

Bonus Session:

Major Mistake People Make Setting Goals and Doing Self Hypnosis

Now let's explore the major mistake people make when setting goals or doing self hypnosis.

It's an easy one to make, and I am pretty sure that everyone has done it.

So here's a hint, how often do you hear someone say, "I am tired of feeling anxious," or, "I need to avoid sugar", or, "I need to quit smoking", or, "I feel tired all the time."

What do they all have in common?

Still not sure?

How are these two sentences different?

"I am exercising three times a week now," or, "I am eating more fruits and vegetables," or, "I am focusing on feeling more energetic now."

Ok, you probably guessed it.

What too many of us do is say what we don't want instead of saying what we do want.

Easy, right?

Not necessarily.

Whenever I work with clients the first thing we do is create a future self and have them describe what that future self would be.

Clients typically start out by saying things like, "I don't want to feel so worried," or "I am tired of feeling unhappy".

Most clients haven't spent much time filling their minds with what it is they do want instead of what it is they don't want.

We are just programmed to focus on avoiding the negative by stating the negative.

Right?

Right now try this. Say out loud the changes you want to make in your life.

That's right, try it. Don't think about it, just describe what you want in life.

Did you have to catch yourself from using negatives?

You will become aware now that nearly everyone states what it is they don't want instead of what they do want.

When you hear this, please tell them this short and simple sentence,

"Don't think of a dancing, pink zebra."

What you will find is that everyone thinks of a dancing pink zebra. You have to think about it in order to not focus upon it.

Your mind goes to the image and ignores the words, "do not".

Then tell them about focusing upon what you do want and how important it is to release the negative.

I know this sounds simple...

Like many profound truths, this simple statements opens up doorways into positive changes in your life.

For the important thing is not what you say, but the awareness you achieve from the statement itself.

You begin to realize how powerful it is to simply shift your focus into self awareness.

You awaken in that moment and take control over what you think, do, say and feel.

And please, give yourself credit!

Another important aspect in self awareness is to reinforce this new healthy state of mind.

By giving yourself credit you remind yourself of how important it is in this phase of self growth to honor your movements forward.

This is an important aspect of gratitude.

The magic of gratitude

I had mentioned earlier that every morning I take a few minutes and intend my day.

This is an example of future pacing, or focusing on a future outcome with energetic encouragement.

Giving gratitude is an example of being in the moment, of giving thanks to yourself and the “Universe” for having all the amazing attributes and articles that we have right now.

Both are essential.

Just try it and see how it focuses you once again on being present and how both help you awaken from the negative trance states perpetuated by the resistive, conditioned Guardian.

I use gratitude at other times when it feels appropriate.

Every time I leave grocery store I take a few seconds and allow myself to feel how grateful I am to be able to emerge with the food I want and need.

This might sound a bit strange.

Perhaps for you feeling grateful might sound strange and unnecessary.

Again, I respectfully suggest you just give it a try and see how it will also help break you out of those negative trance states.

These negative trance states often use terms like, “This is a waste of time,” or, “That’s silly”, or “We have better things to do”.

For me, I am incredibly grateful for all I have.

When I completed grad school I took 4 months off before reporting for work to travel overseas.

At one point we decided to travel by local buses through Turkey, Iran, Afghanistan, Pakistan to the Kashmir region of Northern India.

It was a fascinating journey and one which cemented in me how fortunate we are to have all the abundance and freedom to live life this way.

So think about what you are grateful for now.

Of course there are so many other things to feel grateful for, but this taught me the beginnings of gratitude.

All the people in your life that have helped you, all the wonderful experiences, all that you have accomplished.

Please allow yourself to not get caught in the negative, no matter how overpowering it might have been.

Just for a few moments focus on the good and positive aspects of your life. I know they are there...

Let's talk about Self Hypnosis

Self hypnosis is the process of giving yourself positive suggestions, so it is important to do it correctly.

It is essential to use the correct language, otherwise the subconscious mind focuses upon the negative and is programmed at this deep level upon the opposite of what you actually want to achieve.

It is hard enough to remain at the deep enough level to be suggestible without falling too deep into sleep. You don't want to make it more difficult by using the wrong language.

So I advise before you ever do self hypnosis to first be hypnotized so that you know what it feels like.

I help my clients experience the various levels of hypnosis so that they get comfortable being at the level that is most effective for accepting suggestions.

In this program I help you experience the various levels of hypnosis so that you get comfortable being at the level that is most effective for accepting suggestions.

Remember the term "see it, feel it, want it" from the discussion of "until now"?

Another reason why I have clients practice “until now” is that they actually are learning self hypnosis.

One of the most effective ways to use self hypnosis is to use these words to focus upon what it is you do want.

For example, I teach my sport’s clients (regardless of the sport) to go to the level most effective for self hypnosis and then first see themselves being successful, then feel how good it is to be successful, and finally let themselves energize how much they want to be successful.

See it, feel it, want it.

It is a very effective way to focus your mind upon success.

It doesn’t mean that they are always successful, for often it’s a team sport or their opponent is just better than they are.

But it does mean that they are positively focused on being the best that they can be, and no one can do any better than that.

I use this technique every morning as I awaken.

Again, I intend my day, picturing how I want it to go, feeling how good it is to go that way, and finally turning up my desire to energize how much I want it to go that way.

You have to try it for yourself to become convinced of how powerful this can be.

I do it every morning because it works.