

The Power of Self-Hypnosis

This resource is designed to provide some concepts and ideas as a foundation for the associated self-hypnosis workshop you'll be attending.

Let's start by asking some big questions:

- 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?

The answer to all these questions lies in the amazing power of your subconscious mind (also called unconscious mind).

YOUR BLUEPRINT:

Inside each 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.

Your blueprint can be working directly against you to achieve your goals pushing you always to the negative side of life, or your blueprint may be just missing certain things which, if you had them would make you wildly successful, happy and have all the good things you want in life.

The self-hypnosis techniques you'll discover can be used to change your blueprint so you can have success, happiness, wealth, confidence, health and all the friends you could possibly want.

That is my aim for you.

There is a psychological principle that says perception is projection. This means people don't see the world around them the way it is, but they see the world around them in a way they are.

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

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

As you change what happens inside you, the world around you changes as well; this is an important concept. The world you live in is just a reflection of who you are inside. Change your blueprint of who you are inside and suddenly the world around you changes in amazing and wonderful ways.

THE TWO MINDS:

For the benefit of the work we'll be doing I want you to understand I'll be talking about two minds you have – conscious and subconscious. This is just a distinction so you can understand things more clearly.

In reality there's just you. You are you. You have one mind and that's who you are. But your one mind has different functions, abilities and capabilities. These differences I'm going to associate with the terms conscious and subconscious minds so you can understand what part of what aspects of your mind I'm talking about.

THE CONSCIOUS MIND:

When we talk about the conscious mind we're talking about your everyday normal state of awareness. Your conscious mind is quite limited. It can handle between five and nine bits of information. It's very good at planning things. It also helps you appreciate the good things in life and it allows you to decide.

The conscious mind is also the place where you reason; so reason and logic rests in the conscious mind. For many problems the conscious mind functions very well in solving them and moving on.

THE SUBCONSCIOUS MIND:

On the other hand you also have a subconscious mind and it's a treasure trove of wisdom, insight, memories, learning, and experiences of all kinds of wonderful things... as well as unpleasant things as well.

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

The captain's role is not to do everything. He can't be expected to wash the decks, cook food, make sure the engines are humming, and all the other activities with keeping the ship in top shape. That's what the crew is for.

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

Your subconscious mind is a place where emotions come from and are stored. Emotions are the fuel to drive us. All experiences, both positive and negative, are hidden away in your

subconscious. Some of these negative experiences you never need or want to look at again, and other times they're making your life miserable and it's time to let go of them!

The subconscious mind is also the place for storing your memories. It's the place where all your experience, wisdom and your understanding about the world and the way it works are stored. Some memories are more easily retrieved than others.

We're not so much interested in memory as such, but in the experiences and the wisdom those memories contain.

WE DIDN'T CHOOSE OUR BLUEPRINTS AND CAN CHANGE THEM!

Most of your life you've learned without ever knowing how you learned to do it.

We picked many social signals as children. When we watched our parents and friends interacting, we quickly picked up the messages of certain nuances and emotions without being aware we were doing it. We learned what acceptable behavior was and what wasn't.

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

We didn't come into this world with a fear of spiders. We acquired this phobia from how our parents or a close family member reacted to a spider. This is true of many patterns added to our blueprint when we're young.

This is also the bases of the truism – "*monkey see monkey do.*"

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

With the power of self-hypnosis you get to root out those chains, and link by link destroy them so you're freer than you've ever felt before.

There is a key thing you must be aware of when working with your subconscious mind – you must allow it to have time to do its work.

After all, it took time for the blueprint you have inside yourself to be set and so it will take time for your blueprint to change. Remember the fable of the tortoise and hare – slow and steady wins the race.

A MENTAL BREAK – You've been reading for a while and I've given you a lot of concepts and ideas. You are almost at the end of this pre-read for your self-hypnosis workshop.

Take a deep breath – get up and walk around for 2-minutes if you can and it's safe to do so! If it's not safe just relax for two-minutes... I'll wait for you.

Ready to complete? Okay final concepts.

THE GATEKEEPER:

There's one part of the mind we haven't discussed yet and that's the critical factor of the conscious mind – think of it as a 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.

However, as you can quickly see it can be harmful when it keeps you stuck with a blueprint, or an aspect of the blueprint, that you don't want anymore.

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

A WORD ABOUT WILLPOWER:

Willpower is useful to get you started on a change. However, as willpower focuses your attention on the conscious mind when you get distracted by life it quickly dissolves and your subconscious automatically takes over and slips into its stored patterns.

Not good for effecting change.

With willpower alone then you're just giving your attention to the wrong mind – the conscious mind.

REWRITING YOUR BLUEPRINT:

The secret to powerful change then is *where* to put attention to rewrite the blueprint. Your attention needs to be laser-focused on the subconscious mind.

Remember back to the opening section where I talked about your blueprint and perception is projection? In other words, whatever is inside your blueprint is how you'll make the world around you conform to it.

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.

The power of self-hypnosis gives you the ability to change your subconscious blueprint because at that point, naturally, all the energy goes in the direction 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, incidentally, 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 subconscious, then you'll need to get to the subconscious 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.

I'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 I'm going to give some basic tools so you can begin to rewrite your blueprint any way you want.

See you at the workshop.

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