

HYPNOSIS SUCCESS

An e-book for your **Hypnosis Sessions** from Clinical Hypnotherapist;

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*You have an opportunity to now...
access the power of your subconscious mind.*



This e-book will help you make the most of your ability to;

- Achieve your goals while enjoying deep relaxation and profound insights.
- Gain control and take responsibility for your mind at all levels.

You have the ability to respond creatively and powerfully.

YOUR 21 DAY PROGRAM

- ✓ One personal session of 2-3 hours per week for three weeks.
- ✓ Listen to 30-40 minute hypnosis MP3's 3-4 times a week for three weeks.
- ✓ Worksheets; 1) *Goals & Benefits* 2) *Dream Diary*, 3) *Objectives & Dreams*.
- ✓ Your personal program is flexible and customised to your schedule and goals.

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WHY HYPNOSIS CAN HELP YOU

You *want* to act in a certain way, you've tried hard, but your efforts of will have been difficult or unrewarding. If your *conscious* goal is out of alignment with your *subconscious* influences you may experience struggle and frustration.

There's any easier way to be successful. Hypnosis works directly with your subconscious mind to identify and skillfully remove blockages. By clearly communicating your goals to yourself at all levels you can bring both aspects of your mind into harmony.

You're also able to reconnect with your natural internal resources such as confidence, clarity and wisdom to reap secondary benefits.

WHAT IS HYPNOSIS?

Your conscious mind simply hands over control to *your* subconscious mind.

It's a relaxed, focused and positively suggestible state.

Your conscious mind *remains* awake and aware.

In your normal waking state your conscious mind is awake and in control. When you sleep your subconscious mind takes over, regulating your breathing and creating spontaneous dreams beyond our conscious control or understanding.

Hypnosis is simply a method of extending and skilfully managing the in-between state, often by creating a form of skillful guided daydream.

	Awake	Hypnosis	Sleep
Conscious Mind	Awake In Control	Awake	Asleep
Subconscious Mind	Awake	Awake In Control	Awake In Control

YOU EXPERIENCE HYPNOSIS EVERY DAY

I don't know if you're aware of it or not, but you're already very familiar with many various states of hypnosis.

As you fall asleep you experience a form of hypnosis. Your body relaxes and you hand over control of *your breathing* to your subconscious mind.

As you wake up your body is relaxed and your conscious mind can become *aware* of dream images produced by your subconscious mind.

Throughout the day you also experience degrees of hypnosis when you tune out your surroundings and become internally focused.

Highway hypnosis; have you ever suddenly come back to awareness while driving wondering why you took that turn or drove that far? Your attention was focused on recalling or imagining another time or place. Your conscious mind naturally and spontaneously trusted your subconscious to take control of even the physical actions of driving your vehicle.

During many repetitive activities, the mind naturally tunes out and goes onto **automatic pilot**. When you're reading a book, watching a movie, daydreaming or working creatively you're so focused and relaxed that you lose track of time.

- * You can turn the page of a book and not remember a word you just read.
- * You become so entranced by a movie you feel the emotions of the characters even though you know consciously it's just acting.
- * You're relaxed, thinking of nothing, yet ideas seem to pop out of 'nowhere'.

You're aware of what's happening around you, but your energy is turned inward.

Hypnosis extends and controls these states where you are very physically and mentally relaxed, though you will retain your awareness.

You may find your awareness is heightened rather than reduced in hypnosis.

You won't suddenly move into a frame of mind that's somehow totally foreign, but you will skillfully access the power of your subconscious mind with a sharpened ability to recall and relive events, or image the future.

TRANSITIONING INTO HYPNOSIS

It's difficult to pinpoint the exact moment you transition into *sleep*. You can drift in and out of various levels of sleep.

It's difficult to pinpoint the exact moment you transition into *hypnosis*. You can drift in and out of various levels of hypnosis.

To begin with, when you enter into hypnosis, but you may not realise that the transition has occurred. When you experience hypnosis in a personal session, I will demonstrate to you that you moved into hypnosis, whether you knew it or not.

You'll discover that your conscious mind is no longer in control of some physical aspects of the body. I'll make suggestions acceptable to your subconscious that are consistent with your goals. Since you have handed over control to that part of your mind, they will over-ride the efforts of your conscious willpower.

That's the same willpower that had *not* been helpful in achieving your specific goals. The harder you *try* the more difficult it becomes. You're ready to access another part of your mind and a different approach to get different, better, results.

You are choosing to go into your subconscious mind. If you're not sure, or it's most helpful, make the assumption and give yourself the suggestion – *I am in hypnosis*.

Do you go to sleep by trying hard to go *sleep*? Of course not - you let go and allow your natural ability to sleep to express itself.

Do you go into *hypnosis* by trying hard to go into *hypnosis*? Could you even *really* know what hypnosis was the first time? Of course not – just let go and allow your natural ability to go into hypnosis express itself.

Hypnosis is not sleep – it's more like the stage between waking and sleeping. When I say '*sleep*' it means enter in hypnotic sleep, where your conscious mind is calm and relatively quiet but aware. Don't actually fall asleep.

You need to maintain your conscious awareness to follow the sound of the voice and the instructions to be guided skilfully to your therapeutic destination.

YOUR SUBCONSCIOUS PROGRAM

What exactly does my subconscious mind do & how can it help?

1) *Regulates your automatic bodily functions*, such as your breathing. You can *breath consciously now*, but before you read this sentence you had probably handed over control of your breathing to your subconscious mind.

2) *Stores all your long term memories*. You recall or relive things by allowing them to come up from the subconscious mind into the conscious mind.

3) *Stores your interpretation of the events you made at that time*. This creates many of the beliefs and behaviours that you automatically act out through your conscious mind, whether you are aware of the reasons for its actions or not.

There are times our automatic pilot helps us with daily activities. But it can also run unhelpful programming or patterns that prevents us from achieving our goals.

A strong fear of dogs may arisen from a childhood experience. It may have been useful when you were younger, but it's no longer required. An early success or failure can affect the way you perceive your skills in certain areas. Phrases parents or teachers repeated to you become ingrained and accepted.

This creates an automatic mental programming that the subconscious runs in our lives as thoughtlessly as the programming it runs to keep us breathing. In fact part of what hypnotherapy does it to *undo* and replace unhelpful *suggestions* you have *already* been experiencing throughout your life. It can also give new perspective and insight on previous experiences

Through hypnosis we can become aware of any out-dated programming of the subconscious. You can consciously decide to update this with more useful and relevant perceptions to get the achievements and benefits that you want.

Your subconscious doesn't differentiate between a real situation and vividly imagined one.

Spontaneous dreams, nightmares or fantasies cause reactions as if the situation was real. The subconscious doesn't rationalize or analyze, so it takes digests the experience at a psychological level.

By creating skillful experiences in the creative unconscious we can speak it's language of symbols and images to be deeply positively influential.

FREQUENTLY ASKED QUESTIONS

WILL I LOSE CONTROL?

Hypnosis is about gaining control over your mind, not losing control. You won't lose awareness – your conscious mind still participates in the experience, it just has a reduced role. Your subconscious mind also has a critical component so you won't accept anything in hypnosis that's you don't want to do. That's why it's so important to be clear about your goals consciously.

WILL IT WORK FOR ME? CAN I BE HYPNOTISED?

If you decide to block the hypnotic process with your conscious mind, you can. If you decide to work with the hypnotic process to achieve your goals, you can. It's your choice.

HOW CAN IT HELP ME?

How creative can you be in helping yourself? Hypnotherapy deals with the actual processes in the mind that create issues. There's likely to be one issue that brings you to seek treatment. Once your familiar with the process it's common to begin creatively evaluating other areas of their life in which a hypnotherapeutic solution can also be a valuable investment.

WHAT BENEFITS WILL IT GIVE ME?

Before you begin the sessions take time to be very clear on knowing exactly what benefits you're looking for. You can't hit a goal if you can't see the bullseye.

Ask yourself, out of ten, what am I scoring now. For example, you might rate your confidence as 3/10, and you'll know which situations you're comfortable in, and which ones you're not.

Follow through with the program, giving *yourself* priority by listening to the MP3 for 21 days, or at least 4 times a week for 3 weeks, with positive expectation, following the instructions in a relaxed manner. It doesn't make sense to judge the sessions in themselves. In the same way that the benefit of sleep is the energy you have the next day, allow the process time to impact on your subconscious and work it's way into daily life. Then check back with your goals and benchmarks. You may be surprised at how far you've come.

Be patient and persistent. You don't need willpower, just relax and listen to the program. Even if you experience instant success, follow the program through to lock in life-long benefits.