

# Hypnosis

Go deep to your subconscious mind to change unhelpful programs and install new one that will help you to succeed.

Its reasonable to say that we have two minds: Conscious and Subconscious.

Both are important, but the hardest to change is the subconscious. It rules 95% of our behaviours.

The subconscious mind is about emotions, feelings, habits and permanent memories. Working through our imagination, its main role is to protect you from potential danger...

Sounds useful, but this automation can substantially limit your confidence, self-belief and ability to act in certain situations. Your subconscious can box you into the 'comfort zone.'

Overtime you can develop unhealthy patterns like nail biting, saying weak words, close body positions, avoiding eye contact and many more. All these patterns easily readable by others subconscious mind. Even if they don't understand it rationally, they feel it irrationally.

It's very hard to keep diets, keep going to the gym, because just will power is not enough.

For a subconscious that wants to quit a diet or the gym, willpower may simply not be enough. You may need to align your conscious Bold intentions within this far more abstract world, rendering behind the scenes....

Sort of like planting seeds in fertile soil, rather than a pit of salt. If your imagination garden is left to chance, weed-seeds from the randomness of life, may blow in, take root and flourish, producing nothing of use.

Fortunately, we've developed professional audio hypnotherapy sessions, to help you develop healthy and productive soil... As you plant your Bold seeds, take comfort in knowing they'll be on rich land.



During a relaxing and hypnotic state, the conscious and critical thinking parts of your mind will be bypassed. Then your subconscious will be supplied positive suggestions.