



Self-Hypnosis

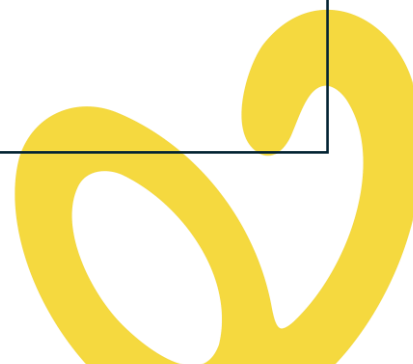
Welcome to the program

SUMMARY

- Self-hypnosis is a powerful tool for mastering the mind and achieving desired results by influencing thoughts, emotions, decisions, and actions.
- Hypnosis is a focused state of attention, similar to meditation or being deeply engaged in an activity. Athletes, musicians, and speakers often enter this trance-like state, which enhances performance and clarity.
- Direction in hypnosis is key, as it helps guide the subconscious mind to overcome challenges and create new mental patterns. Everyday influences like advertising and inspiring speeches also use hypnotic elements.
- The subconscious mind is highly powerful, storing vast amounts of information and shaping behaviours beyond conscious awareness. Learning to communicate with it effectively can unlock deeper insights and solutions.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:





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Understanding your Why

SUMMARY

- Understanding your why is important for achieving your goals; it's not just about knowledge, but having a deep reason that drives you.
- People are motivated by escaping pain and gaining pleasure, forming a powerful propulsion system.
- Your goal becomes achievable when your reasons are strong enough to overcome any obstacles, regardless of their size.
- To strengthen your why, dig deeper into your reasons and keep asking "why" to build a solid motivation foundation

YOUR REFLECTION

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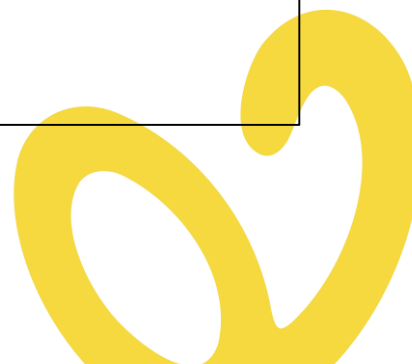
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CALL TO ACTION:

1. Why is this course important to you?

2. What pain will this course help you avoid?

3. What pleasure will this course help you gain?

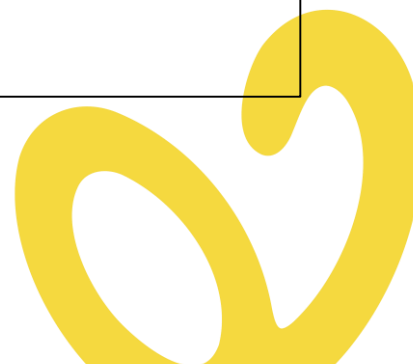




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4. What are your top three reasons for wanting to take this course?

5. Create your mountain of motivation by listing your top 10 reasons. Pick your top 3 and go deeper into each one and share your list





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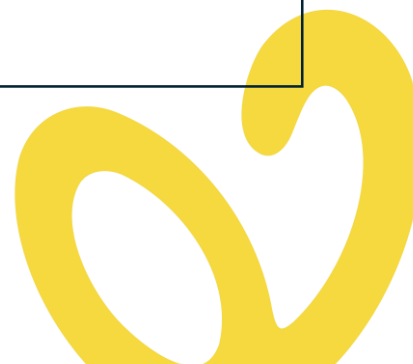
Lesson 1: Conscious and Unconscious Mind

SUMMARY

- The conscious mind handles critical thinking, willpower, and short-term memory, while the unconscious mind manages habits, emotions, beliefs, intuition, and long-term memory.
- Many struggles, like breaking habits, come from misalignment between the conscious and unconscious mind, where willpower alone isn't enough to override deep-rooted beliefs or habits.
- The unconscious mind processes vast information automatically, influencing intuition and reflexes—like reacting to your name in a crowd or moving your hand from a hot surface without conscious thought.
- Aligning both minds can make personal growth and behavioural change more effortless, which is why techniques like hypnosis and NLP are powerful tools for reprogramming habits and beliefs.

YOUR REFLECTION

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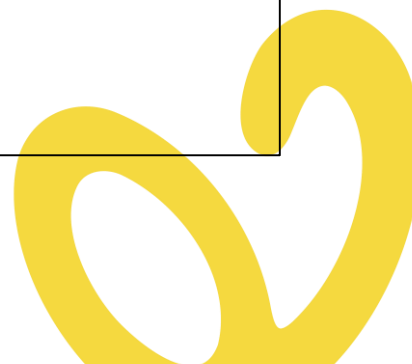


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CALL TO ACTION

1. What habits or behaviours in your life feel like a conflict between your conscious and unconscious mind?

2. Where do you notice misalignment between what you want to do and what you actually do?





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Lesson 2: Establish Your Safety Space

SUMMARY

- Creating a safety space is key to self-hypnosis, providing a secure and familiar starting point for each session. This space can be real or imagined as long as it feels safe and allows movement.
- The unconscious mind relies on visualization, so defining this space helps anchor your hypnotic state and enhances focus.
- Identifying five key elements in your space—such as objects, colors, or surroundings—strengthens the connection and reinforces the sense of security.
- This foundation will be used throughout the 5-Trance System, making your self-hypnosis practice more structured and effective.

YOUR REFLECTION

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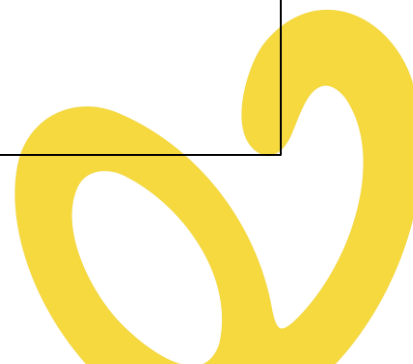


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CALL TO ACTION:

1. What does your ideal safe space look like? Describe it in detail, whether real or imagined.

2. What are five key elements you notice in this space? List objects, colours, or surroundings that make it feel secure.





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Lesson 3: Going Into a Light Trance Ritual

SUMMARY

- Self-hypnosis involves a light trance where you remain in control, focused, and alert. This state should be quick to enter and easy to repeat as a ritual.
- The 5-Trance System follows structured steps: taking control of focus and breathing, refocusing inside, affirming relaxation, noticing relaxation in different areas, and engaging in visualization.
- Visualization begins in a safe space where five key details are observed, leading to deeper engagement. The process involves mentally taking five steps to transition into the trance.
- This ritual becomes automatic with practice, allowing for easier access to a hypnotic state and smooth reorientation back to the present moment.

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Lesson 4: Ending Trance

SUMMARY

- Returning from a trance involves the RCR process—Return to your safe space, Count up from 1 to 5, and Reorient by noticing sounds, sensations, and surroundings.
- A light trance keeps you in control, allowing you to easily open your eyes if needed while still benefiting from deep relaxation.
- Focusing on relaxation rather than visuals helps deepen the experience, as everyone's trance state is unique.
- Repeating the 5-Trance System makes transitions in and out of trance smoother, reinforcing the process for greater effectiveness.

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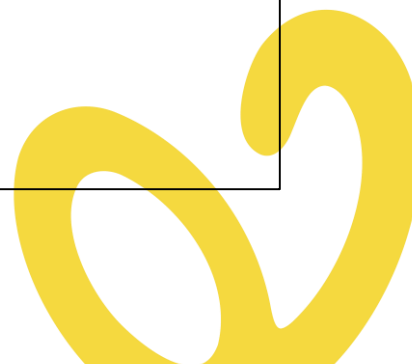


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CALL TO ACTION

1. Have you practiced the 5-Trance System on your own? How did it feel to transition in and out of the trance?

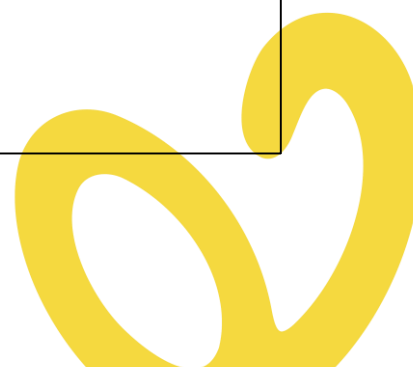
2. How well can you control your breathing and focus? Try fixing your vision on a single point—what changes do you notice in your awareness?





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3. Which five areas in your body feel the most relaxed? As you shift your focus inward, where do you feel the deepest sense of calm?





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Lesson 5: Boosting Your Mood

SUMMARY

- Visualizing yourself in a positive state can naturally uplift your mood and create motivation. Seeing yourself happy, smiling, and engaged in an activity can influence your emotions and drive action.
- The 5-Trance System helps guide focus by using structured steps: taking control of your breathing and vision, refocusing inward, affirming relaxation, noticing areas of comfort, and engaging in visualization.
- The "Magic Window" technique allows you to see yourself in a different emotional state, helping with mood improvement, motivation, relaxation, or even falling asleep.
- This method can be used for various purposes, including enhancing happiness, tackling procrastination, improving sleep, and boosting overall relaxation. The key is to visualize yourself successfully completing a task or experiencing a desired state.

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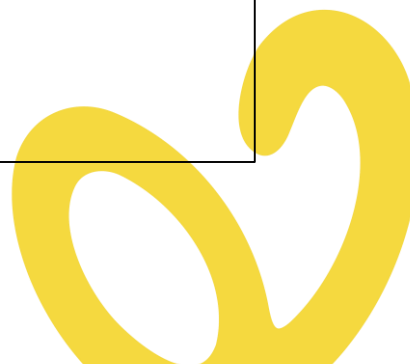


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CALL TO ACTION:

1. How can you use the 5 Trance System today to shift your mind set or energy?

2. When was the last time you truly noticed your inner smile? Try visualizing it now—how does it make you feel

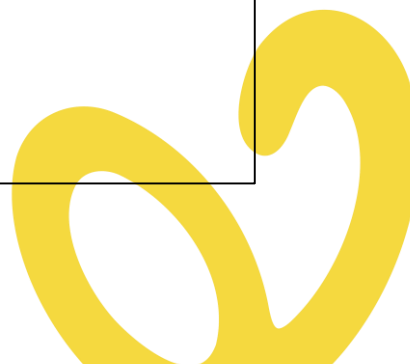




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3. Before bed, can you picture yourself peacefully falling asleep? How does this affect your relaxation?

4. What task have you been putting off? How would visualizing yourself completing it with ease change your motivation?





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Lesson 6: Creating Motivation

SUMMARY

- Accessing insights from the unconscious mind can be achieved by visualizing and engaging with a successful future version of yourself. This future self has overcome challenges and can provide guidance.
- Using the 5 Trance System, you can enter a trance state and visualize a portal, doorway, or other symbolic method to travel to your future self. This interaction allows for deeper self-reflection and motivation.
- The power of visualization plays a crucial role in creating motivation, as seeing yourself succeed or complete a task can inspire action and confidence.
- Returning from the trance using the RCR technique ensures a smooth transition back to the present, reinforcing the insights gained and making them easier to apply in daily life.
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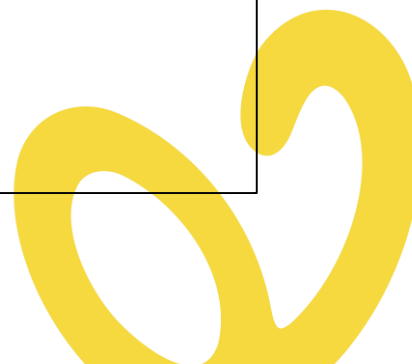


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CALL TO ACTION:

1. How can you apply the 5 Trance System to shift your mindset and access deeper insights?

2. What does your personal portal to the future look like? How does it help you connect with your future self?

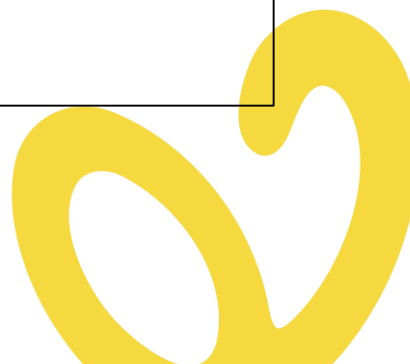




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3. What key advice did your future self-offer? How does it change your current perspective?

4. How did the RCR Technique help you transition back to the present? What shifts did you notice in your awareness?





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Lesson 7: Chambers of Wisdom

SUMMARY

- Seeking wisdom from experts can provide valuable insights when facing challenges. These experts can be real or historical figures, as long as they are well-known enough to offer meaningful guidance.
- The 5 Trance System is used to enter a focused state where one can visualize a space to meet these experts and receive their perspectives. Each expert can provide a unique outlook on the situation.
- Answers from the unconscious mind may not be exact representations of what the chosen figures would say, but they serve as a powerful tool for self-guidance and deeper reflection.
- Different perspectives can shape decision-making, reinforcing the idea that challenges are common, solutions exist, and support is available—even if it comes from within.

YOUR REFLECTION

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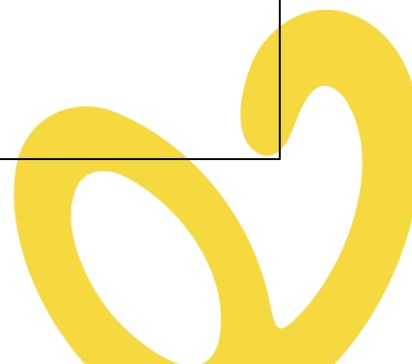


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CALL TO ACTION:

1. What challenge are you currently facing? Identify a situation where you need guidance or insight.

2. Who would you seek advice from? Choose three individuals—real or historical—who can provide valuable perspectives.

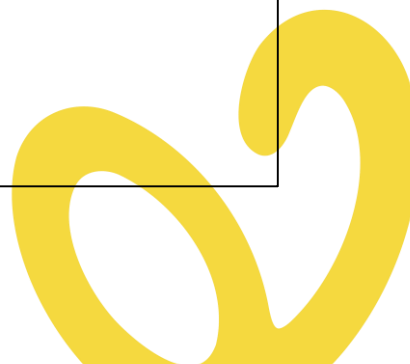




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3. How would they respond? Use the "Five Trance System" to visualize a conversation with them and listen to their insights.

4. What did you learn? Reflect on their responses and consider how their wisdom can help you move forward.





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Lesson 8: Analyzing Metaphors for Challenges

SUMMARY:

- Challenges can be represented through metaphors like dark clouds for a bad mood, a monster for a difficult person, or a mess that needs organizing. Using metaphors helps the mind process struggles more effectively.
- Visualization techniques help shift perspectives, such as imagining rays of sunlight breaking through stormy clouds or stealing back power from a monster. These symbolic actions create a sense of resolution and empowerment.
- Receiving a symbolic gift after overcoming a challenge can provide deeper insights. The subconscious mind often communicates through symbols, and reflecting on the meaning of a received gift can unlock valuable understanding.
- A "trophy case" in the safe space stores these symbolic achievements, serving as a reminder of personal growth and challenges overcome. Each experience adds strength to future self-hypnosis practices.

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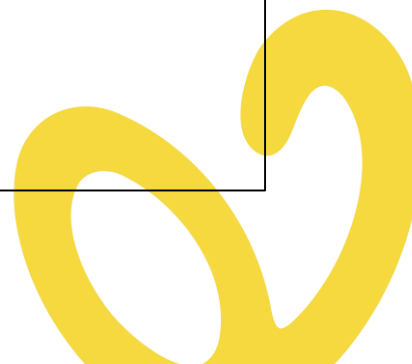


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CALL TO ACTION:

1. What challenge are you currently facing? Identify a specific situation that feels overwhelming or difficult.

2. How does your challenge appear to you? Visualize it as dark clouds, a monster, or a mess—whichever feels most fitting

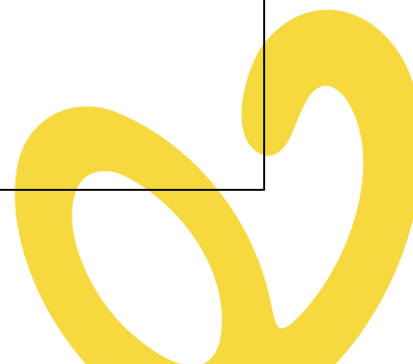




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3. How can you transform this challenge?
 - a) If it's a monster, how can you reclaim your power and “steal back your thunder”?
 - b) If its clouds, can you see rays of sunlight piercing through?
 - c) If it's a mess, how would it feel to organize and bring order to it?

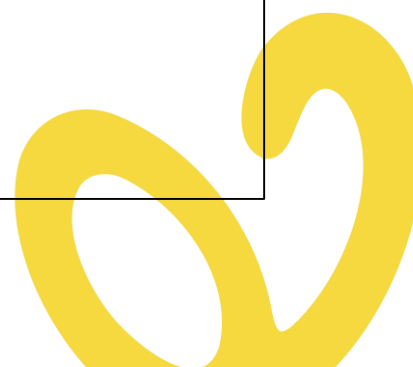
4. What gift emerges after overcoming this challenge? Notice any symbolic message or object that appears





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5. How will you remember this lesson? Place the gift in a mental "trophy case" within your safe space as a reminder of your growth.





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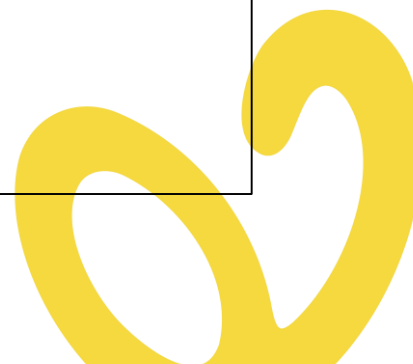
Lesson 9: Radiating Light

SUMMARY

- Recharging through light helps in re-energizing and supporting healing, allowing the body to absorb positive energy.
- Different colours of light may have personal significance, with white often symbolizing renewal, but any colour that feels right can be used.
- Staying in the safe space and visualizing a bubble of light, a beam from above, or a glowing lamp enhances relaxation and restoration.
- This technique promotes deep relaxation, stress relief, and overall well-being, but it is not a substitute for medical treatment.

YOUR REFLECTION

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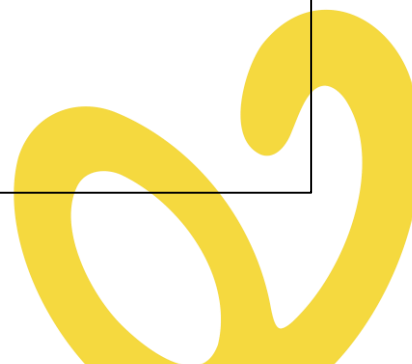


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CALL TO ACTION:

1. How did practicing Radiate Light & Healing impact your energy and well-being?

2. What insights or sensations did you experience, and how would you describe them to your tribe?





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Lesson 10: Direct in the control room

SUMMARY

- The control room visualization is a self-hypnosis tool where you imagine adjusting emotional and mental states—like boldness or anxiety—using sliders or dials.
- It starts with the T.R.A.N.C.E. steps to enter a calm, safe state, followed by engaging the mind's inner space to explore and influence how you feel.
- Changing internal settings works best when done slowly and intentionally, allowing the body and emotions to fully process the shift.
- This space can evolve into a personalized hub where you not only adjust feelings but also place affirmations, symbols, or reminders that reflect your ongoing growth.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



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Lesson 11: Symbols and Library Exploration

SUMMARY

- Symbols and Library Exploration highlights how symbols can provide continuous inspiration and insight. Since the mind naturally interprets meaning through symbols, finding one that represents a journey or challenge can be a powerful mental anchor.
- A mental library is visualized as a space filled with various objects, each holding potential meaning. These objects can be modern or ancient, and one will intuitively stand out as a personal symbol.
- Interacting with the chosen symbol allows deeper reflection. While its meaning may not be immediately clear, focusing on it and asking, "What could this mean?" can lead to profound insights over time.
- Storing the symbol in a safe space creates a personal mental archive. Every time the safe space is revisited, these collected symbols act as reminders of strengths, goals, and ongoing journeys.

YOUR REFLECTION

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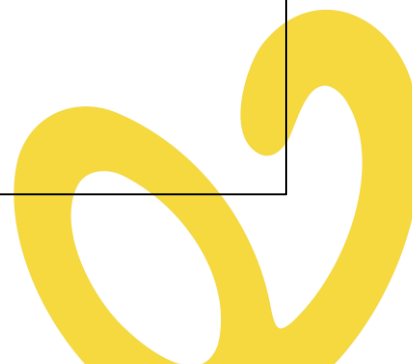


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CALL TO ACTION:

1. What does your mental library look like? Picture a space filled with meaningful objects.

2. What symbol stands out to you? Let your unconscious mind guide you to it.

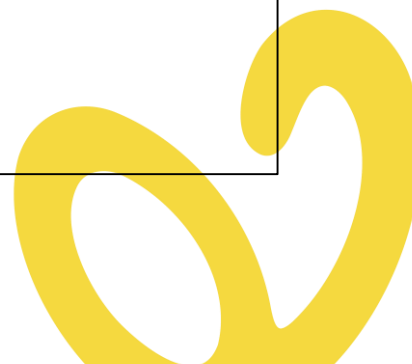




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3. What could this symbol mean for your journey? Take a moment to reflect.

4. Where will you store it in your safe space as a reminder of its significance?





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Summary of the Program

- A light trance can be created using five simple steps: focusing the eyes and breath, shifting awareness inward, mentally repeating calming words, noticing relaxation in the body, and entering a familiar safe space.
- Visualization techniques can shift emotional states—such as seeing oneself smiling to lift mood, completing a task to boost motivation, or relaxing into sleep by imagining restful scenes.
- Inner guidance can be accessed by imagining conversations with a wiser future self, respected figures, or symbolic mentors—allowing for insight and clarity in moments of challenge.
- Emotional challenges can be softened using metaphor—like visualizing dark clouds lifting or retrieving power from a shrinking monster—making difficult feelings easier to process and shift.
- Mental control rooms, symbolic libraries, and healing light rituals can be used to adjust emotional intensity, recharge energy, and uncover meaningful inner resources for ongoing personal growth.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson: