

Mind Force Hypnotic Influence

BOOT CAMP

LESSON #2

SUPER DYNAMIC SELF- HYPNOSIS

- Influencing Your Subconscious Powerfully
- Replacing Bad Habits With Good Ones
- Using Questions & Affirmations

YOUR SUBCONSCIOUS IS LIKE A HARD DRIVE

- You Are What You Place In Your Mind
- Your Mind Contains Every Thought & Experience-Good or Bad
- It Needs Constant Re-Enforcement
- You'll Use a Very Systematic Approach

BUILDING THE CONCEPT

- This process is an acquired skill and can be learned by anyone
- Your Mind Works Perfect
- You Have All The Resources Necessary For Change
- All External Behavior is The Result of Internal Processes.
- Failure is = Feedback. No mistakes, only results. You need mistakes and failures to learn.

AUTO-SUGGESTIONS

- **NO THOUGHT, whether it be negative or positive, CAN ENTER THE SUBCONSCIOUS MIND WITHOUT THE AID OF THE PRINCIPLE OF AUTOSUGGESTION**

YOU HAVE ABSOLUTE CONTROL

- Over What Goes Into Your Mind Through The 5 Senses
- What Thoughts Get Planted Into Your Mind
- Over Feeling Good, Great or Bad

KEYS TO THE PROCESS

- Concentrate on a Given Desire Until It Becomes a Burning Desire.
- Concentration Means Super Focusing On Your Outcome
- Autosuggestions, Affirmations, & The Self- Hypnosis Process Is The Key.

EFFECTIVE VISUALIZATION

- Visualize The Outcome
- Make a Movie of How You Did It
- Build Contingency Plan- Visualize Challenges and Road Blocks.
- * Most people see failure and not success and program themselves in the wrong way

PROJECTING THE IMAGE

- You Must Know What You Want In Detail-Clear, Bright & Focused
- Precise, Direct, and Intense Signals
- Your Mind Will Give You What You Desire.

WHY AUTOSUGGESTIONS & AFFIRMATIONS DON'T WORK

- The Mind Finds Your Statements to Be Non-Congruent
- No Emotional Content
- No Pre-Affirmation Questions
- They Are Not Done Consistently
- Most Don't Understand "The Process" Method

WHY QUESTIONS?

- When You Ask Questions of Yourself, You Always Get an Answer
- They Change Your Focus
- They Allow You To Focus on Either What is Good or Bad
- They Direct The Mind
- They Demand an Answer

THE SUBCONSCIOUS & QUESTIONS

- Your Mind Can Get You The Answer
- You Can Train The Mind To Get You The Answer You Desire

HOW TO ASK THE QUESTION

- Wrong Way: Why Can't I Lose Weight?
 - Because your lazy, and eat too much
- Correct Way: How Wonderful Will I Feel When I Weigh (# lbs)?
 - I will feel like a new man or woman

SAMPLE QUESTIONS

- *“I wonder how soon before I delight and amaze myself all the time”?*
- *“I wonder how exquisitely powerful I can become”?*
- *“I wonder how I can use my mind to do things that I never yet before considered possible”?*

* Refer to worksheet for more

THE “PROCESS” METHOD EXPLAINED

- When You Are In The Process, Your Mind Doesn't Fight It.
- Examples:
 - I weigh a strong and healthy 150lbs
 - I'm in the process of weighing a strong and healthy 150lbs
- This Mind Trick Is Worth a Fortune To You, If You Use It.

PROCESS STATEMENTS

- Question: How can I become in better shape, lose more weight and enjoy the process?
- Process Statement: I am in the process of getting in better shape, losing weight and enjoying the process.
- Question: I wonder how quickly I can start to earn one million dollars per year?
- Process: I am in the process of earning one million dollars per year.

THE 10 KEYS TO SELF HYPNOSIS

1. Get comfortable and relaxed
2. Close your eyes and repeat 3 times to yourself the amount of time you wish to remain in the hypnotized state.
3. Imagine a blackboard with the numbers, 25, 10 , 5 or 3 on it.
4. Relax the body down, either by relaxing each muscle group or just allowing your body to relax naturally and easily.
5. Create an ideal place of relaxation (beach, woods, space, etc)
6. Go to that ideal place and imagine yourself drifting off into a dream and in that dream, all that you desire, all that you need has come true. In that dream, weave in affirmations and autosuggestions that you will follow.
7. Step into the dream
8. Move yourself into the future to the date where you have achieved your desires.
9. Starting from the future date, move backwards in time and make a review in your mind of all that you will do and all you'll experience to fulfill your desire.
10. Count yourself back to a fully awakened consciousness.

MIND FORCE HYPNOTIC INFLUENCE BOOT CAMP

- Send questions to
mindforcesecrets@gmail.com

• LESSON #2