifted your arm up and down a few times, you'll probably do it 10-20 times in the demonstration or the guided process later on.

Once you've done that, the next stage is to let your arm rest in your lap then begin to lift it so slowly that you're not sure that you're lifting it yourself. Lift it up so slowly that there might be a doubt in your mind if you're doing it or if something else is doing it.

Insider's Secret 5: Do & Do Not – Blur That Boundary!

At that point, as you're moving it so slowly, just tell your unconscious mind

I want you to lift that arm. Lift that arm and keep lifting it.

Then you may feel a kind of tension in the arm, a kind of lightness, looseness – different people experience it in different ways.

In any sense, you'll get a sense that the arm wants to lift by itself. Allow that to happen. Just notice it happening and enjoy that sensation it's a wonderful sensation when it happens. Then continue to focus on it as it continues on its own.

You may be happy with it lifting up to about chest level or you may want the more complex maneuver where the elbow has to move up as well and the

arm has to move up a little bit further so you can come up and touch your face somewhere.

Either way, once it's lifted to a point where you're happy with it, either it's touched your face or it's just lifted up to shoulder level or something like that, then automatically allow your eyes to close then carry your right arm with the affirmation, visualization and drifting cycles that you're already familiar with by now.

Hypnotic Warning

Remember, the next exercise is hypnotic, so if you're driving a car or operating any kind of machine, skip this until you're ready to stop whatever you're doing and pay full attention safely and follow along with the exercise.

Track 7 – Exercise: PSH Method 3 – The Arm Levitation

Time: 9m 03s

The Set-Up

Find a comfortable position, feet flat on the ground, sitting up straight, nice and comfortable. Place both your arms and rest them on your lap, just like they're resting there normally. Make sure your hands aren't touching each other simply and purely so they don't interfere with each other when you lift one arm up and down.

Step 1: Lift The Arm

The first thing you want to do to begin this hypnotic process is for you to become curious as to how your arm could lift by itself. You don't even know how the arm lifts.

In order to discover how that arm lifts, go ahead and lift it up by yourself. So the arm is up there, up in the sky, up in the floating around place, than bring it back down to rest in your lap.

Now bring it back up into the air and put it back down into your lap. Lift it back up into the air and bring it back down.

Step 2: Focus – Stimulate The Neurological Connections

With each cycle up and back down again, I want you to pay particular attention to the muscles. Keep lifting it up and back down again. Pay attention to the muscles and how they feel.

Can you sense which muscles you have to use to move that arm up and back down?

Go up and back down. Up and back down. Up, move a bit slower now, to get a real sense of the wrist, the forearm and the elbow, the bicep, the shoulder – and back down. In reverse; the shoulder, the bicep, the elbow – notice how the elbow has to move a little bit to make room for the arm to lift up.

Insider's Secret 3: Really Focus On The Muscles & The Movement

Did your fingertip touch the lap first or is it the palm or the wrist?

Up again – what part lifts up first?

- Is it the palm?
- Is it a fingertip?
- Is it the thumb?
- Is it the forearm that follows?
- Which part lifts first...?

...And back down.

Returning it back, notice how the elbow has to move, the forearm has to move – is it the fingertips that touch your lap first or the palm, the wrist or the forearm?

What touches your lap first?

Back up, even slower now and back down.

Keep lifting it up and down at that pace and up, nice and slowly, you're still lifting it up consciously and back down, slowing the motion down ever so slightly on each cycle and really getting a good sense of what it takes to lift

that arm up - just get a sense of that – and slowly back down and get a sense of that.

Rest it comfortably and lift it up, nice and slowly and back down nice and comfortably.

Insider's Secret 4: Lift The Hand As SLOWLY As Possible

This time lift it up and continue the process of slowing down as its lifting...

Insider's Secret 5: Do & Do Not – Blur That Boundary!

... To the point where you're not even sure whether you're lifting it or if it's even moving.

Continue to tell your unconscious mind

lift that arm lifting- lifting- lifting...

but so slowly you're not even sure if you're doing it lifting- lifting- lifting.

The arm might feel light or heavy. You might feel tension in the forearm. You might not even notice anything at all, just allow it to lift up and very slowly drift back down as though you're not even doing it.

Notice the sensation telling you to drop down, down comfortably, arm going down so slowly, you're not even sure you're doing it. With that arm resting so lightly on your lap that you can barely sense it touching your lap, begin to focus on it lifting up, lifting up and lifting up.

Step 3: Let Your Unconscious Mind Lift The Arm

It may be slow lifting up and it can increase in speed, only this time don't do anything consciously, let it just drift there lifting up and be curious, can you be in that state where you're not sure – are you doing the lifting or is it lifting for you?

Step 4: Let The Hand Touch Your Face Or Chest

Lifting up- up all the way, up all the way, up until it reaches the point where you want to close your eyes. Whether that means that it touches your face or is up by chest level, it really doesn't matter.

Just lift it up, up and let it move in gradual jerky natural motions. Enjoy the process, until your eyes are comfortably closed, eyes comfortably closed.

Step 5: Continue With 'AVE' Of The CAVE Cycle

Allow the arm to return only as slowly and smoothly as your firm suggestion to yourself.

- *I am mastering the power of Self-Hypnosis in my life.*
- *I am mastering the power of Self-Hypnosis for my life.*
- *I use Self-Hypnosis every day*
- *I am mastering the power of Self-Hypnosis in my life.*
- *I am mastering the power of Self-Hypnosis in my life.*
- *I am mastering the power of Self-Hypnosis in my life.*

When the arm finally reaches your lap, just relax everything and drift- drift- drift there's nothing of any importance for you to do right now except trust your unconscious mind and drift.

As your unconscious mind internalizes the power of Self-Hypnosis and makes it naturally accessible to you anytime you want it or need it, drifting comfortably.

Return From Trance

Very good. Now it's time for you to return. I'm going to count from one to five, count along with me. We're ready to do that now.

- One- coming up slowly.
- Two- allowing the suggestions to filter in and find fertile ground inside your mind in order for your blueprint to change and for you to have a happier, better more rewarding life.

- Three, get in touch with your body again. Your body and arms may want to move a little bit.
- Four, allow them to move and stretch out.
- Five, open your eyes feeling refreshed, relaxed and alert; simply fantastic.

Congratulations on having completed yet another hypnotic journey.

As soon as you've done this I'm going to encourage you to stop this recording and do the whole process again, this time on your own for you to know that you can do it anytime you want or wish to.

Track 8 – PSH Method 4: The Betty Erickson Method

Time: 6m 11s

The next technique is a lovely little technique that you may have come across before or then again, you may not have done. It comes from the wife of Milton Erickson, Betty Erickson, who was a remarkably accomplished self hypnotist and she used the power of Self-Hypnosis throughout her life.

Beat Distractions At Their Own Game!

This is a wonderful technique particularly if you find yourself getting distracted or pulled outside by events outside yourself. It's a very good way of cycling through your attention to regain control of your attention and simultaneously go into trance.

Betty Erickson's 3-2-1 Technique

The method is called 'the 3-2-1 Technique'.

Basically, because you're going to cycle through things you see, hear and feel three times, two times, once then you're going to close your eyes and do the same in reverse. I'll talk you through it in a second.

Step 1: Notice 3 Things You See

Very simply, all you're going to do is you're going to let your attention drift wherever it is, just keep your eyes focused loosely on the outside world, notice three things that you see and call your attention to them.

For example, you may be looking at the wall to say

1. *There's the wall over there*
2. *With a picture above it and*
3. *There's a glint where the sunlight is glinting off the corner of that picture.*

Those are three visually oriented statements about things that you can see.

Step 2: Notice 3 Things You Hear

The next step becomes three things that you can hear.

You might say something like,

1. *I can hear the sound of my own breathing,*
2. *Right now of course you can hear the sound of my voice talking to you and*
3. *Perhaps you can hear the sound of nature outside.*

- Maybe there's birds chirping
- Or trees rustling,
- You might be able to hear the sound of traffic
- Or children playing outside,
- The TV set next door...

Whatever it is that you hear, just notice three things that you can pay attention to that you're hearing and just recall those to yourself.

You'll say things like

1. *I can hear the chirping of the birds,*
2. *I can hear the sound of my own breathing and*
3. *I can hear the creaking of the floor boards.*

These are things you say to yourself quietly, silently, mentally in a peaceful kind of tone of voice.

Step 3: Notice 3 Things You Feel

Then you can go through three things that you can feel.

For example,

1. *I can feel the pressure of my backside against the chair,*
2. *I can feel the sensation of my trousers touching my legs and*
3. *I can feel the temperature of the room, the warmth of the room.*

Now I've cycled through three things I can see, three things I can hear and three things I can feel. The next cycle is going to do exactly the same thing, only you only need two repetitions this time

Step 4: Notice 2 Things You See, Hear, Feel

So two things I can see.

They may be the same things, they may be different things. It doesn't matter what it is just whatever captures your attention, just pay attention to that.

1. *I can see the corner of the wall where there's a crack in between the doorframe.*
2. *I can see that same picture again.*

Now we move onto two things you can hear.

1. *I can hear the TV set and*
2. *I can hear the cracking of the floor or the creaking of the floor all over again.*

Now you go on to two things you can feel.

1. *I can feel my back resting against the chair and*
2. *I can feel the pressure against the soles of my feet where they rest on the ground.*

Step 5: Notice 1 Thing You See, Hear, Feel

Now we go right back again and we go to one cycle of each.

1. I can see the sunlight glinting off that picture.
1. I can hear the sound of traffic outside.
1. I can feel my arms touching my body.

Step 6: Close Your Eyes And Repeat The Cycle Internally

This third stage, so once you've gone through cycles three, two and one just close your eyes. You're going to do the same thing again building up cycles with your eyes closed.

Step 7: Notice 3 Things You See, Hear, Feel

This time we're going to do three things you can see with your eyes closed.

1. *I can see darkness.*
2. Another thing you can see: *I can see a pattern of light on my retina.*
3. A third thing you can see: *that pattern of light has evolved into a bouncing ball.*

Let's turn to three things you can hear.

1. *The first thing I can hear is the TV set still going.*
2. *The second thing I can hear is the sound of people talking in the room next door.*
3. *The third thing I can hear is the sound of something scrabbling outside.*

Three things you can feel;

1. It might be the chair against your backside again,
2. It might be the temperature and maybe
3. It's a gurgling sensation in your stomach.

Step 8: Notice 2 Things You See, Hear, Feel

Now go to two cycles.

Again, two things you can see. For example:

1. *The darkness is still there and*
2. *Now I see a pattern of lines going across each other.*

Two things you can hear:

1. *Well the sound of my breathing and*
2. *The sound of the computer whirring.*

Two things you can feel and so on...

Step 9: Notice 1 Thing You See, Hear, Feel

Down to one, one and one.

Congratulations: You're In!

At this stage you've done the whole method. You've gone through 3-2-1 cycles with your eyes open, you close your eyes and do 3-2-1 cycles with your eyes closed.

The final cycle for the set of see hear feel, you're in hypnosis. You're in Self-Hypnosis so your mind is receptive. Your critical factor has been overloaded with all these other things, so the guardian is offline, the gatekeeper isn't paying attention anymore and you can go straight into your self-suggestion.

Step 10: Continue With 'AVE' Of The CAVE Cycle

If you have any doubts, feel free to do another convincer. For example, the arm heavy suggestions and then go into your regular CAVE cycles to affirm the power of Self-Hypnosis then later of course, whatever goals you happen to be working on at that point in time.

It's a lovely little technique, it's a lot of fun and instead of guiding you through it – because I don't know what you'll see, I don't know what you'll

hear or what you'll be feeling – I'm just going to encourage you to do it for yourself.

Give it a go before you move on to the next track, just to have an experience of it. It's a beautiful technique, it works great. In particular, if you're ever in a distracting environment, this is a great way of using the varied distractions that might otherwise keep you out of Self-Hypnosis as a way of getting into Self-Hypnosis.

Track 9 – PSH Method 5: The iMethod

Time: 4m 11s

Introducing The iMethod

The next method is straight from the iMethod.

It's the basic exercise using the eye method of accessing an altered state of consciousness to train your mind to basically be more powerful, to think feel and behave the way you want to think, feel and behave.

The iMethod is similar to the Self-Hypnosis method you learned here, but it's more involved. There's a lot more procedures you can go through to do a lot more things with your mind.

I want you to use the iMethod or at least give you the iMethod for Self-Hypnosis so you have an alternative way of accessing the Self-Hypnosis process as well. On the next track I'll briefly guide you through it as well.

The Step By Step Guide To Using The iMethod For Self-Hypnosis

Before that I want to talk about some very simple processes you'll be using in it.

Step 1: Focus Eyes Above The Horizontal

The first part of the iMethod for getting into this altered state of consciousness is for you to focus your attention on a point slightly above eye level.

This is for two reasons.

- The first thing that happens, is when your eye is turned slightly above eye level- above the horizontal- you put a little bit of eye strain into your eye, which means your eyes will naturally want to close and that's your first position for going into hypnosis.
- The second happens with a little bit of eye strain or with your eyes looking above the horizontal that it begins to trigger the alpha rhythms in your brain, which is part again of what you want in this altered state of consciousness.
- The third thing that will happen is that with your eyes focused on a fixed point, your mind begins to calm down.

Step 2: Concentrate On A Detail – Create Eye Strain

Now, with your eyes fixed on a fixed point you want to concentrate on that really intensely and that's going to require a little bit of strain, which is just fine.

Step 3: Relax The Muscles, Soften The Eyes

As soon as you feel that strain, maybe in the muscles around the eyes, maybe in the tension inside your body, as soon as you feel that strain you're just going to ease off.

You're going to allow your mind to relax, your body to relax and importantly your eyes to soften. Your eyes will relax, so rather than looking at that point fixed over there, for example the corner of the picture.

For example, you can allow your mind to just drift out so you can see the corners of the room, the ceiling and the floor going into peripheral vision.

Insider Secret 1: Peripheral Vision Activates Your Neurology

This is a very important stage in the process, because by triggering peripheral vision you're actually triggering what's called the **parasympathetic nervous system**, also known as the 'relaxation'

response' and in doing so you're basically silencing the gatekeeper. It happens automatically.

Step 4: Let Your Vision Expand Until Your Breathing Shifts

You know you're doing it because your breathing will tend to shift.

At some point between letting go, focusing intensely on the corner of the picture whatever it is, letting your eyes soften and drift so you can see the corners of the room and so on.

At the same time, as you drift into peripheral vision, you'll notice your breathing naturally shifts into a different gear.

Step 5: Close Eyes & Continue With The Full CAVE Cycle

That is your sign that you've reached the 'C' stage of the CAVE cycle. Next is to allow that breathing, that comfort, to continue. So that breathing deepens in whatever state you're in. Then you're ready to just close your eyes and go straight into the CAVE cycle.

Overview Of The iMethod

The way I like to do it is fix my attention, so get my eyes focused on a spot, focus intensely so you've got a little bit of tension, then relax so the eyes soften and the vision expands and notice the change in my breathing.

As soon as my breathing changes I'll close my eyes, focus on my breathing, which continues to deepen, so it feels like a glow of relaxation and comfort spreading through my body.

Finally, allow that comfort to spread into my mind so that I can get a sense of calm open space open inside my mind.

When I have that feeling of something inside my mind opening up like a calm open space that's where I place my suggestions. That's when I start my affirmations, visualizations and eventually allow my mind to just drift for the CAVE cycle.

It's a very simple technique and it's very easy. Don't get too hung up on it. I'll take you right through the whole process on the next track and if you don't get it the first time, it's not a big deal.

You can come back to it another time and you have so many other different methods that you can choose from as well.

Hypnotic Warning

Remember, the next track is hypnotic. If you're driving a car or operating any kind of machine, you know what to do. Stop the recording or stop the car.

Track 10 – Exercise: PSH 5 – The iMethod

Time: 5m 10s

Step 1: Focus Eyes Above The Horizontal

Okay, find a comfortable position to sit in then find a point out in front of you slightly above eye level for you to fix your attention on it. It could be where the ceiling meets the wall, it could be a picture, the top corner of the picture, a cupboard, maybe the top corner of a TV set – just something out in front of you and focus all your attention on that.

Step 2: Concentrate On A Detail – Create Eye Strain

Try to make out the smallest, tiniest little pieces of detail. When you see that tiny little bit of detail and you can see your eyes almost wanting to screw up to make it out clearly.

Step 3: Relax The Muscles, Soften The Eyes

Then just relax your eyes. Soften your eyes. Let go of the tension.

It's so much easier to not have to be tense.

Step 4: Let Your Vision Expand Until Your Breathing Shifts

You'll notice as you sit there with those eyes softening, your vision tends to expand. You can still see of course that point you were looking at, but you can see more of the wall, more of the ceiling.

Perhaps you can see the floor or the ceiling above you, the color of the table nearby. You can get a sense of other objects in the room and notice how your breathing has a tendency to shift, deeper and more even, more comfortable.

Step 5: Close Eyes & Continue With The Full CAVE Cycle

As soon as that happens close your eyes, maintaining that soft gaze and that comfortable breathing. Let it continue. Fill your body with comfort. Eventually you'll feel a space opening up inside your mind, a calm quiet peaceful space.

When that happens you can affirm

- *I am mastering the power of Self-Hypnosis in my life.*
- *I'm bringing the power of Self-Hypnosis into my life and I am mastering the power of Self-Hypnosis method.*
- *I am mastering the power of Self-Hypnosis in my life.*

Really feel it. Sense it. Repeat it and understand and mean the affirmation. Let yourself drift comfortably and easily, drifting. I'll be quiet for awhile, to allow you to do that

Return From Trance

Very Good.

Now, bring yourself back by counting from one to five. On the count of three feel yourself getting back into your body, on the count of four wanting to stretch and on the count of five your eyes will open feeling refreshed, relaxed and alert; simply fantastic. We're ready to do that now.

- One, coming up slowly.

- Two, allowing all those positive suggestions to filter into that quiet place inside your mind, changing the blueprint, so you can change your life; that way you can look forward to a bright new future.
- Three, beginning to get sense your body, feeling your arms and legs all over again.
- Four, your body wants to stretch; move your arms out.
- Five, open your eyes feeling relaxed, refreshed and alert; simply fantastic.

Give yourself a good stretch and congratulate yourself on having yet another hypnotic journey under your belt. As soon as this recording finishes, feel free to do this thing by yourself so you know you can do this and then move on to the next track.

Track 11 – PSH Method 6: The White Light

Time: 2m 30s

The next method is very simple and again something which is particularly liked in New Age circles. This is a method that Tibetan Buddhists like to use. It's used in many healing practices and in many kinds of alternative healing visualizations as well.

Overview Of The White Light Induction

It's called the 'White light Induction'.

Step 1: Clear Your Mind

Very simply all you have to do is find a comfortable position to sit in then you're going to take a deep breath in, clear your mind and close your eyes as you've done before.

Step 2: Imagine A Healing Light

This time, the 'C' part of the CAVE cycle is just going to be imagining the healing, comfort bringing beautiful white light or if you prefer a different light color that emphasizes some kind of healing and healthy and comfortable sensation to you.

Step 3: Allow The Light To Progressively Fill Your Body

Imagine that light coming in from the top of your head and moving slowly from the top of your head all the way down to the tips of your toes. As you visualize that light moving through your body, feel your body relax, feel more comfortable, feel your mind becoming quiet and more receptive.

As that healing white light progresses through your body, feel your cells becoming revitalized, feel your cells becoming refreshed like new healing energy is being pumped into them. Get a sense of the comfort inside your body and relaxation every step of the way.

Once you've scanned all the way through from the top of your head to the tips of your toes with the white light, you may want to go back the other way again and double up the levels of healing white light in your system.

That's great, you can do that.

Step 4: Continue With 'AVE' Of The CAVE Cycle

In any event, whether you go from the top down or the bottom up or one way down then all the way back up again, by the time you've finished that cycle you'll be in a perfect place to start your affirmation, visualization and drifting cycles again.

Remember, the 'C' part of the CAVE here, the convincing stage is that as you visualize that light coming through allow it to affect you. Allow it to relax you, make you feel comfortable and get a sense of being revitalized, rejuvenated and refreshed, a sense of something healing entering into your body.

It's a great bit of symbolism and symbols are things that your unconscious mind responds too powerfully. I'm not going to take you through the whole process, because it's actually very simple to do.

You may as well just take yourself through it and I encourage you to do that before you move onto the next method, just to get an experience of it in action. Once you've done that, join me on the next track and I'll take you through the seventh and final Self-Hypnosis method that I want to present to you here.

Track 12 – PSH Method 7: The Quick Relax

Time: 3m 20s

The final method is something I call 'The Quick Relax', it's very simple.

Step 1: Clear Your Mind

You're going to do the same cycle again. Take a deep breath, clear your mind, breath out, relax and close your eyes. That just sets the scene.

Step 2: Progressively Focus On Relaxing Parts Of The Body

Now, you're going to systematically focus on different parts of your body and as you do so, you're going to will them to relax. The same way you wanted your arm to relax, you're now going to move through your whole body.

Insider Secret 1: Remember Profound Relaxation And You Will Evoke It

The easy way to do this is to just remember what it feels like for your body to relax. As you recall it, your body will relax. As you recall that relaxation and begin to feel it, you pretty much have the whole convincer cycle there and ready to go.

Insider Secret 2: If You Can't Recall Relaxation – Practice!

If you don't know how to relax, then go ahead and listen to Bonus CD 2, on which I will take you through a whole relaxation process that you can then embed inside you so you know how to relax anytime, any place, anywhere.

Insider Secret 3: Follow A Simple Progression

As a rule, I like to go through four major body areas and recall the relaxation in those.

Area 1: Legs

The first body area is the legs.

The legs include the knees, the ankles, the feet, the toes; and remembering what all that feels like to be relaxed.

Area 2: Trunk

The next body area I like to focus on is the trunk.

The trunk is the chest, stomach, the upper back and the lower back and the spine that connects everything in between.

Area 3: Arms & Shoulders

The next body area is the arms and shoulders.

So there's the shoulder's, the arms, the elbows, the forearms, the wrists, the palms, the fingertips and the fingers themselves.

Area 4: Head

Finally, we have the face and the head.

Including the neck, the face area, the tongue, the eyes, the scalp, the back of the head and even the ears can feel more comfortable and relaxed.

With those four areas, you can basically recall what it feels like to have all those parts relaxed. As you remember that, as you think about that that relaxation comes back into your body.

Step 3: Continue With 'AVE' Of The CAVE Cycle

As soon as all four areas are deeply and comfortably relaxed that's pretty much the 'C' stage of the CAVE cycle out of the way and you go straight into affirmation, visualization and drifting.

I'm not going to take you through this because again, it's more about you using your memory to do this.

Relaxation Practice

If you're not quite sure how to do that then again, proceed to Bonus CD 2 and at that point I'm going to take you through a more involved version of

the quick relax, it's called 'The Deep Relaxation Cycle' and you'll teach your body how to relax anytime, any place, anywhere.

This is a wonderful quick method and when you get good at it you'll literally be able to take a deep breath, close your eyes and feel a sinking feeling of comfort and relaxation just waving through your whole body.

Within less than a minute you can be in this comfortable, deep, self hypnotic state, in which you can do anything you want whether it's drifting, healing, affirmation, visualizations whatever it is you want to do, it's there for you.

It's called 'The Quick Relax' for a reason, because you can do it all under a minute once you get used to it.

Until then, you may want to take two to three minutes to focus a minute or so on each body area and allowing that to sink in and get a real solid feel for what it's like to have all that body relaxed.

Track 13 – The Master Keys To The Power Self-Hypnosis Method

Time: 4m 12s

We're coming to the end of this bonus CD and I just wanted to take a couple of key features that emphasizes the whole program and what you've been doing here.

The Magic Is Not In The Method – It's In YOU!

Recall of course that none of these methods have any particular magic in them over any of the others. The point is there are different ways for you to experience the CAVE cycle.

The Three Formulas

We have three different formulas that will give you different levels of the understanding of how to use Self-Hypnosis.

The ReSeT Formula

We have the idea of ReSeT, which tells you basically the kind of principles you're involved in, rather the objectives you're trying to aim at in Self-Hypnosis.

ReSeT stands for:

- 'R', you want to have a receptive mind,
- 'S' you want to silence the gate keeper, and
- 'T' you're going to use the tools that you have in order to implant suggestions and change your blueprint.

Those are the main key goals or objectives you're trying to reach.

The CAVE Cycle

Of course the CAVE cycle is how you do that.

1. The 'C' part, the convincing stage, is all about getting into that trance and knowing that you're there. You've noticed that every single one of these alternative methods has a way of you knowing when you get there.
2. Then we have the Affirmation and Visualization cycle ('AV'), which is when you actually do the work.
3. Then the Drifting cycle ('E') when you allow your unconscious mind to integrate the work, absorb it into itself and make that part of your everyday experience.

The Right TACK

Of course, we also have a very high level big picture idea, which is TACK.

Basically, it's the attitude, the principles that you bring to the whole equation to the whole party. So remember in TACK we have:

1. Inducing a *Trance* – where you've got at least seven methods here plus the things you learned on the actual Power Self-Hypnosis course.

This then gives you about 10 different methods of going into hypnosis and between those you'll find the perfect ideal way for you to do it.

2. 'A' is all about the *Attitude* – and I can't emphasize the attitude enough. The attitude relies on the conscious mind rather than the hare brain.

You don't want to have speed, you want to be easy does it, just relax into it trust the process and let things happen. Of course, this is reflected again in the idea of having a receptive mind.

3. The 'C' stage is where you actually do the work. That's like the *CAVE* cycle.
4. And the 'K' is very important coming out. Having a sense of *Knowing* that everything is turning out well, a sense of knowing that your suggestions are being absorbed and a sense of knowing that something has shifted inside you even though you don't necessarily know what that is yet.

Between TACK, ReSeT and CAVE, you have the keys to running the power of your mind.

- CAVE gives you the actual processes.
- ReSeT gives you the objectives you're trying to reach and
- TACK gives your mind a sense of well, these are the principles I'm trying to engage in and keep going through it.

Don't Be A Jack-Of-All-Trades, Be A Master Of One

Do take it easy. Enjoy the process, feel good with it and have fun. Find one of these ten methods that works for you, if you didn't like them go on the internet and find others.

It doesn't matter what method you use. What matters is that you're using the CAVE cycle and you're creating that ReSeT structure. You've got a receptive mind. You are silencing the critical factor – this gatekeeper that's keeping you from accessing those riches at the unconscious level – and you're going to use your tools to systematically get the results you want.

At that point your life is wide open to you. You have amazing things waiting for you and I hope you get to enjoy them. Life can be really exciting and a lot of fun.

The final thought I'll leave you with is that I recommend that you use one as your habitual home point and use it all the time. Practice all the other methods from time to time, just to keep you fresh and keep you from going stale. It's just a fun way of keeping things fresh and alive.

Also, it gives you different insights into the hypnotic process. As you do these different methods you'll be doing the same thing using different tools and that gives you a different insight, a different perspective on doing the same thing, which provides a richer experience.

With those happy thoughts I'm going to leave you to experiment and enjoy these seven methods alongside the others that you've learned on the main program.

Track 14 – End of Day

Time; 1m 02s

This is the end of the first bonus of the Power of Self-Hypnosis For Guaranteed Results Home Study Program. I trust that you will find the materials covered here to compliment and complete what you have learned in the main program.

When you are ready to do so, go back to the main program and continue your journey. I look forward to seeing you again tomorrow on the Power of Self-Hypnosis.

Bonus 2 – The Sure Fire Fix To Get Even The Most Stubborn Mind Into A Hypnotic State

Track 1 – Bonus 2 Introduction

Time: 1m 43s

Welcome to the Power of Self-Hypnosis For Guaranteed Results Home Study Program. This is bonus CD two to accompany your exciting seven-day journey to thoroughly master the power of self-hypnosis.

This bonus session is called **The Sure Fire Fix to Get Even the Most Stubborn Mind into a Hypnotic State.**

In this bonus session, we're going to examine how to fix the most common problems people face when trying to go into hypnosis.

- First, we'll look at how you can improve your attention so that distractions no longer prevent you from practicing the power of your mind.
- Then, we'll focus on how to fix problems such as the gatekeeper that refuses to leave you alone and that special state that will ensure that he has to anyway.
- Finally, we'll finish the day's session with a special hypnotic exercise that will fix all these problems with just a little practice.

Why not take a chance to discover for yourself the amazing powers that you have inside, because once you're ready to do that, sit back, relax and enjoy the power of self-hypnosis.

Track 2 – The 3 Gremlins Of Self-Hypnosis

Time: 1m 50s

Welcome to this Bonus CD 2. In this bonus session we're going to do a bit of troubleshooting.

What if you can't get yourself into self-hypnosis?

What are the typical things that can keep you out of, just the state, let alone all the other things?

Of course, we've got all the other troubleshooting sections in different parts of the program, if your goals don't work, your affirmations trigger off a dirty goal and that sort of thing. I want to focus on fixing the most common reasons why people don't get into self-hypnosis in the first place.

What are those reasons?

The 3 Gremlins**Gremlin 1: Attention**

The inability to keep attention.

In other words, distracting thoughts; distractions from the outside world keep coming in and preventing you from focusing in the way you need to, to create the reset conditions.

Gremlin 2: State

The shifting into the state, feeling a sense of comfort and relaxation that opens up the mind.

Remember, you're going to move into that room, in which you can make personal changes happen. Shifting into that room can sometimes be a challenging step for other people especially when you're using relaxation as the gateway.

Gremlin 3: The Gatekeeper

The shutting down of the gatekeeper; how do you keep the gatekeeper from interfering?

Luckily, the last two, the shifting state into the magical room where you can make positive changes and shutting down the gatekeeper, keeping him silent, can be done with the same thing. Both of them are done through relaxation.

For the moment we'll focus on those three key problems people have:

- Keeping your attention going,
- What if you can't shift your state properly and
- What is that critical factor where that gatekeeper keeps trying to come back in again and criticize, analyze, think too much and that sort of thing how do you shut that down?

We're going to focus on those three things.

Track 3 – How To Grab The Attention Gremlin

Time: 11m 49s

Let's look at the attention. What can you do if the attention doesn't cycle properly?

Attention Strategy 1: Use the Distraction

The first thing you can do is use whatever distractions you have.

For example, if you're on the outside, in an airplane, bus or car and there are lots of distracting noises, sights and sounds around you, you can use those sights to get you into hypnosis.

How do you do that?

Use the **Betty Erickson Method** that was shown to you on Bonus CD 1 and that's something, which is always there for you.

Let's assume that you just have an inability to concentrate or keep your attention for whatever reason.

Attention Strategy 2: Attention Training

Next is to learn to keep attention.

Here are a couple of exercises or drills that you can do to help you improve your attention.

Attention Trainer 1: Thumb Rolling

The first one is basic thumb rolling.

You know, when we start talking about twiddling your thumbs?

You sit there, your hands are on the desk, you interlock the fingers and you just twiddle your thumbs? Believe it or not that can be a great exercise for conditioning your attention to become better, your concentration to be better.

How are we going to use this?



If you look at the manual in the bonus section for this bonus CD you'll see a little diagram of the position I'm talking about. Hands interlocked and the thumbs basically free.

If you rotate the thumbs like the little children's game where you just rotate thumbs, the key thing here is you're going to move the thumbs at a reasonable pace and you've got to make sure that those thumbs don't touch anything.

So the thumbs don't meet, bump into each other, don't cross and simultaneously they don't touch the other fingers or the rest of the hand. You're going to move those thumbs so that they're not touching anything, but the motion is constant and smooth.

This fixes your attention. Your attention has to be on that, because if you start thinking about other things your thumbs will start getting lazy, they'll bump into a finger or another thumb and start interfering with each other.

The moment you feel some sensation with your thumb, as if you've touched something, it tells you that your attention has gone away so you go right back to the exercise it's a beautiful and simple little exercise.

Only do it two or three minutes at a time. You can do it anywhere– on a bus, waiting for a bus, at work, in a meeting anywhere, but if your attention is on those thumbs and making sure they're not touching –that's the key piece – that means your concentration is doing something, it's being trained rather than just being distracted and the thumbs twiddling distractedly.

Attention Trainer 2: Breathing

The next strategy is to observe your breathing.

This is something that's been used by mediators throughout history for thousands and thousands of years. Your breathing is linked to your state and it's a wonderful biofeedback tool for creating more concentration and a more profound state.

To focus on your breathing is simple. In whatever way you notice that you're breathing, because right now you do know you're breathing, right just focus on that.

- That could be the sensation of the breath coming in and out of your nostrils.
- In the back of your throat as your breath comes in and out.
- The feeling of your chest rising and falling.

It honestly doesn't matter what you're focusing on. In whatever way you want to do it, just focus on your breathing.

If you don't know how to do that just ask yourself this question:

- *Are you breathing?*
- *And how do you know?*

It's all right, whatever that is *that's* what you focus on. Again, just take two or three minutes to do that.

The key thing is if your mind jumps to something else, just bring it right back again to your breathing. It's a great stabilizing point or factor for allowing your attention or awareness to be in the present moment and concentrate on being aware.

Attention Trainer 3: Focus On Sensations

The next thing to do is similar to the big drift and that's become very aware of sensations.

A nice thing to do, as in the big drift, is for you to bring your palms close together like in the magnetic hand induction and begin to sense or feel the temperature radiating off one hand in the other. Notice any other sensations you can feel.

Do you feel tingling, tiredness, tension anything else in those hands?

As you're becoming more sensitive to the sensation in your hands?

Especially when they face each other in the prayer position, but an inch or so apart, your attention gets concentrated on something specific.

The Key To Concentration

This is the key to concentration. If you have something specific to focus on and something that you're curious about that gives you something to do. If you're doing something your concentration is automatically there. If you have nothing to do then it begins to fade away.

Start with small units of time, two or three minutes at a time is plenty, because it only takes two or three minutes for you to go into self-hypnosis. At that point you'll have plenty of other things to do to keep your attention going.

So, initially try those different exercises. There are other things you can also do.

The Deep Relaxation Cycle

In a moment we're going to go into the deep relaxation routine, which is a great way to train your concentration. You'll find that initially, your concentration drifts all over the place and actually that's a good thing.

You Win Either Way!

As long as you're shifting your state, the drifting means your unconscious mind is doing the work. You're doing a pre-hypnotic suggestion.

If your attention is fully on the process, in other words, your concentration is on relaxing the different parts as we'll describe later on then again, you're training your concentration.

So either you're training your attention and concentration, which is an important and vital part in the power of self-hypnosis method or you're already in self-hypnosis, in which case you allow the drifting to occur comfortably, in which case it happens.

Focus On Comfort

The only thing that can be in your way is if you're drifting and aren't feeling comfortable, kind of out of sorts in some way. At that point, just refocus your attention on the deeper relaxation exercise and you have something positive to focus on again.

Then the whole cycle goes on again until you're awareness spaces out, in which is fine, because as long as you're feeling comfortable you're in exactly the right place.

We'll look at the deep relaxation method more fully a little later on in this session.

Attention Trainer 3: Classic Exercises

Before we do that I want to give you more classic concentration exercises people play with or use as a way of building concentration. Everything we've talked about here so far is probably enough and I'm going to give them to you anyway so you have more things to play with.

Attention Trainer 4: Stare!

The first one is looking at an object.

It's the classic, get a candle, stare at the candle and see the candle. If your attention wanders, come back to the candle it's very simple. We've all found ourselves doing this spontaneously when for example we have our attention arrested by something.

People love to gaze into fires. You have a little campfire, everyone is sitting around and there is a lull in conversation where everyone just stares off into the fire seeing their own things.

Guess what?

Their attention is focused, their concentration is there, distractions aren't distracting them anymore and believe it or not they're beginning to go into a self-hypnotic state. You don't have to use a candle flame or log fire to do that you can use anything.

- I've had the experience where we walk into an art shop or a gallery and a beautiful painting is there that just arrests your attention and you want to absorb it.
- In Eastern mysticism and meditation practices they have Mandalas, which do the exact same thing.
- They have pictures people look at to arrest their attention. These pictures have significant religious meanings to some people as well, so of course, that has a spiritual layer too. So if you're a spiritually oriented person, then use spiritual symbols to do that too.
- When you're in church the sign of the cross, the figure Mary or other things you look at are great fixation points to concentrate your attention on, so not only do you go into a self-hypnotic state, but you're also having a spiritual exercise at the same time.

It doesn't matter what religion you're from Hindu, Jewish, Buddhist or Muslim each religion has its own set of symbols, you can look at one of those, focus your attention on that and that trains your concentration and awareness too.

Again, you can use mundane symbols – just don't use a TV set, because a TV set actually breaks your concentration. It keeps your attention, but it doesn't necessarily allow your attention to be trained as well, because things keep changing within the TV set and that's what keeps your attention hooked.

That's not necessarily useful, because you want to have your attention on something static rather than something mobile.

Attention Trainer 5: Matching Picture Cards Memory Game

The next thing is fun. You play memory games.

If you have ever played the memory game where you have a bunch of cards where two are the same, you turn all the cards over and you start turning over cards at random and try to match pairs.

When you turn over the card that has a picture of an elephant, you have to try to remember where that is. Later on, when someone picks up the elephant you go, "*Now I know where both elephants are.*" So you pick up elephant one and think, "*Okay I remember this card was elephant two*" – and you remember where that was.

These memory games are great games to play, because they improve on sharpening your concentration.

Attention Trainer 6: The Visual Memory Game

Other memory games involve memorizing objects out of raw willpower is one way to do it.

For example, you have a tray full of objects you look at them, cover the tray and try to memorize where they all were and what they were.

Or you can use mnemonic devices if you're familiar with them – like the Cicero method like visualizing associations and things like that.

I'm not going to go into them so much just, because you have plenty of other things to get on with here. It's just to be aware that if you have got

memory games and are aware of mnemonic techniques those are great ways of improving your concentration.

Attention Trainer 7: Play With Your Imagination!

Finally, this is where this idea of memory games comes into is to play with the imagination. Do stuff with the imagination. The more you can make the imagination do stuff, strange, wild, bizarre stuff the more your concentration gets trained.

For example, you can think of a fruit, an apple, or an orange. If you think of an apple – the color of my apple is green right now – yours may be green, red or different shades. Let's see if you can change the color.

- Can you make it a black, purple or yellow apple?
- Can you make the apple larger?
- Can you make it the size of a house or a watermelon?
- Can you cut the apple in half and see the inside, the pits and the rind?
- Can you squeeze the apple and hear the crunching sounds when you bite into the apple and get a sense of that crunching sound?

Notice how you're using your imagination to go through different exercises. Break down anything. Look at your TV set and imagine what it's like to break it down. Take the screen off and the wiring inside, taking those knobs off the side.

It could be looking at your cupboard, mentally opening the doors and seeing what's all inside there. Seeing the way the suits are hung up, the shirts, the shoes, etc. and all of this inside your imagination.

Perhaps you re-organize your closet mentally first as you go through the whole thing. It's a great exercise, because in time you get to do this, you're basically doing the whole rehearsal strategy so you can mentally re-organize your entire house before you do anything.

Once you've done it mentally, doing it physically becomes a piece of cake.

This is a lot of fun.

You can do a lot of different imagination games, go on wild adventures, take things part and put things together, recall your journey home, anything, as long as it's in your imagination and of course, it requires your attention.

If your attention drifts, then you're not doing anything internally any more so you go right back to where you left off. These are some great exercises you can play with in order to get your attention sorted out.

Track 4 – How To Slay The Gatekeeper Gremlin

Time: 3m 34s

Let's turn our attention to that pesky gatekeeper and how you can silence him. There are a lot of things you can do to silence the gatekeeper.

Gatekeeper Killer 1: Timing

The first thing is to get your timing right.

The gatekeeper is least active during the time that you're asleep and it's also least active in the times that surround those areas. It prepares to wind down so as you're about to go to bed and in the morning when you wake up that's when your gatekeeper is least active.

Use Your Biorhythms

During the middle of the day it tends to be more active, which means you have to work a little harder to silence him and get him out of the way.

This is also something known as biorhythms.

In other words, your body clock, internal clock goes to different rhythms and cycles. Partly to do with day and night cycles, partly to do with just waking and sleeping cycles. It's a natural rhythm that you're in all the time anyway.

First Thing In The Morning & Last Thing At Night

A great time to do your practice, if you find your gatekeeper getting in the way is first thing in the morning when you still have that glow, after effect of just waking up. Also as the last thing at night before you go to sleep, because then your body is winding down and getting ready for it.

Stay Up Late

Also, if you wait past the point that you normally go to sleep, at that time your gatekeeper naturally begins to drift off, because it's a creature of habit and it's expecting to be turning in by then anyway. Therefore, working late at night, 1:00 or 2:00 o'clock in the morning can be a great time for some people purely, because the gatekeeper that critical factor is offline.

So you're not overanalyzing anymore and things just seem to flow more, it's purely, because you're using that natural cycle, natural biorhythm to time it at a point where the gatekeeper is least active anyway.

Use Your Attention Properly

The next thing to realize is that your attention helps.

Full Attention

If all of your attention is on one thing, there is no energy left for your gatekeeper to work with. It's kind of like draining the energy out of him. If you think of the gatekeeper as a robot, fueled by petrol [US English: Gas] it's like siphoning the petrol [US English: Gas] out of him as soon as you put all your attention on something else.

Don't Leave Any Food For The Gremlins!

The moment you have some attention left over, at that point you have some energy left for the gatekeeper to come in at some point. So the more attention you can put on something, the less active the gatekeeper can be. Of course, you see the value of the attention exercises from earlier on instantly at this point.

Put The Gremlin To Sleep With Relaxation

The next thing to realize is the relaxation response, the parasympathetic nervous system arousal.

You'll notice that when you're feeling calm, comfortable, tranquil and peaceful maybe even a little drowsy and sleepy that the gatekeeper hasn't got its usual function, doesn't quite get into gear properly.

When you relax the body, the mind tends to follow. The gatekeeper requires some kind of vigor and level of energy to keep going and do its thing. A great way of silencing him is to relax the body and switch on what's called the parasympathetic nervous system.

This creates a simpler or more direct route to the emotional part of the brain, which is basically where the unconscious mind does a lot of its work and through that filter you get to do your self-hypnosis.

In order to silence the gatekeeper you can increase your attention, change your timing and/or you can combine these together, you can learn to relax your body to such a degree that your mind relaxes with it and creates a direct connection to the levels of the brain that you want to be working with.

In the next track, we'll talk a little about the whole state thing and then we'll show you how to create that moment of relaxation any time, any place, anywhere.

Track 5 – How To Nail The State Gremlin

Time: 8m 29s

Finally, let's look at the idea of state.

What if you can't get yourself into the right state of mind?

What if you can't get into this relaxed, comfortable drifting state?

Relaxation Is NOT The Only PSH State

First of all, realize there are many different states, in which you can do self-hypnosis. Relaxation is just one of them. In my opinion, it's one of the easiest and best partly because it has so many wonderful other side effects.

Discover The Benefits Of A Focused Relaxation State

Focused relaxation is one of the most natural defenses to stress and all the illness it can cause.

Stress can cause neuroses, psychological problems and insomnia. It can also cause physical problems: pain, ulcers, kidney stones and other things can be caused by stress.

By using relaxation as the gateway to not only shut down the gatekeeper, but also open the opportunity to communicate directly with your own unconscious mind, you're doing a lot of things at the same time.

The Deep Relaxation Cycle

On the next track I'm going to guide you through a whole process, taking you systematically through relaxing your entire body, from the top of your head to the tips of your toes. You will probably be more relaxed than you've been in your entire life.

This is like spending a day at a spa rejuvenating from top to bottom. It's a fantastic exercise. You can listen, follow along and this is a better version so listen to it a few times and do it yourself.

The 15 Relaxation Points

Essentially you're going to be going through 15 points of your body. You'll move your attention to 15 different points of your body and relaxing those.

You can expand those points to up to 50. You can contract them down to four or five. The number is not relevant; we're going to use 15, because we'll focus on the major muscle groups inside the body and learning to relax those.

The way I'll run you through the exercise will work for about 90% of the population – which is basically:

1. Is your attention focused on it,
2. Relax it and
3. Move through that.

Just by the fact that you're focusing on the different parts of the body, I'll show you how to trigger naturally the relaxation response.

How To Beat Even Chronic Tension

That doesn't take care of the 10% of the population that have what's called "Chronic Tension", in other words, they're totally tense all the time and they don't know how to relax.

Use The Power Of Tension-Release Cycles

If you find yourself in this category, there is a very simple solution they're called **Tension-Release Cycles**.

Basically, your body works by antagonism. In other words to go one way you go the other way first. Tell your body, which way to go. Like a pendulum, if you pick a pendulum up on the right hand side, lift it all the way up and then let go, it swings all the way to the other side, the left side.

This is what we're going to do with your body.

You're going to tense your body, just do this for a moment. Take your fist and tense your fist. Squeeze nice and hard. Squeeze it harder than you've ever squeezed it for you in your entire life. Do it now. Squeeze it nice and hard.

As soon as you're ready let it go and relax it completely. Relax it completely. As you release the tension your body will begin to relax already.

Why?

Because you can't hold that fist clenched totally all the time – you'll run out of steam.

Surf The Wave Of Relaxation Deeper Inside

As you begin to unclench the fist or relaxing the fist you're already doing the process of relaxation. That means your body knows what to do now. You're going to surf on that wave and take it deeper than you would normally go otherwise.

By tensing something and relaxing it your body realizes "*Oh this is what you want.*" By focusing on that quality that happens after you begin to relax the tension that you put in artificially, you get to ride that to even deeper levels of relaxation.

You Can Use Tension-Release Cycles During The Deep Relaxation Cycle

On the next track for example – on your head, eyes, tongue, mouth whatever I'm asking you to focus on – when I ask you to focus on a particular part of your body:

1. If you're in the 90%, just focus your attention there and when I tell you to relax it, it will relax naturally, easily and comfortably.
2. If you find yourself not able to do that, go back to the beginning of the recording and when I say focus on your arms, take that as your cue to tense your arms, tense it up as if you're lifting a heavy weight and when I say "*focus on your arms, sense the relaxation, feel it relax,*" then just relax it and genuinely feel it relax.

Feel that relaxation and deepen that relaxation.

Use this same recording to guide you through those steps. Most people won't need the tension release cycle. If you want to do it, by all means do so. It's not going to harm you in any way, but you don't need it.

If you do need it then just use the word "*focus*" as your trigger point – when I say it, you get to tense...

And when I tell you to "*focus on the relaxation*" that's when you release it and allow the relaxation to drift through that part of the body and even deeper than it was before.

Focused Relaxation Eliminates All The Gremlins!

At that point, you have all the constituents you need. You're in the right state, because you're triggering physical relaxation and that creates the mental relaxation you need to create the context for trance.

You're triggering the position or the part of the neurology, in which your gatekeeper is not accustomed to working so it's a little harder for him to

interfere, because you've been relaxing him into silence. Of course, because you're switching attention from place to place your attention gets a cycle and your concentration gets improved as well.

Insider Self-Hypnosis Secret: It's Good To Drift

Here's something you should know: If, during the course of this exercise, your attention wanders that's fine. Remember, the final stage of the whole self-hypnosis process is to drift so you've just reached that stage already.

If you've put a pre-hypnotic suggestion in for example, mastering the power of self-hypnosis, then drifting is no problem at all.

Avoid Negative States

It's only a problem if you go somewhere negative, more attention, distracting thoughts that sort of thing.

If that happens, listen to whatever other area we're focusing on and go right back to your relaxation cycles focusing on different parts of your body.

The 15 Points Of The Deep Relaxation Cycle

The 15 parts of the body we'll be focusing on starting with:

1. The hands, first your left hand and then right hand.
2. Then your arms, left & right.
3. Shoulders.
4. Neck, and then we'll move up to...
5. Your mouth. Your mouth has a lot of muscles and has a lot of neurons in there, which sense the environment, so you can relax your mouth...
6. And tongue.
7. Then your eyes, which are a great place to relax, so you can start with your eyes closed. If you start with your eyes open, at the very point when you start relaxing the eyes, close the eyes. Although I would recommend that you close your eyes right from the beginning and relax the eyes even more when we get to that point.
8. We'll focus on the chest, which means breathing deeply and evenly.
9. We'll move onto the back and then...
10. The buttocks.

11. And thighs.
12. Then we'll move on to your stomach area...
13. To the calves.
14. Finally your feet...
15. And toes.

Those are ***The 15 Points*** -

- | | | |
|---------------|---------------------|--------------|
| 1. Hands, | 7. Eyes, | 12. Stomach, |
| 2. Arms, | 8. Breathing deeply | 13. Calves, |
| 3. Shoulders, | (Chest), | 14. Feet and |
| 4. Neck, | 9. Back, | 15. Toes. |
| 5. Mouth, | 10. Buttocks, | |
| 6. Tongue, | 11. Thighs, | |

Discover The Most Wonderful Feeling Of Relaxation For Yourself

When we cycle through all of those 15 positions, relaxing each one of those in turn, your entire body will be so comfortably relaxed you'll feel like you've drifted into comfortable outer space like you're being hugged by the most wonderful person in the world and you just get to melt away.

It's a wonderful experience.

Lets Add The Power Of Positive Suggestions

As we go through these cycles I'm going to also include a few suggestions about the power of self-hypnosis in your life and having a wonderful future open to you. It's a way of making sure that as you're relaxing, you're in that room where you get to do changes as well.

Remember, the purpose of relaxing isn't just to be relaxed. The purpose of relaxing is so your mind knows where to be when you want to make changes. This is why we're going to include suggestions for you to make positive changes in your life.

You don't need to have anything in particular in mind. You're unconscious mind will just make the positive changes. Therefore, you get to choose whatever you want to improve in your life, which means it will fit your life perfectly.

With that happy thought, let's move on to the next track where I'll guide you through an extended, deep relaxation process, which will train your attention, your gatekeeper to fall asleep and at the same time, set the perfect state, in which you can make powerful changes any time you want or need to.

Track 6 – Exercise: The Deep Relaxation Cycle

Time: 36m 24s

Find a comfortable position. You can lie down for this if you want or sit somewhere comfortably. As soon as you're comfortable take a deep breath. Close your eyes, breathe out, relax, clear your mind.

Now we're going to cycle your awareness. Your awareness is going to teach your body how to relax. As your body relaxes your mind will relax deeply and comfortably, which means you'll be in the perfect state for self-hypnosis.

Throughout the course of this recording, as you continue to learn how to relax and trigger the natural relaxation response, I want you to realize that your unconscious mind can simultaneously ensure that you get to master the power of self-hypnosis for your life.

So the deeper you relax the more you're mastering the power of self-hypnosis. The more you enjoy the process, the more your mind opens up into an infinite field of possibilities where you get to make anything happen in your life.

Deep Relaxation Point 1: Hands

Start this whole process by focusing on your left hand. Your left hand can relax. Notice the sensation in your left hand. Feel it relax and it will relax.

Turn your attention to your right hand. Notice the sensations in that right hand. Desire that right hand to relax, want it to relax and it will relax. Feel it relax.

Already you're starting the process of teaching your mind and body to relax deeply and comfortably and open the perfect space inside for the power of self-hypnosis to be a true force for good in your life.

Deep Relaxation Point 2: Arms

Focus your attention on your left arm. Feel the sensations in your left arm. Desire your left arm to relax and it will relax. Feel it relaxing now. It may be a tingling sensation, buzzing or a different sensation just notice the sensation as the left arm relaxes and your mind expands.

Focus on your right arm. Become aware of the sensations in your right arm. Allow the right arm to relax and feel it relaxing. Feel the sensations as your right arm relaxes.

Taking you deeper and deeper into the place where the power of self-hypnosis is at your fingertips and your unconscious mind gets to rewrite the blueprints inside to give you a rich, rewarding, healthy and happy life.

Deep Relaxation Point 3: Shoulders

Focus your attention on your left shoulder. Feel the sensations in the left shoulder. Allow the shoulder to relax and feel it relaxing and it'll go right on relaxing as we continue.

Focus your attention on your right shoulder. Feel the sensations in the right shoulder. Desire that right shoulder to relax and feel it relax. Sense that relaxing spreading.

Already your body is relaxing more and more comfortably and deeply. You're bringing more comfort and relaxation into your life, which means you'll be more comfortable and relaxed as a person. Your future will unfold in a healthier more relaxing sort of way.

You'll achieve every bit as much as you did before, but even more so, because a relaxed personality has more energy and more resources available to get the results it wants.

Deep Relaxation Point 4: Neck

All you need to do is focus on your neck and throat area.

Feel the sensations in the neck and the throat. Allow this part of your body to relax. Feel it relaxing. Let the relaxation continue to take your mind deeper and discover hidden powers and abilities that will make dramatic improvements in your life as a more relaxed person.

Life will seem to be easier for you. Things that stress out others simply don't have an effect on you anymore yet you're more motivated, more energized and enthused.

Deep Relaxation Point 5: Mouth

Pay attention to your mouth, the lips and areas surrounding your mouth. Allow it to relax. Feel your mouth relaxing, your lips becoming more voluptuous and relaxed. A relaxed mouth is attractive it's easier to smile and your mouth knows how to relax.

People are around you will respond. They'll notice you as a friendlier, more relaxed person, which means they'll respond to you better. You might find yourself being more popular just because you're more relaxed. Your mouth knows how to relax.

Deep Relaxation Point 6: Tongue

Focus your attention on your tongue, all the way back into your jawbone. Feel the sensation in your tongue. Relax your tongue, all the way to the back of your throat into your jawbone. Feel it relax. Allow that process of relaxation to carry on as we continue even further.

Deep Relaxation Point 7: Eyes

Become aware of your eyes. Rest your attention on your eyes and the areas that surround your eyes and eyelids. Allow the muscles in your eyes to relax and feel your eyes relaxing. You'll continue to relax even more deeply and comfortably, drifting deeper and deeper into a relaxed, comfortable state, in which anything is possible.

You can have any experience you want and enjoy it. Enjoy learning from it as you're learning from your relaxation now, because learning to relax physically means you're learning to be more relaxed as a person.

A relaxed person is simply happier; a recipe for great success, because a relaxed person has more energy. You waste so much less energy so you can get more things done, quicker, easier and with less effort.

Deep Relaxation Point 8: Breathing Deeply (Chest)

Focus on your breathing. Let your breathing continue deep and evenly. Breathe deep and evenly. Focus on your breathing and allow it to talk you deeper and deeper into the state, riding every breath into deeper comfort, deeper relaxation, deeper enjoyment and enthusiasm, deeper into your body's natural resources.

The ability to heal begins to emerge more profoundly as your body relaxes and you breathe. Your inner resources and abilities, hidden mental talents become more available as you're relaxed. That's why, when you sleep and dream, good ideas come to you, solutions to problems, insights and resolutions of healings.

You become a stronger person without knowing how you did it. You're simply able to deal with life more resiliently, more comfortably, more successfully.

Deep Relaxation Point 9: Back

Focus your attention on your back, the upper and lower portions of your back. Feel the sensations in your back and let your back relax. Allow your back to relax deeply and comfortably. Feel it relaxing. Relaxing- relaxing-relaxing more and more comfortably with every breath.

That's right relaxing more comfortably with every breath. Easing the tension out, bringing the comfort in. Easing the tension out, bringing the comfort in. Your conscious mind has nothing of importance to do except notice the ever-increasing sense of comfort that relaxation brings.

Deep Relaxation Point 10: Buttocks

Bring your attention down to your, buttocks and the area of your body that you sit on. Feel the sensations in this part of your body and let it relax easily, deeply, comfortably relaxed.

You're learning to focus your attention in a special way, which will make available to you remarkable mind powers. As you have more access to these remarkable mind powers your mind simply becomes more powerful.

A relaxed mind is a powerful mind. A relaxed body creates a relaxed mind.

Feel your body relaxing and continue relaxing as we continue. Every moment that passes your body continues to relax ever more deeply.

Your hands relax, your arms relaxing, shoulders relaxing, neck relaxing, mouth relaxing, tongue and jaw relaxing, eyes relaxing, breathing deep and even, deeper and deeper as you continue back- relaxing buttocks, relaxing comfortably, deeply relaxing opening up the gates inside to amazing potential, a true force for good.

The power of self-hypnosis in your life and you can master the power of self-hypnosis in your life.

Deep Relaxation Point 11: Thighs

Focus on your thighs. Sense your thighs and sensation in your thighs. Allow your thighs to relax. Feel your thighs relaxing. Continue to draw you deeper and deeper into this comfortable state.

The further we go, the deeper you continue to go, the more the hidden corners of your mind release secret mind power to you, special abilities that you can use as a force for good in your life, a force for good in your life.

You can master the power of self-hypnosis method as a force for good in your life. Every time you do this deep relaxation exercise your body and mind relax more deeply, more quickly, more easily and more effectively.

Your powers of concentration go up and events around you don't disturb you anymore. Events around you serve to focus your attention on the comfort

that is inside even more deeply. Events around you serve to focus your attention on the comforts that continues to grow on the inside.

Every time you do this it becomes easier and more natural, because you're learning.

Deep Relaxation Point 12: Stomach

Focus your attention on your stomach, the soft lower part in the front of your body and the internal organs that it contains. Sense your stomach area. Feel your stomach area relaxing, softening, loosening, allowing the internal organs to relax, becoming softer, healthier.

There is a real strength in relaxation.

That's right more and more comfortable, more and more relaxed, going deeper and deeper, exploring the deeper levels of relaxation in your body along with the deeper recesses of the mind creating a harmonious feature where you are simply relaxed, comfortable, at ease in your own skin and in any situation that life presents you with.

Deep Relaxation Point 13: Calves

Focus your attention on your knees down to your calves. Sense the sensations there. Allow this part of your body to relax. Feel your knees and calves relaxing- relaxing- relaxing more and more deeply as we continue.

Deep Relaxation Point 14: Feet

Focus your attention on your feet, the skin, top and bottom of your feet and all that lies between them. Feel your feet relaxing and as your feet relax, drawing your mind into deeper peace and tranquility, deeper comfort, learning how to concentrate in self-hypnosis.

Relax into self-hypnosis and silence that gatekeeper so that you get what you want. You get to have what you want. Every time you focus on relaxation you'll focus as deeply as this and relax even more profoundly. The gatekeeper will simply switch off and you will be free to do as you please and enjoy the power of self-hypnosis in your life.

Deep Relaxation Point 15: Toes

By simply focusing on your toes, feel your toes relax. Allow the sense of comfortable relaxation to spread through your entire body. Feeling your entire body deeply and comfortably relaxed. The entire body, deeply and comfortably relaxed and your mind, deeply and comfortably relaxed.

The perfect conditions for you to implant seeds, suggestions, ideas that will enhance the quality of your life for the rest of your life feel free to drift in this sense of comfort and relaxation while your unconscious mind makes the power of self-hypnosis method a natural part of your daily life.

It's easy to go into self-hypnosis. It's easy to relax and easy to make any part of your body to relax that well. It's easy to change your blueprint and get what you want out of life. It's a wonderful experience to plant a seed and wait to discover what's going to come up.

No two trees ever grow alike. You never know just what wonderful tree lies hidden inside an acorn waiting to grow. When planted deep in the ground, water it and let nature take its course. In time something majestic will grow, with deep roots, fresh and vibrant, the symbol of integrity, a symbol of strength, true inner wisdom at your beck and call.

I'm going to remain silent for a long while. You get to enjoy drifting in this comfortable, relaxed state while your unconscious mind internalizes the lesson so you can come back to this deeply, relaxed state any time you wish and can use the power of self-hypnosis any time you want or need to. Master the power of self-hypnosis as a force for good in your life. Do that now.

[music/sounds playing]

Return From Trance

Very good, now it's time for you to drift back to normal alert level of consciousness. To begin the journey back to normal alert level of consciousness, in a moment I will count from one to five.

With each number from one to five you'll become a little bit more alert, a little bit more refreshed, more externalized in your orientation. By the time

I count to five you'll open your eyes feeling refreshed, relaxed and alert; simply fantastic.

At each stage of the process you get to have a deep inner knowing that you thoroughly memorized the feelings of comfort and relaxation and what it feels like to use a deep relaxation cycle as part of your natural every day trances.

As you use the Power of Self-Hypnosis Method combined with the things you have learned in this session, you'll discover the ability to go into deeper and deeper levels, more quickly every time.

The next time you use the Power of Self-Hypnosis Method you'll find yourself relaxing so much more deeply and comfortably in an instant, because your body knows how.

As I count from one to five and you begin to emerge more fully, you'll know that you have a force for good inside you, the power of self-hypnosis to accompany you and you will master it.

As the days turn into weeks, the weeks turn into months and as the months becomes years you become happier, wiser and more fulfilled in yourself as a person. You now have the power of self-hypnosis at your beck and call. It's at your disposal, there waiting for you whenever you want or need it.

You might find yourself just walking in the woods and suddenly entering a kind of self-hypnotic state in, which you just simply make things happen, positive changes, wonderful life experiences, preparing for important times ahead. You can do this by trusting the power of your unconscious.

Now, counting up slowly now ...

1. One, beginning to take all these experiences from the inside and integrating them into your complete personality.
2. Two, becoming more alert, more refreshed and revitalized, feeling the tremendous change on the inside beginning to seep into every cell, every nerve, every fiber of your being.

Bringing with it a force for good into your life, more concentration, happiness, attention, success, relaxation and above all else, a greater

appreciation of who you are and how you can be a force for good in the world.

3. Three, bringing yourself back inside your body. Feeling your arms, legs and returning to normal, feeling the sensation of being a human being with a real body and a real mind. Being someone with special abilities hidden inside that they have access to any time they want or need to.
4. Four, Almost ready to come back feeling refreshed, relaxed and alert, beginning to move your arms. Lift your arms up, move your body and feel that sense of stretching so that when you count five, bring yourself out.
5. Feel your eyes opening up feeling refreshed, relaxed, alert, simply fantastic and ready to enjoy the after glow of a wonderful hypnotic journey and knowing that this afterglow gets to continue to the rest of your life.

Every day that you do this or any other hypnotic exercise you'll find the power of your mind increasing exponentially, which means your happiness and success rate increase at a similar rate. As the days turn into weeks your happiness doubles and doubles every time.

The weeks turning into months, means successes and your zest for life becomes more intense. By the time as year has gone by your whole life will have transformed in so many positive ways. You won't even be able to count them.

For now, I'd like to thank you for accompanying me on this hypnotic part of this journey and to congratulate you on having yet another powerful hypnotic experience under your belt.

Track 7 – Now Become A Master Of Relaxation

Time: 1m 15s

Welcome back again.

How To Practice The Full 15 Point Cycle

Now you've been through the complete 15-stage cycle, feel free to take yourself through that. I recommend that you do it maybe once or twice in the next couple of weeks.

After that, do the whole deep relaxation cycle, once a month for a while to engrain the experience.

After a while the moment of closing your eyes with the intent of doing a deep relaxation cycle your whole body will sink into this wonderful state of comfort and relaxation so that within minutes you'll be in the same place that took you hours before to reach.

Now Master The Quick Relax Induction

If you want to do this in the quick cycle, remember that in bonus one, we have a particular four-stage cycle that takes these 15 stages into four very quick body areas. You get to focus on:

1. Your legs,
2. The trunk of your body,
3. Your arms and shoulders and
4. Finally, face and head.

As you focus on each of those areas the whole sense, the memory of how comfortable you relaxed in this experience or the one you just had will flood into your whole system again and you can recall it and have it all over again.

If you want to get good at this practice it. The more you practice it the easier it becomes and the more success you'll draw out of it.

Track 8 – End of Day

Time: 1m 02s

This is the end of the second bonus of the Power of Self-Hypnosis For Guaranteed Results Home Study Program. I trust that you will find the materials we covered here to complement and complete what you have learned on the main program.

When you're ready to do so, just go back to the main program and continue your journey. I look forward to seeing you tomorrow on the Power of Self-Hypnosis.

Bonus 3 – How To Use The Cryptic Alphabet System To Troubleshoot Conflicts With Your Unconscious Mind

Track 1 - Bonus 3 Introduction

Time: 1m 43s

Welcome to the Power of Self-Hypnosis For Guaranteed Results Home Study Program. This is bonus CD three to accompany your exciting seven-day journey to thoroughly master the power of self-hypnosis.

This bonus session is called **How to Use the Cryptic Alphabet System to Troubleshoot Conflicts with Your Unconscious Mind.**

In this bonus session, we're going to deepen your knowledge on how to use the power pendulum.

- First, we'll look at the cryptic alphabet system that will literally spell out what the problem is that is keeping you stuck.
- Then, we'll dive deeper into the questioning strategy to give you more insight into how to use the five questions.
- Next we'll examine the most useful hunting grounds for the source of your problems, imprints, beliefs and negative emotions.
- We'll also look at how to go back in time safely and do some important detective work.
- Finally, we'll finish this session by looking at uncomfortable resistance, how it might derail your efforts and how to get the results you want anyway.

Why not take a chance to discover for yourself the amazing powers that you have inside, because once you're ready to do that, just sit back, relax and enjoy the power of self-hypnosis.

Track 2 – The Cryptic Alphabet System

Time: 12m 23s

Welcome to the third bonus CD.

On this CD we're going to look at how to make the most of your power pendulum by adding a couple of bells and whistles. In particular, I want to introduce you to the idea of the cryptic alphabet system.

If you've been using the power pendulum to this point, you'll notice that it has a limit it can only talk about yes and no questions, making it a long tedious process to get to the answer.

Whilst it's useful to start this way and I will always recommend that you go straight to yes/no questioning first as part of the warm-up process, I'd like to introduce you to another system.

How To Go Beyond Yes/No Questions

A new way of using the pendulum, which will allow you to get the unconscious mind to literally spell out the solution or cause over deliver the problem, so you can go straight to the root of what's going on.

The method we'll use is something that I've adapted from the work of hypnotist Charles Henderson. It's an ingenious idea of using a Cryptic Alphabet System from Cryptology as a way of getting the pendulum to spell out words, sentences and clues, etc.

It's a beautiful bit of work. It's been adapted so it's not quite the same way as Henderson's version is, but hopefully you'll find it very useful and quick to grasp.

Cryptology – The Science Of Keeping Secrets

The essence of getting the unconscious mind to spell something out for you using the pendulum is going to rely on a field called cryptology. Back in the ancient days whenever people had Court Intrigues – or in particular during wars – messages would be of vital importance for tactical reasons.

Of course, no one wanted those messages to be intercepted because they could get in trouble for that or if the enemy knew what you were up to then you can imagine what the consequences would be. So they started coming up with devices, ways of hiding the message in a way no one could read them if it fell into the wrong hands.

The Substitution Cipher For Secret Messages

We're talking basically about codes and ciphers.

The simplest code is called a **Substitution Cipher** where you take letters of the alphabet and you put a symbol in place of the letter. You might have pictures, numbers and instead of the letter 'A' you'd have the number one. Instead of the letter 'B' you'd have the number 2 and so on.

Then you write out your message and substitute for every letter, the number, so if the wrong person gets the message they'll see

122579

whatever and don't actually know what the message is, because they don't know how to translate the cipher.

Of course, codes can be broken, but that's another story entirely.

The Polybius Square As A Cryptic Alphabet System

We're going to take a very simple cipher, from a man called *Polybius*, called the **Polybius Square**. It's one of the simplest ciphers to get a hold of and it very quickly translates the Roman alphabet that we're used to into two digit numbers.

Have a look in your manual at the bonus section and check out the cryptic alphabet system that I've designed for you:

The Polybius Square – Cryptic Alphabet Cipher

	1	2	3	4	5
1	A	B	C	D	E
2	F	G	H	I / J	K
3	L	M	N	O	P
4	Q	R	S	T	U
5	V	W	X	Y	Z

When you look at the cryptic alphabet system you'll notice there's a square there, the Polybius Square, with the numbers one through five on the top row and one through five on the column going down.

How To Read The Cryptic Alphabet Cipher

Inside the square you have all the letters from 'A' to 'Z'. If you want to change one of the letters in the alphabet into a natural number you just look at the letter, check across for example:

'A' is 11, one and one.

If you go for 'H', it's 23, two and three and so on.

The way we'll use this is we'll get the pendulum to swing twice in a particular direction. As a result it will give us two numbers, when we have those two numbers we go to our table and look it up.

Let's say the pendulum swings in the direction for the number three for example. We did it again and the next time the pendulum moves in the direction of the four which gives us a number of 34.

Looking at our Polybius Square, move across from the number three and up to number four so we stop at the 'O'.

So 34 gives us the 'O':

	1	2	3	4	5
1	A	B	C	D	E
2	F	G	H	I / J	K
3	L	M	N	O	P
4	Q	R	S	T	U
5	V	W	X	Y	Z

Similarly, 52 would give us a 'W':

	1	2	3	4	5
1	A	B	C	D	E
2	F	G	H	I / J	K
3	L	M	N	O	P
4	Q	R	S	T	U
5	V	W	X	Y	Z

12 would give us a 'B':

	1	2	3	4	5
1	A	B	C	D	E
2	F	G	H	I / J	K
3	L	M	N	O	P
4	Q	R	S	T	U
5	V	W	X	Y	Z

24 would give us an 'I' or a 'J':

	1	2	3	4	5
1	A	B	C	D	E
2	F	G	H	I / J	K
3	L	M	N	O	P
4	Q	R	S	T	U
5	V	W	X	Y	Z

Dealing With The I/J Problem

Let's pause for a moment on that 'I' or 'J', because that's important.

Notice how we use them interchangeably. Most words, if you have an 'I' in it, if you put a 'J' in it you can pretty much instantly distinguish, which one of the two it will be, so this is a device taken from the classical period where the letter 'J' didn't exist there was always just an 'I'.

We're going to borrow this device for its simplicity sake. If you have any trouble to distinguish between whether it's an 'I' or a 'J', for example, is it the name Ian or Jan, at that point you can ask a yes/no question.

Do you mean an 'I'? Yes.

Do you mean a 'J'? No.

That clears it up, but typically it will be evident when you come across to the answer right away.

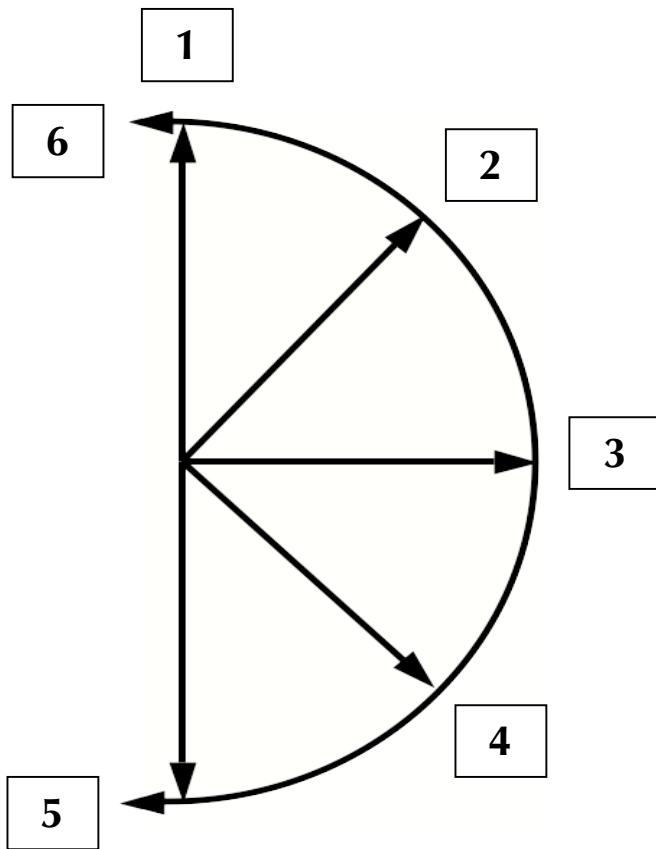
How To Use The Cryptic Alphabet System To Speak To Your Unconscious

Now the question is: How do we use this Polybius Square as a cryptic alphabet system to get the unconscious mind to spell things out?

First comes the training phase and after the training phase comes a using phase.

Step 1: Get A Number For Every Swing

The first thing to do is establish a set of swings for numbers. Again, look at the bonus section again to see a very simple diagram with five direction swings.



You have...

1. forward and backward,
2. side to side,
3. one diagonal,
4. a second diagonal and
5. a clockwise rotation

Each one of those represents a number.

1. Forward and backward is a number one.

2. Diagonally on the one angle is a number two.
3. Side to side is number three.
4. Diagonally on the downward angle is number four.
5. Rotating in the clockwise direction is number five.

If it rotates in the counter clockwise direction (number six) then that would be beyond what we need to do here. It tells the unconscious mind what's going on here, there's something else going on its distracting or blocking in some way.

Step 2: Ask For The Numbers

The first thing to do is to train the unconscious mind to give you a one, two, three, four or five. So focus on number one and say

- Give me a one- one, one, one; great.
- Give me a two-two, two, two, great.
- Give me a three- three, three, three...

And so on.

Once you can get the numbers one through five reliably presented by the unconscious mind you simply start practicing how to spell out words.

Step 3: Spell Out Words

Let's take the word cat. Spell the word cat using the pendulum on your own. To do that you'll need the 'C', the 'A' and the 'T'. The 'C' is number 13, the 'A' is number 11 and the 'T' is number 44. Those are your numbers, one three, one one and four four.

	1	2	3	4	5
1	A	B	C	D	E
2	F	G	H	I/J	K
3	L	M	N	O	P
4	Q	R	S	T	U
5	V	W	X	Y	Z

	1	2	3	4	5
1	A	B	C	D	E
2	F	G	H	I/J	K
3	L	M	N	O	P
4	Q	R	S	T	U
5	V	W	X	Y	Z

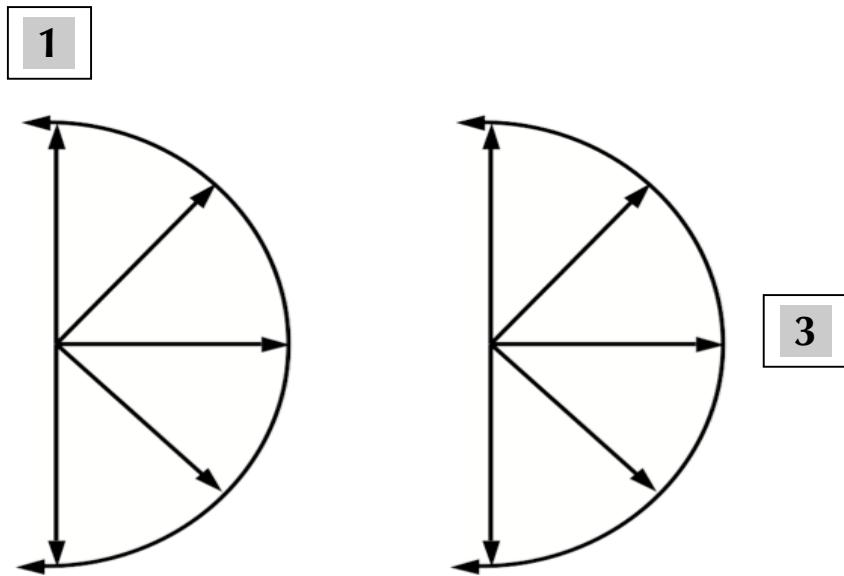
	1	2	3	4	5
1	A	B	C	D	E
2	F	G	H	I/J	K
3	L	M	N	O	P
4	Q	R	S	T	U
5	V	W	X	Y	Z

That is the cryptic alphabet system translation of the word 'CAT' in a way that the pendulum could swing that way.

Step 4: Practice With Conscious Swings

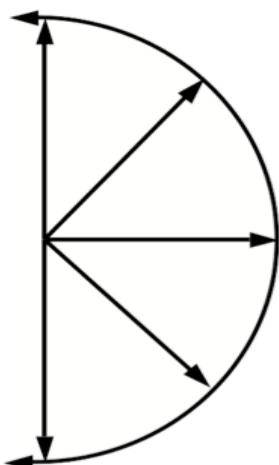
Go ahead, swing it yourself purposefully and consciously to show the unconscious mind what to do.

You'll go forward and backward and you now have number one. Then you'll go side to side for number three.

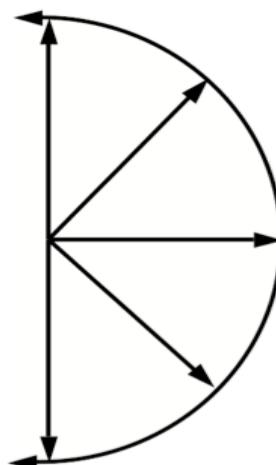


Then we'll go back to forward and backward to number one and Then forward and backward again, to number one

1

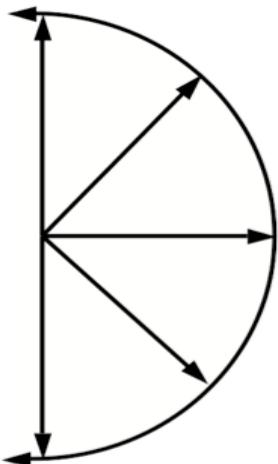


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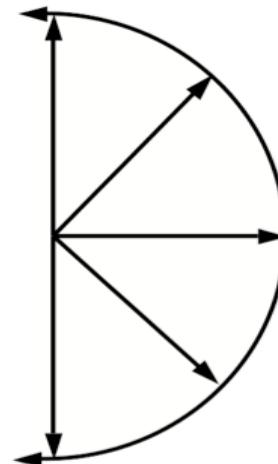


Four is the downwards diagonal so you go one diagonal and then again, another downwards diagonal

4



4



And now you have one three, one-one, four-four, so you spelled out the word cat.

Practice

Notice this is quite a longwinded process to get the letters and that's just the way it has to be.

It's a lot quicker of course or particularly if you've been using the yes/no questions and you haven't made any headway after a while, this is a very quick way to get a simple response from your unconscious mind.

Before you go down that road it's definitely worthwhile getting the yes/no questions to first to warm up the unconscious mind and show that you're serious.

Step 5: Get The Unconscious Mind To Find Letters

Once you spelled out a few words like cat, tree, bark or whatever you decide on consciously so you get used to the system on your own, the next stage is to get the unconscious mind to spell words that you know already exist.

Now you get the unconscious mind to spell the word 'CAT'.

You say we're going to spell the word cat. Start with the first letter. Start with the 'C'.

Give me a 'C'. Give me a 'C'. Give me a 'C'.

It will start with the number one and then it will give you another, number three; great.

Now give me an 'A', give me an 'A', give me an 'A',

So you're slowly but surely training the unconscious mind to give you a CAT and so on.

Step 6: Get The Unconscious Mind To Spell Words & Clues

Once you can do individual letters you can move on to actual words.

Once you can do a whole word you can start turning the Polybius Square into a whole system for questioning the unconscious mind to give you clues about whatever problem you're investigating.

Beware The Unconscious Trickster

Here's how the unconscious mind responds. It won't necessarily always spell things correctly. It won't necessarily always give you the answer you want right away, so you'll have to do a bit of work. Start off with yes/no questions purely, because the unconscious mind often wants you to do some work.

It's kind of its way of making sure you're ready to handle the information that it's going to present to you. If, say, after a few frustrating hours, days or weeks of working on the same thing you haven't got a resolution yet.

Then say okay. Let's go for the alphabet system. Unconscious mind, I want you to give me a word or a short phrase that will give me a clue or summarize what this is all about.

Simple Clues

At this point you can get all kinds of answers. You might get a one word answer like the word "Bob", which refers to your best friend Bob at school, which in turn triggers the memory of how you guys had a fight and never saw each other again.

Anagrams

It might on the other hand, give you an anagram so it might be a jumble of letters.

It might give you "B B O" and you have to work out what that means. Is it an anagram, acronym, hint of some sort or is it something you have to rearrange and get the words, which would trigger that memory?

A Code Within A Code

It can work many different ways. Sometimes you'll get a bunch of nonsense letters in which case you have to find out what these letters mean. So sometimes the unconscious mind gives you a code within a code. It has all kinds of ways of hiding the information so that your unconscious mind can't quite grasp it right away.

The reason for that is to protect your conscious mind. Sometimes your conscious mind isn't ready for the information right away. This is like peeling layers off of the onion away, peeling layers of protection away until the time when your mind is ready to deal with whatever information it has, at which point the message will be revealed.

Train Yourself In The Use Of The Cryptic Alphabet System

We'll talk a little more about persistence and how to deal with unconscious resistance later in this bonus session, but for now get used to first of all, getting the numbers. For now get used to getting the numbers turned into letters so you can start spelling words out and get the unconscious mind to start spelling things out for you.

Then, you can use this as a stop-gap measure if everything else you're doing isn't working to get the unconscious mind to give you a clue in the form of a name, phrase, anagram, acronym or some kind of a coded clue that will take you towards where you need to go.

Bear in mind that there will be times when you need to have clues about the clues the unconscious mind is giving you so you'll have to play with it a little bit and have patience, work through methodically and steadily.

Don't turn to this as a quick cure-all instantly. Go through the whole yes/no questioning system first. Sometimes it works out quicker – I don't know why– sometimes the unconscious mind isn't ready to spell anything out to you until you've shown the effort of the other system before you go in that direction.

Once you've mastered this, move on to the next track where we'll talk about questioning strategies you can use to improve the outcomes you can get. In other words, how do you take the basic question strategies we introduced to you in day five and evolve that into a slightly more sophisticated system so you know what things you're looking for along the way?

Track 3 – Discover Deeper Insights Into The Questioning Strategy

Time: 6m 57s

Welcome back.

The Five Magic Questions

The first thing we'll look at in terms of the questioning strategy is those five magic questions that we introduced to you before.

- How?
- When?
- Who?
- Where?
- What?

I want to look at these in a bit more detail now. Each of those questions is designed to come up with a specific kind of information that will give you clues as to what you're trying to achieve or where you need to go to get the answer you're looking for.

Those questions are in that sequence for a reason. Let me talk you through the sequence and explain why.

Magic Question 1: How – Find The Imprint

The how question looks for an imprint.

Let's take this in conceptual terms, what we're looking to change the blueprint.

What is the blueprint?

Discover The Imprints That Control Your Life

It's a bunch of imprints, things that have been written down in a mental document that say, here's how life is going to be and that information had to get there somehow, that's called an imprint.

It's when you have an experience as a child, someone says something to you, you see something, experience something, decide something and at that point you think that's how the world is or that's how I am in the world.

As a result that gets locked into your blueprint and if you don't go back and correct that area that's where it stays. Sometimes your blueprint gets amended as you go through life it happens automatically that's how nature works.

Sometimes it doesn't. If it doesn't that's what the power of self-hypnosis is there for, to be able to change it as you need to given the situation you're facing.

The 'How' question is about:

- How did this happen?
- Was this an imprint?
- Was it something about myself or my environment?
- What kind of event occurred that caused this imprint to exist?

We're going to look at the different kinds of imprints in a moment.

Magic Question 2: When – Orient In Time (A Dissociated Regression)

The next question is 'When'.

This orients you at a point in time.

- When did this happen?
- Did it happen when I was two, five, ten, 50 years old?

This orients a point in time. 'When' questions are very easy to answer, because you can use the pendulum and the numbering system – and we'll talk about that method later in this session.

You can navigate backwards in time until you find the time period that the problem occurred on.

Magic Question 3: Who – Who Caused The Imprint?

The 'Who' question is all about what people are there.

Typically, it's other people that put ideas inside our heads when we're unable to defend ourselves, either, because we're too young or too mentally distracted in another state, so those ideas tend to stick.

It could be

- Something you heard on TV,
- Something somebody said to you,
- An experience you had,
- Sometimes it's something you do to yourself in terms of self-talk.

It's very important to find out who is there, because then you get to find out it's something they said to you or something you did to yourself that caused this imprint.

1. We've got the how, which is what type of imprint is it.
2. We've got the when or age when it all happened.
3. We've got the who, the players.

The Guessing Game – Trust Your Instincts

Incidentally, for the 'Who', you'll have to trust a bit of instinct and start doing a guessing game. The guessing game for the 'Who' is straightforward, in the sense that there is a list of usually suspects you want to trot out in the beginning.

The Usual Suspects List 1: Parents

On the top of the list are our parents: mother and father or legal guardians, whoever looked after you when you were growing up. These are responsible for a huge amount of imprints in our lives.

The Usual Suspects List 2: Immediate Family & Friends

The next layer will be immediate family brothers, sisters, uncles, aunts and cousins or people you had a lot of contact with especially when you were very young.

You can start cycling through them and naming them.

- Is it my mother?
- Is it my father?
- Is it my brother Bob?
- Is it my brother Alfred?
- Is it my sister Charlie?
- Is it my cousin Alfred?

It doesn't matter. Start cycling through those to figure out who was present.

The Usual Suspects List 3: Social Circles

The next layer of usual suspects is friends and neighbors. When you know the period you'll know what kind of people you were in contact with at that time.

The Usual Suspects List 4: Colleagues & Peers

The next list will be colleagues and peers. If it's work time, who did you go to work with? If it's school time, who were you at school with? Who do you socialize with even if they weren't necessarily close friends that sort of thing?

The Usual Suspects List 5: Other Influencers

Finally we have other influences. We're talking about people on TV, films you saw, books you've read, radio announcements, random strangers on the street shouting something, which somehow affected you that kind of stuff.

That is the list of usual suspects and who's.

Magic Question 4: Where – Further Orient In Time & Space

Now we're going to look at where.

Where is the physical location? You want to orient into a location, because it gives you clues again as to the all important '**What**'.

You're interested in what happened so you can fix that, but all these other things are part of the memory trace, little bits that give you clues.

So by the time you figure out how, when, who and where all this occurred it will trigger off a memory of what happened. Then you can fix the 'What' and change whatever happened. So you can get on and live your life freely and happily.

You want to find a location. Once you know who was present and when it was it will give you a good idea of where it occurred. If it's your cousin Alfred and you only see your cousin Alfred once a year at Christmas then you're sure it's going to be at Christmas.

If you know it's a Christmas when you were 15 years old then you can guess it was at your home or Alfred's home, because you went there that year.

Again, see how each layer of questions gives you clues as to what the next layer of questions should be? It restricts the experiences to a certain range and makes it easier for you to guess accurately as to what is happening.

Magic Question 5: What – The Root Of The Problem

Finally, the fifth layer of questioning is the 'What'.

This is where you find the content. This is the payoff and what you're looking for.

- What actually happened?
- What was said?
- How did I react to it?
- How did I feel?
- What was the blueprint as a result of this thing?

If Cousin Alfred told you that you had a big, ugly nose at Christmas when you were eight years old and you ran up and cried up in your room, great. Now you know what happened. You know the imprint, the belief that happened around it and how to change it.

Use self-hypnosis to say

I don't have a big nose. My face has grown a lot bigger since then and now my nose matches it perfectly, thank you very much.

This gives you a strategy of getting to that point.

On the next track we'll look at each of those stages and how to get a bit more nuances out of that.

For the moment, think of those five magic questions and the sequence that's been created, because the sequence will give you clues to the next step and what to go for in that step.

Track 4 – How To Investigate The Imprint

Time: 33m 41s

Let's focus a little on the how, particularly the imprint stage. What is the kind of thing that happens inside our mind so we can start filtering the kind of experiences we're looking for?

The 2 Big Players

Essentially we're looking for two big players and four particular emotions. The four big players are – first of all, beliefs and emotions are the two big players.

The 2 Beliefs

Beliefs can be split in two.

- Beliefs about yourself
- Beliefs about the world

For example, an imprint can be that you don't think that the world is a safe place so you become more claustrophobic as a result.

A belief about the external world could be things like "*Having money is the root of all evil.*" So the unconscious mind doesn't like you having money, which might be the root of where all of your wealth problems come from.

A belief might be about you as well.

For example, you don't deserve the money or having love. It might be a mixture of the two. It could be that you don't deserve this and if you try bad things will happen to you. Notice how beliefs can be external, the world at large or internal and about you and your capabilities.

The 4 Emotions

There are four emotions to look out for. These are the big and usual suspects in terms of what happened in the imprint or how the imprint got set.

1. Fear,
2. Anger,
3. Shame and
4. Guilt

Each of those four emotions is designed to do something beneficial for you in a different way. By the way, each is also very beneficial when it arises in the context it's designed for and then leaves again, importantly, when it's achieved its purpose.

Let's look at the purpose of those four emotions so that you can go beyond the intention of it and start releasing emotions whenever you find them.

How To Deal With Fear

Fear Has A Purpose

Fear is ultimately a protective emotion and is designed to prevent you from having some harm come to you in the future. You can never be afraid of something in the past, you can only be afraid of something that can happen in the future.

How Fear Works

The way people frighten themselves about the past is to project a past event into the future and expect it to happen again. That's where the past starts haunting us and we create fear towards the future, so fear is all about protecting you from harm.

If you find an imprint event that's filled with fear there are a couple of solutions.

Solution 1: No Harm Will Come

Present suggestions to yourself along the lines that no harm will come of it. In other words, you will have positive events coming instead.

Solution 2: Integrate Life Lessons That Make Fear Redundant

If it's something, which was very specific to a certain situation or a time in your life, let's say you were in an awkward situation and you were fearful as a result, you can have suggestions along the lines of "*That was appropriate for then, but not appropriate for now.*"

Let's say that you've become big and strong and more able to take care of yourself, you don't need that fear anymore.

For example, if someone is afraid of crossing the road. Maybe as a child they may have tried crossing the road and almost got run over by a car or maybe did get bumped by a car and now they have a morbid fear of all vehicles.

As an adult that person no longer needs that fear. Why? They're bigger, smarter; they know how to cross the road by looking left and right and not get hit by a car it's a natural thing we do.

You can even drive a car and learn to drive it safely. Millions upon millions, probably billions of people on this planet are doing it every single day quite happily and safely. As an adult you can have a different relationship to the same situation you did as a child; hence, you can let go of fear and move on with life.

It's very important to know the logic of it. The point of understanding the cause of fear is so you can use a suggestion to target the logic and say to the unconscious mind, "*I don't need that fear anymore, because of these reasons so you can let go of it now.*"

How To Deal With Anger

The same is true with anger.

The Purpose Of Anger

Anger is also kind of a protective emotion. Anger protects you from some kind of infringement of your boundary. Anger is designed to give you a kick up the backside to do something about something that is off in terms of your life, something that is unfair.

You've been treated unfairly, you've been look down on in some way, someone is encroaching on your time or emotion too much, you're being taken advantage of and these are all personal encroachments on you. Someone is taking your personal boundary and violating it.

Anger is designed to push the violator over to the other side again.

Why Fear Can Lead To Anger

This is one of the reasons, for example why fear can often turn to anger. If fear is a protective emotion, let's say someone is harming you, you're afraid of that person. At some point you might become angry at that person – and anger is designed to push that person away from you, off the boundary, so they stop hurting you.

How To Use Anger As An Ally

Anger can be a useful emotion at the right point. The point about anger is that its meant to be a flash in the pan. It can get you kick started and motivated to do something and once you start doing it you won't need the anger anymore now you have determination to see you through.

How To Deal With An Anger Imprint

So, if anger is the imprint and emotion that's latent in that point in time then you can say

"Great, it was useful to have the anger then I don't need it now. I don't need it anymore to be happy and healthy in my life. That situation is no longer happening in my life"

Or when people start doing things there are other ways for me to cope. As an adult for example, being assertive overcomes many infringements of your

personal boundaries. Many people who try and take advantage of you, you can politely say to them, no and suddenly you don't need the anger any more.

At that point you can cut out the anger by simple suggestions saying "*That's how it used to be and this is how it is now. I don't need the anger, because I can protect myself and look after my boundary in different ways.*"

If you're unconscious mind knows that you're taking that seriously and actually doing it, it no longer needs to remind you on the anger needlessly; hence, everyone is happy.

How To Deal With Guilt

Let's look at shame and guilt for a moment, which are twin sisters they're related emotions.

The Unconscious Temple Of Your Moral Code

To understand shame and guilt we need to understand one of the functions of the unconscious mind, which is store your wisdom, morality and ethics. So your unconscious mind is a moral being.

Conflicts With Your Internal Code Cause Shame & Guilt

If in some way you have an imprint about how things should be, a standard of ethics and you don't live up to it for yourself, your unconscious mind will punish you in some way usually by shame and guilt to prevent you from doing that again.

Let's say you have a belief about the world that you should treat people nicely that's a good belief to have. Again, say you were short with someone and snapped or shouted at them.

If this is a very strong belief that you can only be nice to people (not necessarily a healthy belief to have – that you can only be nice to people), but let's say you have the imprint that you can only be nice to people so it's a belief about the world and yourself, kind of a mix of the two and you've not been nice to someone in particular.

Maybe you were angry with them, because they took advantage of you, now you have a conflict. Two different levels of your blueprint, one the anger bit, which is a natural, instinctual blueprint of self preservation and the other one, the imprint about being nice to people.

There's a conflict there and as a result you feel guilty, because you're falling below the standards set inside your blueprint, which is to always be nice to everyone.

The Problem With Guilt

So if you start feeling guilty now, the problem with guilt is if you're stuck in guilt, it doesn't help you very much. You don't have a much better quality of experience and the other person is not going to necessarily either. The point of guilt is that you don't repeat the mistake again; you learn from it and get to move on.

How To Release Guilt

If you find guilt at the root of something the key to guilt is forgiveness; recognizing that you can learn the lesson, you won't repeat the mistake and you'll move on or to recognize that the thing you're feeling guilty about has no reason, there is no reason for you to be guilty about that.

Again, a nice classic example of that is a lot of sexual relations particularly in the western world where sex is still a big taboo for us. So for a lot of people some kind of sexual relationship can be guilt ridden, not, because you've done anything wrong, but because you think you've done something wrong at the unconscious level.

At some point you think, I had sex with a person, I shouldn't have and I feel bad about it. Then you have two options and I would normally take both at the same time.

1. One is to overcome the guilt through the idea of forgiveness and realize that you're going to learn your lesson and move on.
2. Number two, by adjusting the blueprint that caused the guilt in the first place.

In other words, deciding that sex with a particular kind of person – let's say the classic blueprint of no sex before marriage– if you decide it's okay to have sex before marriage and you know this intellectually, but the blueprint hasn't changed yet then you can go inside and change your blueprint to reflect your more adult and mature understanding of it.

It doesn't mean you have to do that by the way. If you decide that intellectually it's the wrong thing to have sex before marriage, by all means live your life that way – there's absolutely nothing wrong with that – but then you get to choose it. The difference is choosing it and it being imposed on you.

Update An Old Blueprint That Is Holding You Back

If you have a particular belief imposed on you when you were young then you grow up and you constantly change your mind, but that belief is still at some level inside one of the blueprints, then you start having conflicts between one layer of the blueprint and the other that of course is where a lot of problems are arising from.

Again, notice how looking for this telltale emotion of guilt starts giving you some clues as to what to investigate and what to clean up.

How To Deal With Shame

Shame is very similar as guilt.

The Difference Between Shame & Guilt

It functions in the same way as guilt; the only difference is that shame has to do with external standards whereas guilt has to do with internal standards.

Guilt is the standard that you set yourself, for yourself and you have somehow fallen below. In shame, there's some kind of a social standard, something that other people expect you to live up to and other people have realized that you haven't lived up to it.

You cannot be ashamed if no one notices you fall below that standard, because unless there is an internal standard in which case you have guilt and not shame, then there's no reason for it. However, if someone catches

or sees you, particularly if someone you admire sees you then of course shame occurs.

You can be ashamed in many different ways. It can be someone who you admire, someone you want to like you, a girlfriend, boyfriend, mentor or teacher that sort of thing, see you do something, which you think is quite okay.

They turn around and say

"That's not okay!"

So at that point you've been shamed and chances a new imprint will be created that that particular standard is no longer allowed.

How Shame Turns To Guilt

A lot of people then may internalize the standard, so in the future they have guilt preventing them from doing that thing and some people just don't care, in which case they carry on with their life anyway.

Some Standards Need To Be Changed

The key thing I'm trying to drive in is whether you feel shame or guilt either way you have to examine the standard that's being imposed on you. If you agree with the standard then it's okay to live up to it. You can then put in suggestions about living up to it easily and hence, letting go of the shame and guilt.

If, on the other hand, you're not happy with the standard and feel that the standard is unfair, then you can change the standard and say "*This is not appropriate for me and then use self-hypnosis to change that.*"

How The 'How' Stage Can Lead To Freedom

Therefore, the '**How'** stage begins to uncover the basic ballpark areas you'll be investigating. You'll be investigating imprints about the world and about yourself, what you believe about yourself and the world that might be causing these things.

You'll be investigating the four major emotions. Is this about fear, anger, guilt or shame? As soon as you find out, which one it is it gives you more clues as to what to investigate further.

How do you begin?

You can find out if it's about belief or an emotion based on that belief.

- Is it about a belief? Yes.
- Is it a belief about the world or about myself?
- Is it a belief about the world? Yes.
- Is it a belief about myself? No.

Now we have a sense of a belief about the world, so we can look at how, when and where that belief got set. We can even look at the consequences.

What are the consequences of that belief?

Is there one of these major emotions, fear, anger, shame or guilt?

A very quick way of finding out is you can get a scribe and number to each one of those four emotions and use the numbering system we talked about already to get the pendulum to swing.

1. If it's about fear say number one.
2. If it's about anger number two.
3. If it's about shame, number three
4. and so on.

You can then very quickly diagnose the 'How' stage.

- What kind of imprint has been activated and what kind of things are going on?
- Is it a belief about the world or yourself?
- Is it one of these major emotions?

The minute you know this, finding it out when it happened will be a lot easier to figure out who and where the situation happened and finally the what, because as soon as you realize, which of those constituents it fits into, which part of the box it fits into those memories will be slightly more accessible to you, because you're looking a bit closer to home.

Track 5 – How To Navigate Through Time

Time: 2m 54s

Let's look at the age, the 'When' part now.

When we start looking at when we're going to back in time to figure out when did this happen. We're looking at an age;

was I 15, 12, 28 or 93?

It doesn't matter what the age is, but you're looking for when it happened that this particular imprint that's causing you a problem actually occurred.

Remember, the imprints could be about the world, about you or one of those four emotions tied to a belief that's something is happening. To find out when it happened it's very simple.

Step 1: Navigate Blocks Of Time (0-10, 11-20, 21-30...)

You're going to go through your life history in stages. You can either move backwards from the present day or move forward from the beginning of your time on this planet and move through that way.

- You can say did it happen in the first ten years of my life? Yes or no.
- If it's no, say okay did it happen somewhere between the age of 10-20? No.
- Did it happen between 20 and 30? Yes.

Okay now you have an age range somewhere between 20 and 30.

Alternatively, you can go the other way you could say

- Did it happen in the last ten years? No.
- In the years 20 to 30? No.
- In the years 10 to 20? No
- Or in the years 0 to 10? Yes.

Now you have that age range to work with.

Step 2: Narrow Down Your Funnel

It doesn't matter, which direction you go at it from. The point is you're going to end up with a ten year age range. Once you have a ten year age range then you start honing it down.

- Was it in the first half or the second half of those ten years?
- Was it in the first half? No.
- Second half? Yes.

Okay, so now we know it was somewhere between the ages between six and ten.

If you notice between the ages of six and ten, you can keep going on and actually take each number.

- Was it age six,
- seven,
- eight,
- nine
- or ten?

You would get a yes or a no for each one of those.

If you are lazy you can use a numbering system. Say age six is one, age seven is two and so on it's easier if it's in ages naught to five. If it was age one the one swings, if it's age two the two swings and so on, whichever way you do it, you very quickly get to pinpoint the exact time and age you were.

Further Refinements

If you want to go a bit more closely in time, once you know the age you can start pinpointing the season or the highlights. Big times to look for are things like birthdays, celebrations, Christmas' and other holidays. These are the big situations to look out for because these the times when bigger things tend to happen.

Of course it can happen anywhere, so you can look at the beginning of the year, the middle and the end of the year. Was it summer, winter, spring whatever it was then go through the months was it January, February, March, etc.

Sometimes it doesn't matter and sometimes it does. Sometimes it's enough to know the age and you may come back to the month if you get a little stuck on the who, where or what phases to get a little more information. Sometimes you won't need to so just carry anyway it's enough that you know your age.

Track 6 – How To Do Your Detective Work

Time: 10m 20s

The rest is detective work.

The Who – Usual Suspects

We've talked about the who already, the usual suspects being parents first. Then close relations, uncles, aunts and siblings. Then the extended family and friends, neighbors and acquaintances, external influences like TV and authority figures and so on. These are the usual suspects to look for the who.

The Where – Instincts & Logic

The where, you have to pay attention to your instincts at that point. You can make guesses. If you know the age and know where you were for most of that year, you can check it out.

- Was it my house or my friend's house?
- Was it during holidays or while you were at camp?

Listen to your intuition. Your gut instinct might flash up an idea or thought and that is usually your unconscious mind hinting to you to go this way and look at this. Check it out. If you get a hint that when you I was 14 and you went to band camp, was it there? Then you can turn around and say was it band camp? Yes; great.

I thought I knew it was band camp and that gives you much more comfort you're on the right track. If it says no then you can try other places it doesn't matter.

Persist!

The key is to persist and keep going with the question strategies.

Unconscious Blocking Manoeuvres

Somewhere along the way you're likely to come against some kind of form unconscious resistance, some effort of the unconscious mind to block you. I'd like to detail some of the methods the unconscious mind will typically bring up to block you so you recognize them and realize how to deal with them.

Blocks Are No Big Deal

It's not a big deal if you're being blocked, it's just a natural defense mechanism and you can go through it. It's totally safe using these question strategies, because you're using an ideodynamic response, which means you will never get any more of a response than you're ready to handle at that point in your life.

The “Uneasy” Block

What kind of resistances do you get? First of all, you might get a sense of an uneasy feeling the closer you get to what you're doing. The more you do it you may get a restless or antsy feeling and that's fine just persist through that it will disappear.

That's your unconscious mind releasing part of the emotion and saying to you

Are you sure you want to go to this place? I've been protecting you from this for some time now.

If you get an uneasy feeling you know you're on the right track. Persist through it.

The “I Don’t Feel Like It” Block

Of course, a lot of people give up at that point and say *I don't know I don't feel like it today* and that's another defense mechanism.

When you put off the ideas like I don't know, I don't know what to do, I don't want to do it today that's your unconscious mind going

Don't go there. I've protected you from it. This is something I'm protecting you from. Be careful. Don't go there. I'm redirecting you. Walk away from this.

You get to choose as the conscious mind, as the part that decides what your life is all about, as a human being, you get to have choice whether or not you go there. The way you have choice is to say I'm feeling a bit uneasy about this, but I'm going to go there anyway.

I'm feeling a little bit like I don't want to do this, recognize it for what it is and say I'm doing it. At that point, your unconscious mind will realize that you're serious I'd better stop pulling the stops out and start doing some healing, because this is the bit we need to clear up now.

The “Tiredness” Block

Another defense is tiredness, which we've talked about a little before. Tiredness is of two forms.

If You Are Genuinely Tired – Rest

There's the genuine physical fatigue, in which case, it's go to sleep and that's fine.

But Check If Its An Excuse!

Sometimes and this is quite often the case, tiredness can be a defense mechanism like I'm too tired, I don't have any energy.

That's the unconscious mind giving you an excuse not to do it. Tiredness at that level is in the same place as uneasy feeling, the sense of I don't want to do it now, etc. It's just another chain in the defense where the unconscious mind is testing you.

Is this guy serious? Does he really want to do this? Do you know what you're doing?

If you do you'll persist. If you don't, you'll give up nicely here and I'll carry on protecting you from whatever that was.

Push Yourself – Don't Let Others Push you!

I want you to emphasize that. I do say protecting you, because that's what the unconscious mind considers its task to be. However, if you persist you will only gain insight and information at a rate that is safe for you to handle, because you're doing it by yourself.

If someone else was asking the questions, pushing you through the process that's a different story. So don't let a friend push you through it or ask the questions of you as you get the answers on the pendulum, because that can work at a different pace.

If you do that, go find a qualified hypnotherapist and let that person ask the questions and push you through it, because that person knows where you can end up and how to deal with those things at the same time.

Here are a couple of other blocks that your unconscious mind likes to throw in your way.

The “Question” Block

One is called the question block.

The question block is a pure piece of unconscious genius. Essentially it blocks your mind from thinking of any good questions to ask. Remember, you've got to ask a question, because you only have yes and no. It blocks your ability to think of good questions so you go around and around in circles going, what do I ask now?

The key to that is to recognize as an unconscious blocking mechanism and to persist. Even if you can't find a good question to ask, ask a dumb question, ask any question just keep digging into it. Ask yourself

- What kind of question can I ask now?

- What can I ask now?
- What's the next question I should ask here?

Persist and the question block will evaporate and with it you'll get much closer to the insight.

The “Confusion” Block

The other side of this coin is confusion or lack of clarity.

You might get an answer or a sense of this is my birthday party when I was five years old and I know who's there and what's going on, etc. Suddenly you get this tremendous sense of confusion saying

How could this be?

What is going on here?

I don't understand or, even if you're using the cryptic alphabet system you might get the word spelled out Auntie Mary. You may say Auntie Mary, I don't understand.

I don't have an Auntie Mary. Do I have an Auntie Mary? What's she trying to say to me?

Sometimes it will be much more direct like iguana and you're getting confused saying what does this mean; what is this all about? That confusion and again, is a layer in which the unconscious mind is going, don't go here. It's trying to misdirect you away from the soft spot, which you have to get to in order to clean things up.

How do you do that?

You persist - persist - persist you get determined. When you get confused recognize your unconscious mind is on the cusp of presenting you with the very information you need so you keep pushing, persisting, demanding, asking, cajoling until eventually you come up with the answer that you want and understand.

So you get to the answer you need to have, you get to understand the answer, it all evaporates and becomes crystal clear in time.

So the question and confusion block are two great strategies the unconscious mind has to try and take you off the path. If you come across those that's a signal that you're on exactly the right track, so whatever you're doing keep doing more of that.

The “Instinctive Rejection” Block

There's a final red flag to watch out for. This is an instinctive rejection, a gut rejection.

You come up with something and say it can't be that. Let's say you come up with the time, you're 15 years old or you had a birthday party or on a date with your first girlfriend or boyfriend, you come with the date story and say it can't be that.

I loved that person, it was a great day.

If you're rejecting something that's come through too quickly, be cautious of it. You may be correct to reject it; it may be the right thing, but I'm saying it's a warning sign that you might be skirting the issue. Maybe there's something there that you don't want to look at; because that's the whole reason you were looking at it in the first place.

If you reject information that comes to you out of hand too quickly, be suspect of that rapid rejection. If you think about and consider it, go *“Maybe or maybe not, whatever it is let's see if there is something else going on that's okay.”*

If it's a gut rejection like, *“This can't be it!”* – that's too much emotion involved. There's too much of a response involved and that's something where I'd recommend where you go back and reflect on it a bit more. You might find that with a bit of time and reflection that ends up then to be the very thing you should be thinking about and something good has come of it.

Those are the major resistance mechanisms.

Summary Of The Blocking Mechanisms

To summarize them again,

An uneasy feeling you have, maybe a feeling that you don't want to do this today or "*I'll put it off to another time.*"

It could be a sense of being blocked in terms of question confusion or confusions toward what the answer means.

Finally, you might end up rejecting information that comes out of hand too quickly.

These are all great mechanisms that your unconscious mind has to prevent you from getting to the point you're trying to get to. It thinks it's doing it to protect you and to a certain extent that's true; however, if you've chosen to sort out this area of your life and these things are coming up, then go through them.

Persist, continue on and know that the resistance will reduce and recede at the exact same rate that the unconscious mind can prepare you internally to deal with whatever you need to deal with at that point.

Then you carry on through and eventually you get to the point of insight. Sometimes that insight is coupled with catharsis, in other words, the emotions or the negative belief or negative imprint gets dissolved just by the fact that you've come to the information itself.

Sometimes the insight gives you the information you need to know what kind of suggestions to present to yourself to overcome the problem. Either way you win, but it does require your persistence. With diligent practice though, you will get the results that you want.

Track 7 - End of Day

Time: 1m 02s

This is the end of the bonus three for the Power of Self-Hypnosis For Guaranteed Results Home Study Program. I trust that you will find the materials we covered here to compliment and complete what you've learned in the main program.

The Power of Self-Hypnosis for Guaranteed Results Home Study Program

When you're ready to do so, go back to the main program and continue your journey. I look forward to seeing you again tomorrow on the Power of Self-Hypnosis.

Appendix

Resource 1: The Cryptic Alphabet Cipher

	1	2	3	4	5
1	A	B	C	D	E
2	F	G	H	I / J	K
3	L	M	N	O	P
4	Q	R	S	T	U
5	V	W	X	Y	Z

Resource 2: The Power Pendulum Chart

