



HYPNOSISTODAY

POWERFUL, EFFECTIVE HYPNOSIS FOR TODAY'S WORLD

THE USER'S GUIDE TO YOUR SUBCONSCIOUS MIND

**Learn how YOU can use hypnosis
to tap the power inherent within
your subconscious to change
and fortify your health, happiness,
and success.**

JULIE GRIFFIN

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There have been many articles written about how and why hypnosis works and what hypnosis feels like. **The User's Guide To Your Subconscious Mind** extends beyond the common definitions and explanations of hypnosis by providing you with a helpful glimpse into the workings of your own subconscious mind.

Hypnosis makes it easy for you to harness the power of your subconscious mind. The more you understand the functions of your subconscious, the easier it will be for you to obtain amazing results through hypnosis.

The User's Guide To Your Subconscious Mind breaks through the shroud of mystery and misunderstanding that has surrounded hypnotism for decades. It provides you with an honest, unbiased accounting of how and why hypnosis works. It teaches how you can use hypnosis to tap the power inherent within your subconscious to change and fortify your health, happiness, and success.

ABOUT THE AUTHOR

JULIE GRIFFIN, BCH, is an award-winning, registered, certified, international instructor of medical, clinical, and metaphysical hypnosis. She directs *The Hypnotherapy Training Company* and is founder of *The International Center for Hypnosis Education and Research*. Julie holds a bachelor's degree in clinical hypnosis from the American Institute of Hypnotherapy. She is certified to teach clinical hypnotherapy through multiple agencies.

A highly skilled medical and clinical hypnotist, she developed and teaches her own system for researching medical conditions and for creating client-specific medical hypnosis programs. Her medical hypnotherapy practices are respected by both her hypnosis and medical colleagues and can be safely learned and practiced by non-medical hypnotherapists. She has lectured at a number of hospitals, including Massachusetts General Hospital.

Julie has conducted hundreds of smoking cessation and weight loss clinics. Her books *Recipes for Weight Loss* and *Recipes for Smoking Cessation* have been used in hypnosis clinics across America for almost two decades. Her innovative weight loss programs are designed to make hypnosis fun and easy to use in today's fast-paced world for men, women, and children alike.

In 2004, Julie received the Hypnosis Educator of the Year Award, from the world's largest hypnosis agency (The National Guild of Hypnotists). In

past years, she has received the Hypnosis Journalism Award (NGH), and the Hypno-Innovation Award (International Association of Counselors and Therapists) for her programs designed for safety and ethics.

Julie has presented hundreds of basic and advanced level hypnosis and self-hypnosis programs including presentations at 18 national conventions. She was a regular columnist for the prestigious Journal of Hypnotism and served as a headliner for New England's Whole Health Expos.

Her program *Peace of Mind* was used in many clinics to help affected Americans deal with the aftermath of the September 11, 2001 World Trade Center collapse and anthrax scares that followed.

Julie was in Indonesia days after its catastrophic Tsunami of 2004 and trained over 100 students, among them doctors, psychologists, and clergy in simple-yet-effective techniques to help address the issues faced in the aftermath of the loss of approximately 160,000 Indonesians.

Julie has appeared on dozens of radio and television programs. Author of twelve hypnotherapy books, and dozens of articles and audio programs, she thinks of herself as a teacher first, be it alone with a client, in front of an audience, or in her classroom.

INTRODUCTION TO HYPNOSIS

Hypnosis is a naturally occurring state of altered consciousness in which access to your subconscious mind is enhanced. While hypnotized, your ability to accept suggestions for psychological, physical, and spiritual change is heightened.

The hypnotic state automatically occurs anytime you become deeply relaxed or highly focused. Hypnosis and self-hypnosis allow you to use the hypnotic state for healing, empowerment, or any other purposes you choose.

The truth of hypnosis is often vastly different from its common depictions. Hypnosis is not sleep and it is not unconsciousness. Most people actually experience greater awareness while hypnotized and hear and remember most of the hypnosis session.

Hypnosis does not cause you to become weak-minded or to act foolish. Even while hypnotized, you can choose to remain in control of your choices, responses, and reactions. You can freely disregard any of the hypnotist's suggestions and choose to remain in control of your thoughts and actions throughout the session.

Hypnosis makes you the master of your own mind—never its slave. It helps you to become more inclined to do things you want to do, but it virtually never makes you act in ways that are contrary to your desires, morals, and belief systems.

While most hypnotized individuals have greater awareness of their sensations and surroundings, some go so deeply into hypnosis that they don't remember any of the session. Contrary to public perception, only about 15% of people go so deeply into hypnosis that they don't remember the session. Fortunately, a light-to-medium level of hypnosis is all that is necessary to achieve lasting, positive results. In fact, in many applications of hypnotherapy, a light-to-medium level of hypnosis works most favorably.

Your conscious and subconscious minds perform different functions on your behalf. Your conscious mind is dominant and in charge when you are fully alert and aware of the present moment. Once you start to daydream or become very relaxed—as well as anytime you are highly focused on any given activity—your subconscious mind becomes increasingly dominant and a hypnotic state may develop, allowing for you to generate enhanced creativity and to achieve improved physiological functioning.

The more relaxed and/or focused you become, the more likely it is that you will shift into a deeper level of hypnosis. While some people may mistakenly believe they were asleep while hypnotized, there are many observable signs, such as shifts in breathing patterns, that clearly distinguish hypnosis from sleep.

Even though the hypnotic state can be measured scientifically with the help of an electroencephalograph (E.E.G.), a professional hypnotist relies upon his own assessment of your level of hypnosis to determine how deeply hypnotized you become. The great news is that all the levels of hypnosis are relaxing, therapeutic, and effective. Almost everyone can benefit greatly from hypnosis.

One of the greatest modern day hypnotists, Milton H. Erickson, M.D., taught his peers that hypnosis works best, and has the most lasting results, when both the client's conscious and subconscious minds are in agreement.

YOUR SUBCONSCIOUS MIND

Your subconscious mind continuously performs endless duties on your behalf. It automatically regulates your physiology; it stores all of your memories; and it is the home of your imagination. Even though your subconscious automatically regulates your physiology, hypnotic suggestions can be given to helpfully direct your body's many systems.

Since your subconscious mind contains the memories of everything you have ever done, thought about, seen, felt, and experienced, hypnosis can be used to help you to find the origin of any phobia, bad habit, or medical condition. Uncovering why a problematic behavior or disease originated often provides vital insight toward recovery. Hypnotic regression provides you access to memories stored in your subconscious mind that might otherwise be unobtainable.

Through hypnosis, the power of your imagination can be put to work to help you to heal and to succeed at manifesting your goals. As you imagine yourself healthy, your subconscious causes your physiology to spring into action to prompt desirable shifts in the functions of your body. This so called "mind-body connection" can be positively directed for miraculous change.

It is important to know that while imagining yourself healthy works to create and foster your health, sadly the opposite is also true. Anyone who spends

a lot of time worrying about being sick, runs the risk of a weakening their physiology. Anyone who excessively worries about failure, diminishes his likelihood of success. A statement commonly used by clinical hypnotists to describe this phenomena is:

“As your mind perceives, your body works to create.”

Even when you are not hypnotized, it is important to monitor your thoughts. It is always wise to keep positive, happy, healthy pictures and thoughts present in your mind to strengthen your health and to empower your goals.

THE CRITICAL FACTOR

Your conscious mind contains a component called *The Critical Factor*. You were born with this critical faculty, but it only begins to function around the time you turn six-years-old. It is the Critical Factor's function to enable your conscious mind to reason, to judge, and to help you to make decisions. Unfortunately, your Critical Factor can become overly negative. If you have ever had a great idea that you quickly abandoned, it is likely that your Critical Factor caused you to detrimentally second-guess its merit. Sometimes the Critical Factor helps to ensure your safety, but just as often, its negativity can stop you from taking positive action in your life.

When you are hypnotized, your Critical Factor is by-passed, allowing helpful suggestions to be ideally received by your subconscious mind. That is how and why hypnosis helps you to achieve your goals.

THE HYPNOTIC STATE

Whenever you become deeply relaxed or highly focused, the critical part of your conscious mind is bypassed, enabling suggestions to be received by your subconscious. The more relaxed and focused you become during a hypnosis session, the more deeply helpful suggestions can be received. A professional hypnotherapist helps you to enter into hypnosis, regulates how deeply hypnotized you become, and provides you with an array of suggestions specifically designed to help you to achieve your goals.

When you are hypnotized you are likely to hear and remember 50–100% of the session. You will most likely be very aware of your body and breathing, as well as of the temperature and any fragrance or odors in the room.

Those who are incredibly deep subjects—referred to as somnambulists—enter almost instantly into a deep state of hypnosis and remember little, if any, of the session. Somnambulists comprise only about 15% of the general public. The word somnambulist is actually a misnomer because it means sleepwalker. No matter how deeply you enter hypnosis, you will not be asleep.

Most people experience hypnosis as a pleasant, euphoric, heightened state of awareness. Your experience of hypnosis will be unique to you and will vary, somewhat, from session to session. All levels of hypnosis—light, medium, and deep—will help you to achieve your goals. Let your experience of hypnosis naturally unfold. Enjoy the process of your body relaxing and the pleasant and powerful feelings that arise when you free your mind of expectations.

Remember, there is no way for you to do hypnosis wrong. Any level of hypnosis you achieve is perfect for you on that day. During hypnosis, your mind and body will automatically deliver you to the ideal state of relaxation. For best results, just relax and let hypnosis happen.

THE PRIMARY FUNCTIONS OF YOUR SUBCONSCIOUS MIND

Your subconscious mind performs three primary functions:

1. Your subconscious houses your imagination;
2. Your subconscious stores memories of everything you have ever experienced, smelled, heard or tasted--forever; and
3. Your subconscious controls your physiology.

Since your subconscious mind is the home of your imagination, entering into hypnosis helps you to use your imagination to create your ideal future. Your imagination is a powerful tool that can be used to set your physiology on a positive track. As you imagine yourself happy, healthy, and successful during hypnosis, your body and mind actually go to work to enact whatever you imagine.

By accessing the memories stored in your subconscious mind, hypnosis can help you to remember times when you were your healthiest, happiest, and most successful. Hypnosis can also help you to recall the origin of an illness or phobia, which can provide helpful insight into how to heal.

Your subconscious mind automatically controls of all the physiological functions of your body: It keeps you breathing, regulates your heart beat and respiration, and reminds you of when you need to eat, sleep, and visit the restroom. When you are hypnotized your subconscious can powerfully receive and use suggestions designed to redirect your physiology to enhance your health and the optimum functioning of your body's systems.

THE EVOLUTION OF HYPNOSIS

In the past, there have been many misconceptions about hypnosis and few understood its simple-yet-miraculous ability to facilitate positive change in receptive individuals. Modern scientific tests and studies repeatedly show that hypnosis not only works, but also how and why it works.

By measuring brain wave activity and patterns, electroencephalographs (E.E.G's.) prove the existence of the state of hypnosis and can demonstrate how deeply an individual is hypnotized. Positron Emission Tomography (P.E.T.) scans prove that the physical body reacts to hypnosis suggestions as if they were real events.

Despite conclusive scientific evidence, many people believe that they cannot become hypnotized. In reality, we all inadvertently enter into some form of hypnosis, or *trance*, many times a day. Whenever you are highly focused or deeply relaxed, your respiration and heart rate shift and you enter into a light state of hypnosis.

THE ACCIDENTAL TRANCE

To some, the word *trance* is scary. Sensational television programs and movies have prompted an unfortunate false impression of hypnotic *trance*.

In reality, we all *trance out* without even trying to go into hypnosis. The words hypnosis and trance are frequently used interchangeably. Once you achieve and master hypnosis, the word trance will only have good connotations in your mind.

If you have ever forgotten a segment of a trip while driving, then you have already tranced out and experienced *highway hypnosis*. Other times that you may have inadvertently entered into hypnosis include: whenever you seemingly got lost in the story of a good book, movie, or television show; whenever you're absorbed in a creative activity; and, of course, while surfing the Internet. Anyone who wants to be hypnotized can be hypnotized. It already happens to you many times a day.

Most people mistakenly believe that a deep level of hypnosis is necessary to create lasting change. Any relaxed and focused state allows you to access your subconscious mind. All it takes to achieve good results from hypnosis is for you to choose to relax and to let your mind helpfully open to positive thoughts, images, and suggestions.

Whether you are working to gain control of your behavior, emotions, or health, hypnosis will enable you to access the power inherent in your subconscious mind. Hypnosis helps you to let go of limiting beliefs and serves like a helpful *co-pilot* on your journey through life.

To benefit from hypnosis and to put your subconscious mind to work for you, you can practice self-hypnosis, you can seek the services of a qualified hypnotherapist, or you can use hypnosis audio programs.

Self-hypnosis is easy to learn. Affordable books on self-hypnosis are available at libraries, bookstores, and on the Internet. A good self-hypnosis book offers simple-to-follow steps you can use to put yourself in a hypnotic state. A good self-hypnosis book also gives you instructions and helpful tips on how to give yourself healing and empowering suggestions.

Whether you choose to use self-hypnosis or to work with a professional hypnotist is a personal choice. No matter what kind of hypnosis you choose to practice, you can decide that today is the day for you to make a fresh beginning; that today is the day for you to start winning. You can decide that today is the day to find, free, and empower yourself.

DOES HYPNOSIS RENDER YOU OUT-OF-CONTROL?

There are many misconceptions and fears about hypnosis and being hypnotized. The most commonly held fears of hypnosis include:

- fear of surrendering your will;
- fear of divulging secrets;
- fear of not coming out of hypnosis;
- fear of failing; and,
- fear of acting foolishly.

If you have ever seen a stage hypnosis show, you have probably seen a person who appears to be out-of-control. The truth is that even though people in stage hypnosis shows seem to be out-of-control, those individuals

all chose to be in the show and are freely accepting the strange suggestions given because they want to be entertaining.

You do not have to worry about accepting crazy suggestions during hypnosis. You can freely choose not accept any suggestions that are not in line with your belief systems or that violate your morals. The job of a hypnotherapist is only to give you helpful, healing, empowering suggestions—never to make you feel or act out of control.

Even though professional hypnotherapists are charged with the duty of serving and protecting you, you can still choose to safeguard yourself before going into hypnosis. To safeguard yourself prior to any hypnosis session, simply set the intention that you will only accept suggestions that serve your highest good and that are within your own belief systems.

Understanding the true nature of hypnosis will help you to feel confident in its use. You can use the hypnotic state to strengthen your own beliefs and you can freely reject any suggestions given to you while you are hypnotized. Unlike the potentially off-putting suggestions and antics seen in most stage hypnosis shows, a professional hypnotherapist, whether in-person or *via* an audio recording, will only give you suggestions to enhance your life.

*“There are two mistakes one can make along the road to truth—
not going all the way, and not starting.”*—from the teachings of Buddha

THE TRUE FEELINGS AND SENSATIONS OF HYPNOSIS

Hypnosis produces varying sensations in your body and unique levels of empowerment and relaxation. Each time you enter into hypnosis, it will affect you differently and you are likely to experience different signs. The most common sensations you are likely to experience include:

- relaxation
- a sensation of warmth
- a feeling of heaviness
- tingling
- numbness
- a floating sensation
- your mind wandering
- an increased sense of smell
- a sensation of color or light
- an increased awareness of sound
- a feeling of well-being
- a far away feeling
- an increased awareness of your breathing

During hypnosis you may also experience a need to swallow—especially if you are sitting upright because your mouth produces more saliva when

your jaw is relaxed. You may also notice your eyelids fluttering, or your eyes rolling under your closed eyelids. Many notice that their head sometimes rocks from side to side or moves slightly forward, and that their shoulders relax or slump. All these common signs let you know that the hypnosis is working.

As you drift deeper into hypnosis you will notice that your mind wanders. Time distortion frequently occurs during hypnosis. Many people report that time seems to pass quickly during a live or recorded hypnosis session.

You may not experience all the sensations mentioned, but it is likely that you will experience a few or several of them each time you enter into hypnosis. You may also experience different sensations each time you are hypnotized.

The more you practice hypnosis, the more natural it becomes and the more benefits you will reap.

*“Hypnosis is to the mind what exercise is to the body:
empowering, energizing, strengthening, and relaxing.”*

THE USES OF HYPNOSIS

Hypnosis can be used to create positive change in virtually any situation. My own mother was hypnotized while I was born and given the suggestion not to feel any pain during my delivery. She reported that it worked so perfectly that she was able to laugh and joke with her doctor throughout my birth—without the use of anesthesia. Her clear belief in hypnosis and her enthusiasm toward its practice prompted a deep desire in me to understand and master its use. The best birthday gift my mom ever gave me was to give birth to me in an ecstatic, hypnotic state of grace.

The most common uses of hypnosis include stress reduction, weight loss, and smoking cessation, but it is also frequently used to improve memory and study skills; to overcome traumas and phobias; to improve health; for fertility enhancement and childbirth; for sexual enrichment; for enhanced athletic performance; for creative arts; as well as for metaphysical uses such as past life regression and development of psychic awareness.

There are many factors that can favorably affect the success of a hypnosis session. The best results are most likely to be achieved through hypnosis when you understand how and why hypnosis works; when you select a hypnotist who you trust and who inspires confidence; when you truly want to achieve the stated goals of the session; when you let yourself relax fully

throughout the session; when you imagine the things the hypnotist describes; and when you keep your thoughts positive during and after the session.

The most important factor in your success with hypnosis is your true desire to change. Hypnosis suggestions only work if you really want the suggested outcome. Hypnosis is very effective when you truly want to change, but for hypnotherapy to be successful, the idea to change must be yours. If you are considering going to a hypnotist to please a friend, spouse, family member, or anyone other than yourself, it is better just to stay home. Save hypnosis for when you are ready to change your life, otherwise you are just wasting your time and energy.

Through the use of your memory and imagination, hypnosis suggestions work wonders to help you to access your power and creativity, to fine-tune your health, and to overcome detrimental behavior. Hypnosis can be used to help you to overcome illness as well as emotional or behavioral issues. You can use hypnosis to help you to overcome bad habits, to improve your self-esteem, to negate depression, to foster your creativity, to fortify your libido, and to place yourself on track to personal and professional success.

BECOME HEALTHY & BEAT THE BLUES

Since your subconscious regulates and controls your physiology, hypnosis suggestions can be given that are designed to defeat disease and to overcome depression and physical pain. Skilled medical hypnotherapists know how to write hypnosis programs that powerfully direct your subconscious to adjust

your chemical and hormonal levels, to regulate your cardiological functioning, your respiratory system, your immune system, and your entire being for optimum health.

CHOOSING THE BEST FORM OF HYPNOSIS FOR YOU

There are several ways you can use hypnosis in your life:

1. Learn self-hypnosis techniques.
2. Hire a professional hypnotherapist.
3. Purchase and listen to hypnosis audio programs.

Since there is a wide variety of hypnosis audios available on-line, shop wisely. Some websites offer detailed product descriptions and include an audio sample of each available topic. It is important to make sure that you like the sound quality of any program that you are considering purchasing because hypnosis works best with repeated use.

If possible, try before you buy. Listen to any audio samples provided on sales sites to see if they are pleasant, appealing, relaxing. Not all hypnosis audio programs are created equally. Seek out a hypnotist whose work is truly creative, empowering, and masterful. Hypnosis is a profession in which the experience and talent of the hypnotist are equally important in helping you to succeed.

Always check the credentials of any hypnotist you are considering working with. Even if you are purchasing an audio program, it is important to make sure that the person who created the audio is qualified.

Most hypnotherapists provide you with their biography and list their professional certifications and affiliations. If such information is not provided, ask for it. Any qualified professional hypnotist will be happy to provide you with the details of their credentials. Beware of sales sites that do not or will not provide you with this information.

When considering the purchase of any type, it is easy to be attracted to a flashy title only to be later disappointed with the product itself. This applies equally to hypnosis programs. It is more important that the person who wrote and performed the session be a highly trained, skilled professional hypnotherapist, than a gifted salesman.

If you are considering a private session with a hypnotherapist, it is wise to chat with the hypnotist and ask any questions you have prior to setting an appointment. Make sure you are comfortable with the answers you receive and that you feel comfortable with the hypnotist before proceeding to an appointment. Good rapport between the hypnotist and client is essential to the success of the session.

SELF HYPNOSIS—LEARNING TO HYPNOTIZE YOURSELF

Self-hypnosis is an easy and effective way to enhance your confidence, self-esteem, and to help yourself to relax. There are many different methods you can use to hypnotize yourself, but to simplify the process you need only do the following to get started:

1. Sit or lie in a comfortable position;
2. close your eyes;
3. take several long, slow, deep breaths as you imagine your mind becoming clear and your body relaxing fully;
4. take a few more deep breaths as you feel your body relaxing more and more deeply;
5. focus on your own qualities and strengths;
6. allow helpful memories of your past successes to fill your mind;
7. think of your goals and see, hear, and feel yourself taking positive steps to achieve them;
8. imagine your success as if it has already occurred;
9. take a moment to experience genuine gratitude for all your success; and,
10. when you are ready, take a few refreshing breaths, open your eyes, and return from your self-hypnosis session feeling alert, clear, and revitalized.

You will find that using these simple steps will immediately help you to fortify your psyche and enhance your self-esteem. The steps outlined above are easy to use and very effective, but you might want to read self-hypnosis books to find a technique that is perfect for you. Don't be afraid to customize self-hypnosis techniques for your own use.

REINFORCING CHANGE

With any type of hypnosis—be it for healing, behavior modification, personal empowerment, or anything else—using *reinforcement* (typically a CD of the session) provides the most effective, lasting results. Reinforcement gives

your subconscious mind time to fully accept and implement the suggestions for change you received during hypnosis.

If you purchase a hypnosis audio, reinforcement is easy: just use the audio many times for lasting results. If you practice self-hypnosis, practice it regularly--even after your success is achieved. If you work with a professional hypnotherapist, hire one who provides you with a recording of the session that you can use for reinforcement.

People who get the most out of hypnosis often use a combination of professionally-prepared hypnosis sessions (audios and/or in-person) and practice self-hypnosis. Whether you choose to practice self-hypnosis, to use a professionally-prepared hypnosis audio, or to see a professional hypnotist for a private session, expect great results.

As a result of your use of hypnosis, you will find that it becomes easier for you to consistently engage in actions that enable you to succeed at your goals. Hypnosis will help you to think clearly, and to act in line with your own highest good.

Hypnosis is a relaxing, affordable, and effective means to enhance and improve your life.

HYPNOSIS PROGRAMS AVAILABLE FROM HYPNOSISTODAY.COM

Hypnosistoday.com offers a wide selection of hypnosis audio programs available instantly as MP3 downloads. You can read full descriptions and hear samples of all of our programs by visiting:

<http://store.hypnosistoday.com/>

Hypnosis For Creative & Inspired Writing: Allow yourself to relax and to focus so that your creativity, imagination, and inner-intelligence automatically surface to help your words to flow.

The Light of Joy Within: Leads you through the doorway into hypnosis and helps you to release sadness, resentment, and ill health, while fostering joy and self-esteem.

Unlocking Human Potential: Fortify your health and to tap into the endless well of universal knowledge, creativity, and love that is there for us all.

Radiant Health & Happiness: Hypnotically paints your mind with helpful messages to release needless worry, despair, and detrimental health conditions.

Relax, Feel Great & Sleep Soundly: Erases the detrimental effects of stress and reprograms your mind for relaxation, a comfortable and healthy body, and sound sleep.

The Wellness Extravaganza—Body, Mind & Spirit Healing: A soothing and revitalizing program that boosts your immune system and fosters balance and ideal functioning of your entire body.

Body and Soul Restoration: Create your own miracle and become your own healer, spiritual advisor, and care-giver to achieve body, mind & spirit wellness.

Inner Ecstasy—The Natural Hypnosis Endorphin High: Access and release your body's supply of endorphins to become relaxed, happier, and more physically comfortable.

Cancer Be Gone: Instruct your subconscious to ideally adjust the functioning of every system of your body—helping you to defeat cancer and reclaim your health.

Your Happy Head—Hypnosis For Migraine Relief: Through self-discovery, learn to be aware of any migraine triggers and develop strategies to avoid them on your way to a migraine-free you.

Pre and Post-Surgical Hypnosis: Prepare your mind to receive and recover from the healing interventions of surgery as peacefully, comfortably, and effectively as possible.

Bountiful Harvest—Fertility Enhancement For Women: Helps you to remain calm, relaxed, and optimistic as you move toward the joys of motherhood using fertility enhancement.

Drawing Love & Prosperity Into Your Life: Increase your magnetism, charisma, and confidence and place yourself on course for love and financial success.

Increased Magnetism & Charisma: Enter into a rapture-filled state of mind that helps your personality surface, sparkle, and captivate others.

Growing Rich: Enter the Prosperity Zone and drive yourself toward the most lucrative ideas, relationships, decisions, and actions.

Millionaire Mindset: Your mental launch pad that takes you to new heights of awareness and self-trust, enabling you to achieve prosperity.

The Mental Massage: Hypnotically receive a pleasurable massage, aroma therapy, and acupressure treatment for your mind from a gifted therapist, at a luxurious ocean front health spa.

Hypnosis For Accessing Your God Self: An inspired, uplifting, non-denominational program enabling you to readily tap into your own spirituality.

Getting In Touch With Your Angels & Guides: Connect to the all-knowing part of you—your higher-self—and to your angels, guides, master teachers, and other helpers.

A Slender, Happy & Healthy You: Experience luscious, calorie-free, images and suggestions that work like “mind-food” to help you to create your happy, healthy, physically fit body.

A Cleansing Rain Shower—Wash Away Excess Weight: Free yourself from emotional eating & lift your spirits while dropping unwanted pounds and negative thoughts.

Hypnosis For Fun & Easy Weight Loss: A self-discovery journey that helps you to make the process of recreating your body easy and fun.

Exercise Motivation & Peak Performance: A highly motivational mental life-line that keeps you going and leads you to the fulfillment of your fitness goals.