



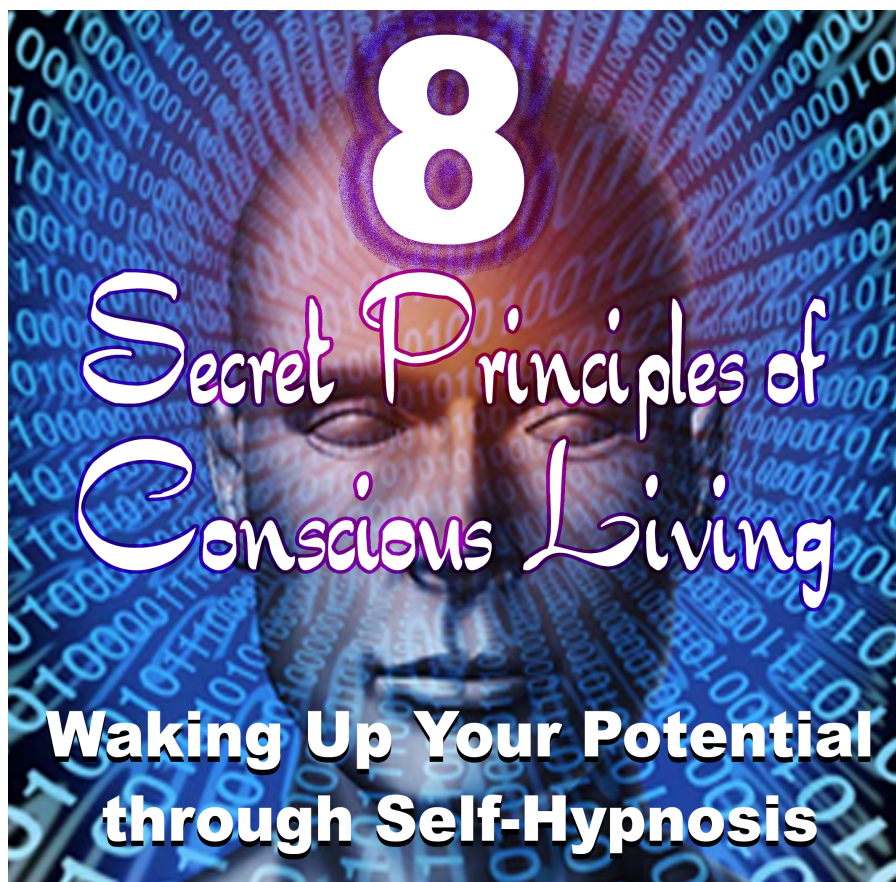
8

Secret Principles of
Conscious Living

**Waking Up Your Potential
through Self-Hypnosis**

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WELCOME TO THE WORLD OF CONSCIOUS LIVING!

Over the next few days and weeks you will enjoy studying and applying the concepts of 8 Dynamic Secrets to Conscious Living through Self-Hypnosis contained in this study to your own life.

Simply stated, Conscious Living is the process of being aware that you are aware. It is having the experience of participating in the moments that you call life.

We know from studies of the mind and also from the evolving science that consciousness is something that we can shape when we have the right tools.

Since the beginning of time began man has used these tools in order to gain greater understanding of self and others. He has used it to further his progress as a species on this planet and in many cases has used it to enslave others. Although that is the subject of a future book let me state here that the tools of conscious living as presented here and applied by you the reader will free you from mental enslavement as you will be well versed and prepared to create the ideas and goals and with your own directed thoughts determine each moment through your own will.

Before you read any further do not mistake that once you learn and apply these principles to your life that you will never again experience challenges. You will. The difference is that you will have a much greater insight to the whys that are taking place around you which will give you more clarity to take action.

When I first began to study Hypnosis it was truly a wake up call. I had been a student of psychology, religion, metaphysics and shamanism for years but it was when I was introduced to hypnosis and took self hypnosis training that a light so bright illuminated my consciousness that I never again looked at the human race the same. I studied the same class multiple times to make sure the

information became firmly implanted in my subconscious mind. I wanted to be as fully awake and conscious as I possibly could become. It's an ongoing process that continues to this day.

One of the exciting parts of this work is that science has caught up with what we have known about the mind, about energy, about thoughts and how they influence us on a cellular level and the interesting thing is they now have the technology to measure it!

If this is your first experience to hypnosis or self-hypnosis and even for those of you have been around and have never used self-hypnosis personally, thank you for being here to explore and use this powerful tool and allowing me to share this information. I have personally used these dynamic principles and taught them to thousands of students and clients over the years worldwide.

When you begin to *look into the lives* famous and successful people past and present you'll discover these interesting individuals have one thing in common. They use the dynamic principles of self-hypnosis and the power of visualization to live life consciously. They realize that if they are to obtain their loftiest goals in life *they must control and direct their subconscious mind*.

My goal for you is that you **WILL** as you study and apply these principles to your own life **you will**:

- Understand what hypnosis is and how it can work for you.
- Experience exactly how to put yourself into a light and deeper hypnotic state at will, anywhere, anytime, anyplace.
- Learn how to create and give yourself powerful and positive suggestions and post-hypnotic suggestions that will absolutely change your life.
- Learn how breath is the key to eliciting personal trance states.
- Develop powerful visual imagery for conscious living
- Develop an ongoing conscious awareness of energies around you..

The most important goal however is that by the end of this study in Conscious Living that self-hypnosis will become a natural part of your everyday life to help you stay on track and achieve your loftiest goals!

You will experience a natural excitement about how this works for you and will begin to share your joy with others.

Before we dive into this study let me share with you what more you can expect from Conscious Living Self-Hypnosis.

Properly applied these skills will help you succeed in creating your optimal state of conscious living principles. You will start to become the best you can be in your personal life, in goal achievement, in your relationships and you will become healthier not only in mind but in body and spirit as well.

The **8 Dynamic Secret Principles to Conscious Living through Self-Hypnosis** will be covered in this study. These principles have been broken down into **8 Dynamic Secret Principles** for ease of understanding and application.

PRINCIPLE ONE – WHAT IS EXPECTED TENDS TO BE REALIZED

PRINCIPLE TWO -- WHAT IS HYPNOTISM

PRINCIPLE THREE -- YOU HAVE TWO MINDS

PRINCIPLE FOUR -- HOW HYPNOSIS WORKS

PRINCIPLE FIVE -- RULES OF THE MIND

PRINCIPLE SIX -- BREATHE, RELAX & VISUALIZE YOUR POSSIBILITIES

PRINCIPLE SEVEN -- STILL THE MIND AND RELAX

PRINCIPLE EIGHT -- HYPNOTIC PROGRAMMING: RULES FOR SUCCESS

At the end I discuss the **SUPREME DYNAMIC PRINCIPLE** that oversees all 8.

PRINCIPLE ONE

WHAT IS EXPECTED TENDS TO BE REALIZED

The cardinal rule of conscious living is to realize that reality is based on YOUR expectations. We actually attract to ourselves what our deepest beliefs about ourselves are, right, wrong or indifferent. When you look at the world around you, you will begin to discover that all things that surround you reveal your unconscious beliefs about yourself.

As you begin to think about that you can become curious about the thought processes in your own mind.

Do you expect an awesome day or do you expect a horrible day? The reason I ask is because based on your answer will determine your outlook and how you feel. Feelings are emotions and emotions will ultimately affect your mind, body and spirit. This can be a real eye opener for you to think about and the great thing is that you can change any belief you want as you follow this program step by step and begin that process of conscious living.

I'm not saying that there will not be days that just don't meet your expectations. There will be and the difference in your future conscious living world will be how you experience and respond to it that makes it with a new perceptive.

Before we begin please have a **pencil and notebook** ready so you can take notes as we move forward with some very important questions that will help define what your goal is with this course.

Make sure you write down everything and answer completely in your notebook before you go any further. This is extremely important for you to do.

Write Down the Following Questions AND Answer Them

1. What is your goal in taking this course?
2. How much time will you spend learning Self-Hypnosis?
3. As you look into the future, how will your life look differently when you have mastered this skill?
4. What is your main goal right now you will achieve by utilizing Self-Hypnosis to your personal life story?
5. What date specifically do you want this goal/change to occur?
6. How strong is your passion to create this goal/change/shift?
7. Are you willing to fully immerse yourself in this training and follow through with all you have to give?
8. Are you ready to start NOW?

AWESOME JOB SO FAR!



VERY IMPORTANT

If you did not answer all the questions above then **STOP RIGHT NOW** and go back and complete the questions before going any further.

YOUR MIND NEEDS DIRECTION

This is about you taking responsibility for Conscious Living. If you need a bit more motivation think of it like this and this is very important....

Also If you do not complete the above then as we move forward you will come across concepts that do not make sense and your mind will suddenly go blank and you have a tendency to become frustrated and quit.

THAT IS NOT WHAT YOU ARE ABOUT!

Finish now and then let's move on! I'll wait.



Now that you have followed my instructions you will be pleased to know that you will now be able to get the most out of this course.

Go back and re-read everything you wrote down from questions 1 – 8. Read it with intent. Let it roll around in your mind and get ready to do the following:

Rewrite the 8 answers to the 8 questions as follows:

“I intend to accept Conscious Living through Self-Hypnosis to..... (complete with your overall goal statement you have gathered from #1- #8 above)

Example: I intend to live consciously through Self-Hypnosis and create unlimited success in my work.



Okay, Let's Get Specific!

Write your Personal Goal Here:

My Personal Intention is to use self - hypnosis to:

I will achieve my Personal Goal by _ (Insert Date)

Now print that out **OR** take your paper and I want you to read it aloud so you can hear yourself!

What is the Purpose of all this?

Self-Hypnosis is about how we talk to ourselves. In martial arts we called it

“monkey talk”. It's all those things that go through our minds when we are in a confrontation and right now you are confronted your greatest enemy and your strongest ally, your subconscious mind.

The simplicity in this system will allow you to know yourself and relax into hypnotic states easily and effortlessly.

You will learn as we continue that to influence the subconscious mind we must give it direction in a highly emotional direction because that is how we are programmed from the beginning.

No matter if it is positive or negative *our thoughts are influenced by our emotions* so now we can turn around negative self-talk into positive life affirming moving forward language that your subconscious mind understands and will act upon!

To further our understanding of how to embrace the dynamic principles of conscious living through self hypnosis we need to first understand what hypnosis is, how it works, why it is important and how to use it consciously in our own lives.

That's when the magic happens!!

PRINCIPLE TWO

WHAT IS HYPNOTISM

Personal freedom and conscious living starts with a fundamental understanding of what hypnotism is, what hypnotism is not, and how the mind works. So let's start by defining this state of hypnosis.

Very simply defined hypnosis is *the act of offering suggestions to another individual who readily acts upon that idea*. The most powerful ideas or thoughts we will become conscious of are those with deep emotional content because those are the ones that get down deep and become life scripts.

Hypnosis is a natural state of mind. There is nothing unnatural or supernatural about it. Hypnosis does however possess certain characteristics.....

1. Hypnosis possesses a unique quality of mental, physical and psychological relaxation.
2. In the hypnotic state, there is an emotionalized desire to satisfy a suggested behavior. This emotion is a subconscious process that we shall soon learn about.
3. In the hypnotic state there is a heightened responsiveness to suggestion, direction and instruction. Responsiveness is not a matter of control, but is a relationship between two or more individuals.
4. In the hypnotic state, all of your senses become more acute.

Think about how many times during the day, perhaps even *now* as you read this, that you *slip* into an easy state of focused awareness, and your external environment becomes *less* important.

WHAT HYPNOTISM IS NOT

Hypnosis is not a state of unconsciousness or of being gullible. If one were asleep, one would have a hard time responding to ideas given in hypnosis.

Hypnosis is not being weak minded. In fact, one of the benefits of hypnosis is

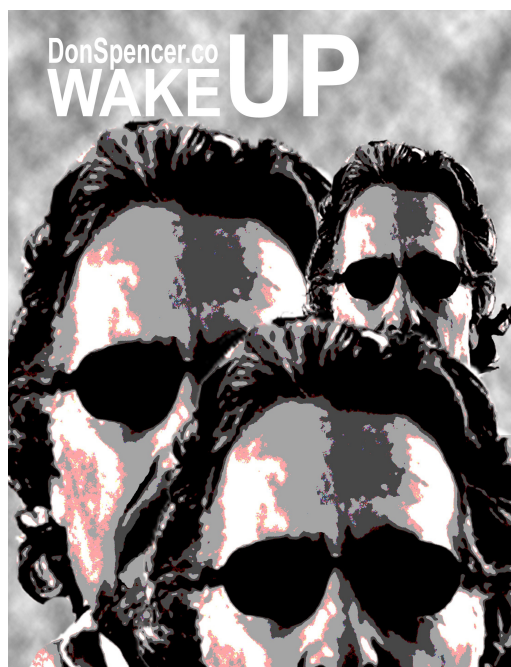
that whatever you now do, hypnosis can help you do it better through focused concentration & heightened awareness!

Hypnosis is not being controlled by *anyone, although you may think so watching a stage performer hypnotize many subjects at once and having them do amazing feats. But what is really happening is that the stage hypnotist is like a conductor of an orchestra. All the individuals on stage are the instruments. The stage hypnotist encourages and fine-tunes the instruments (subjects). *On another note this is how master trancer's control YOU. The world is their stage and you are the puppets, literally.

Hypnosis is not loss of self-control, for in the hypnotic state one actually has more focused control upon self.

Hypnosis is not weird, strange, bizarre or unusual. Neither is it a state of unawareness. But think about how many weird, strange, bizarre and very unusual people you know that have been entranced to act that way.

Learning hypnosis will help you break the types of everyday trances that people are unaware of.



HYPNOSIS MAY THEN BE DEFINED AS

“An emotionally charged system of beliefs that suspends our attention for a time, allowing the creation of different behaviors, beliefs and/or attitudes. These new ideas will remain until another trance of emotionally charged energy interrupts and suspends our attention with another system of beliefs, creating new behaviors, beliefs and attitudes which create a different perspective.”

Don Spencer

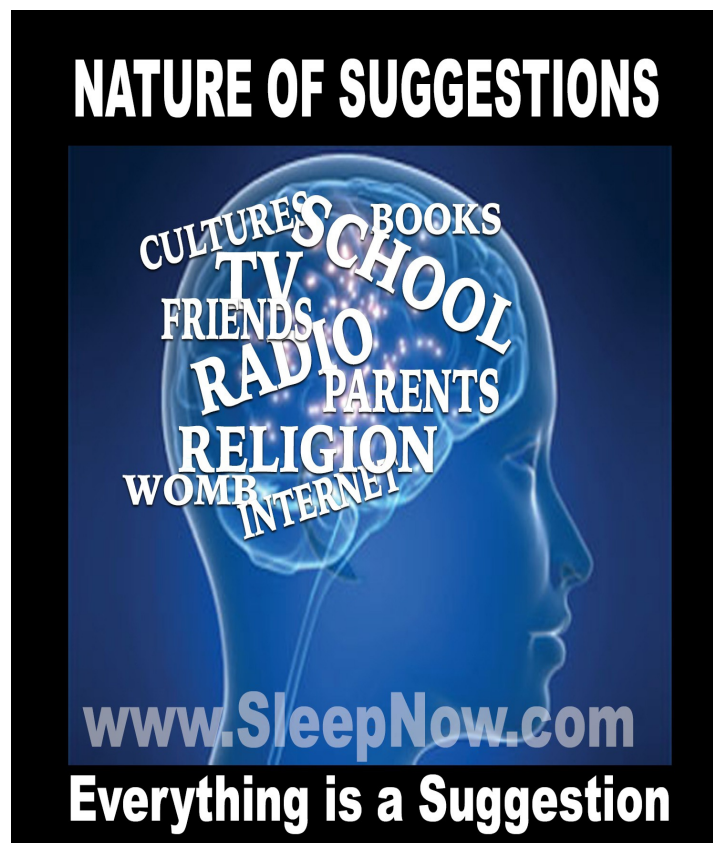
Since hypnosis is based on suggestions and emotional suggestions are the most powerful let's look at what a suggestion is and how they affect us.

WHAT IS A SUGGESTION

Suggestion: the inducing of an idea that is accepted or acted upon readily and uncritically.

Suggestibility: process of being highly susceptible and/or influenced by a suggestion or an idea.

Just how are our human minds affected on many levels by the constant barrage of internal and external environmental stimuli presented to us?



In the grand scheme of things, all things that are, have been or will be, have been the creation of intelligent thought. These thoughts have been given form and present to us an idea or concept of meaning. The interpretation of meaning is the conscious process of our personal subconscious programming or early childhood conditioning.

Everything in your environment suggests something to you and may changes or alter your normal behavior pattern.

A suggestion can be any psychological process that produces a physiological result.

Imagine for a moment squirting a big juicy yellow lemon into your mouth. As your mouth becomes moist from the tart juices your mouth begins to salivate as the juices run across your tongue and down your throat.

Imagine a delicious fresh off the grill organic grass fed burger on a plate in front of you. If you are a vegetarian imagine a grilled portobello mushroom slathered with olive oil and balsamic vinegar dripping and steaming and the texture as you bite into it.

Let Me Give You More Examples

Ask yourself now, have you ever had your thoughts influenced by a person, place, thing, action or your own internal perception?

We are constantly being bombarded, whether you are aware of it or not, by outside influences like TV, radio, magazines, internet, relationships, society, etc...

The smart ones out there wanting to influence **YOU** understand this and are constantly using new ways to undermine your life with their ideas of what they want for you! And guess what? They normal win which means that YOU are almost always living in a hypnotic state of mind!

Another interesting thing is that through your 5 senses, touch, taste, feel, see, and hearing, these senses can be manipulated by the master trancer's in your

world history.

It's lunch time you are driving and hungry and you see the bright yellow and red signs of those quick and easy fast food gut busters designed to pull you in and feed you warmth and happiness.

You have been programmed as a child that it means fun, happy times, family, so *you automatically stop* and eat the most horrible food sources even when you know that the food is filled with so many chemicals that you will be preserved even after you die!

You eat the food and drive back to work and there is a green light so you go till the yellow light and you slow down to the red light and **STOP!**

Wow! That operant conditioning works! You are on automatic pilot for sure.

Now, that might not be a bad thing as it keeps you from getting into accidents but how many times in your life have you asked yourself why in the world did you just do what you did?

Conscious Living through Self-Hypnosis will unlock your personal power so you can be aware that you are unaware and choose what suggestions you will allow into your life.

DANGER! There is a debate about hypnosis that a trained and skilled operator can control you. The answer is as simple as it is frightening.

YES.

Even as all ideas are filtered first by your conscious mind before they become accepted by the subconscious mind you have to ask yourself just one question.

What is your basic program?

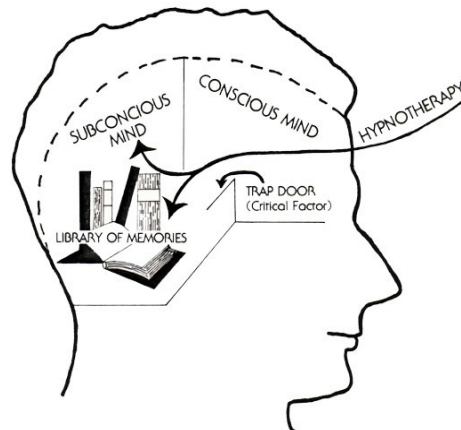
When a skilled operator knows that it then becomes a simple matter of moving thoughts and ideas to the left or right or front or back or up or down in such a manner that floods your mind to the point where you hopelessly give up and give in.

The only question now is simply this.

Are you ready to control your own life by applying the skills of Self-Hypnosis so you can determine your own future on your own terms?

PRINCIPLE THREE

YOU HAVE TWO MINDS



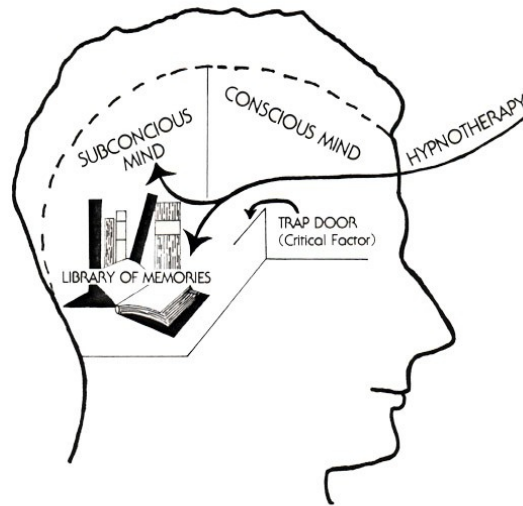
The *conscious* mind is the mind of reason or intellect. The conscious mind makes decisions based upon the information that is stored in the subconscious mind.

The functions of the conscious mind are easy to understand.

Your short term memory is used to do and remember simple tasks such as recalling and creating names, numbers, events. It remembers where you placed your remote control, your phone, your keys and to turn off the boiling water. The conscious mind analyzes information. It gathers and evaluates situations in the moment. It can then make decisions based on those observations things like should I eat this or study that? Should I wash my car or brush my teeth?

The conscious mind actually helps in exercising your willpower making effective choices **BUT** remember that it can only choose on that which is stored in the subconscious mind.

You must have a strong foundational program to run the system of the conscious mind properly and efficiently and when the program fails we need to use the skills of Self-Hypnosis to update our programs!



The *subconscious* mind is the mind of emotion or imagination. It is also the storehouse of memories. The s/c mind does not make decisions. Its job is to gather information around us like a sponge and that information becomes the basis for our Belief Systems. (BS - the initials of course refer to the many people we know, some personally that make irrational statements and have different behaviors because of the BS that they have been programmed with.

Until about age 9 or 10, we possess only a subconscious mind. It is how we are programmed as children.

All information that is presented to us, we accept, right, wrong or indifferent. This is where belief systems are put together. The s/c mind works much the same as a computer. All information presented to it becomes programs that become scripts for our lives. This is how many of us live our lives, on automatic pilot.

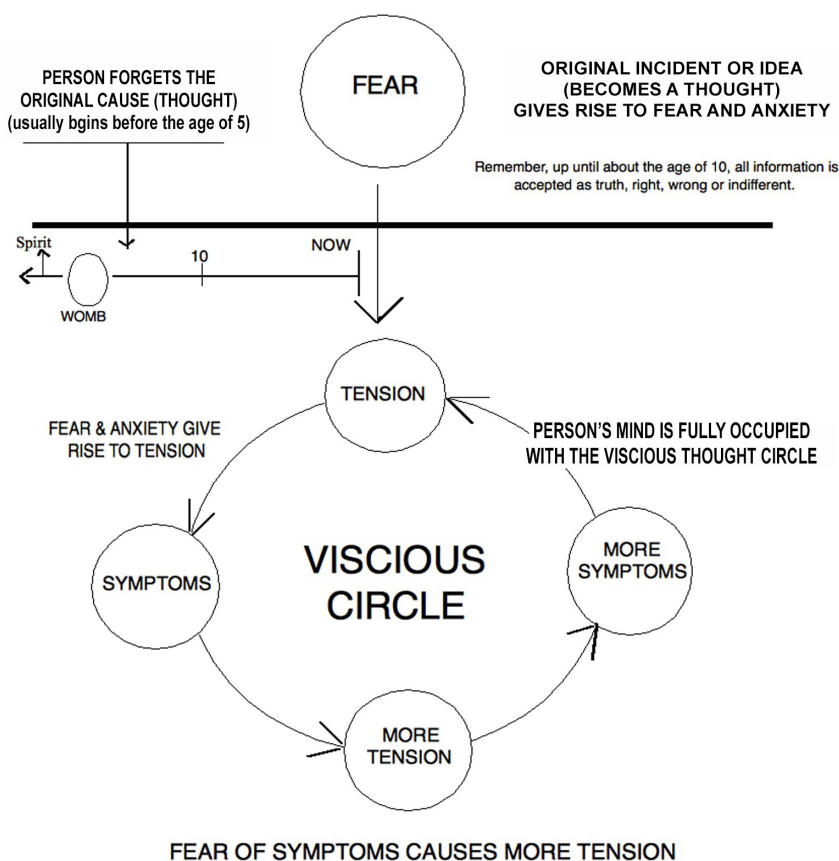
To reframe that just consider that you are basically in a hypnotic state as a child and the programs are being written for you.

Have you ever just kind of sat back observing yourself and thinking, "*Wow, why did I do that or what was that all about?*" I know I have. And get this. If you were raised in a dysfunctional environment, with a dysfunctional family and learning dysfunctional ways, and if you were only capable of fulfilling the dysfunctional program you have, what might this say about the dysfunctional parts of your life?

The following diagram illustrates how thoughts given to us at a young age influence us and affect us now. This visual example it will help your conscious mind understand what is going on in your subconscious!

When we have a bad program or self defeating thought it began somewhere back then and because we can not access it consciously it influences every decision we make. The interesting thing about that is that even if we know what caused it, the only way to change the past perception is to reframe or update that old program. Through the skills of Conscious Living through self-hypnosis we can do just that!

HOW THOUGHTS INFLUENCE



This chart illustrates circular thinking, how thoughts get stuck.

The only way to get unstuck and stop the circle is with help.

This is what Hypnosis and Self-Hypnosis can do, change bad thought patterns.

The subconscious mind has a different set of functions that control you. As part of the autonomic nervous system it is in charge of your breath, circulation, respiration, urination and most every automatic bodily function so you do not have to be conscious about that. It is automatic!

Another interesting aspect is that the subconscious mind is actually a servant to the conscious mind. This means that whatever you program the subconscious mind to do through the conscious mind it will obey. This leads to the startling conclusion that if your life is not operating the way you want and even if you have tried to change consciously then you must reprogram the subconscious mind to follow or else you will be subject to the same behavior over and over and over again.

Change the program, change your life.

Your emotions also are regulated by your subconscious mind. Love, joy, happiness, anger, rage, fear, anxiety, sadness, all of these are subconscious mechanisms. We know that emotions are not rational. We get mad over the smallest things get excited as well and vs. versa! This means that when we are out of control then we must stop and learn how to control our emotions and this is accomplished through subconscious reprogramming. We can literally change how we act, think and feel!

This becomes very important when dealing with habitual habits such as smoking, overeating and other destructive behaviors. We simply must reprogram our lives! If you remember the first time you got on a bike you likely fell over. You got up with encouragement and did it over and over until you stayed on and then it became automatic, a part of you and even if you haven't ridden a bike it 20 or 30 years you still have it in you!

The nasty habit of smoking is something one reinforces hundreds of times a day by lifting their hand with smoke to their face. When they try to stop their automatic response is already set and it becomes hard to stop that habit. We are creatures of habit my friends so choose wisely.

All your long term memory, all your experiences are all stored in your sub mind. Think of it as a giant storage shed with many doors and levels to house your lifetime of experiences. It's all there and the thing to remember is that everything you know and attempt will be influenced by what is stored!

Everything you perceive in the world around you is a reflection of what is in there.

That is another interesting aspect because as creatures of habit we enjoy things we are familiar with which is why it becomes difficult to change because the subconscious likes to stay in it's comfort zone with things it knows. That is the wall between staying the same and changing to moving forward in uncharted territory. The subconscious mind wants to protect you and it does but quite often it does it wrong so we must penetrate the subconscious mind to challenge and change the bad programs.

So let's take a look at what stands in our way.

Between the conscious and subconscious is the Critical Factor.



In order to influence and change the program of the subconscious mind we have to use the conscious mind to “bypass” the Critical Factor to enter the subconscious and that is where the magic happens!

Now the critical factor can be a tough nut to crack. Imagine a walking into a bank (conscious mind) and you want to go into the vault (subconscious mind) and take some money.

Well, between the 2 is a very powerful guard we call the Critical Factor. His only job is to keep you out and is highly qualified to do just that. He does not want you coming in and messing things up. He has spent a lifetime organizing and making sure everything runs just the way it determines. It is a robot guard.

Now, in order to get past CF, we have a few options however for our specific purpose in using Self-Hypnosis all we need to do is convince the CF to let down it's guard so we can get in.

To be fair some CF guards are tougher and more clever than others. The skilled Hypnotist has many tools available to “persuade” the CF guard to cooperate.

With this process we simply follow the outline as described at the beginning and then through the ongoing process with Self-Hypnosis we can relax the CF guard enough so we can in a spirit of cooperation make the changes we want!

The easiest way is to calm the mind down to the Alpha state, which I describe next and which is where we live most of our lives on automatic so that once we begin the process of reprogramming through new ideas they become so emotionally irresistible that they are allowed in and BAM, change happens in the twinkling of an eye!

If you are a parent remember how fun it was to tell you kids things that they believed liked the easter bunny and santa claus? When they got older they discovered none of that was true although some of us still believe in the magic right?



PRINCIPLE FOUR

HOW HYPNOSIS WORKS

The first thing we learn is that hypnosis is a super concentration of the mind. In the ordinary state of consciousness, the mind is occupied with many different impressions so that our awareness or mind power is scattered.

Hypnosis or self hypnosis is about teaching the mind how to enter into the alpha state which we can measure scientifically. More on that in a moment.

In the hypnotic state, our awareness becomes narrowed and concentrated to an incredible degree so that almost all ideas or suggestions are absorbed.

When an individual is 100% absorbed in the hypnotic state, even pain will be bypassed completely.

Here's an interesting fact that most people are not aware of. In the hypnotic state you are fully aware. In fact because of this hyper awareness you will experience things much more efficiently!

- You may have tingling in your fingers or toes.
- You may feel light or heavy.
- Your body may feel numb.
- You may have an energizing physical sensation.
- You may be flooded with emotions.
- You may feel so good that you want to stay in the hypnotic state just to relax.
- Your eyelids may flutter.
- Your breathing will become shallow.
- You will have an increase or decrease saliva.
- You may even feel as if you have reached nirvana!

The point is that you may experience one or some or all at different times.

There are no hard fast rules except to just be in the experience with awareness. Your self-hypnotic state may be different each time however as you continue to practice you'll become more familiar with the feelings and what you can do with it!

Each time you practice it becomes easier and easier and your results begin to add up as well!

If you find yourself nodding off you will need to work on becoming staying awake and aware because if you check out your subconscious mind will not be responsive. *Stay awake for the most amazing and ultimate results!*

The only time I would be okay with going to sleep is when you are using self-hypnosis for sleeping disorders like insomnia and then it is totally awesome!

Remember the goal is to simply *master the Alpha state*. After that you can explore other states of consciousness.

WHAT IS THE ALPHA STATE?

The brain can be measured in 4 levels of brain wave frequencies, beta, alpha, theta and delta. After that it's flatline.

Alpha has been shown to be the most effective state to create positive changes in your life. It's there you can reprogram how you act, think and feel!

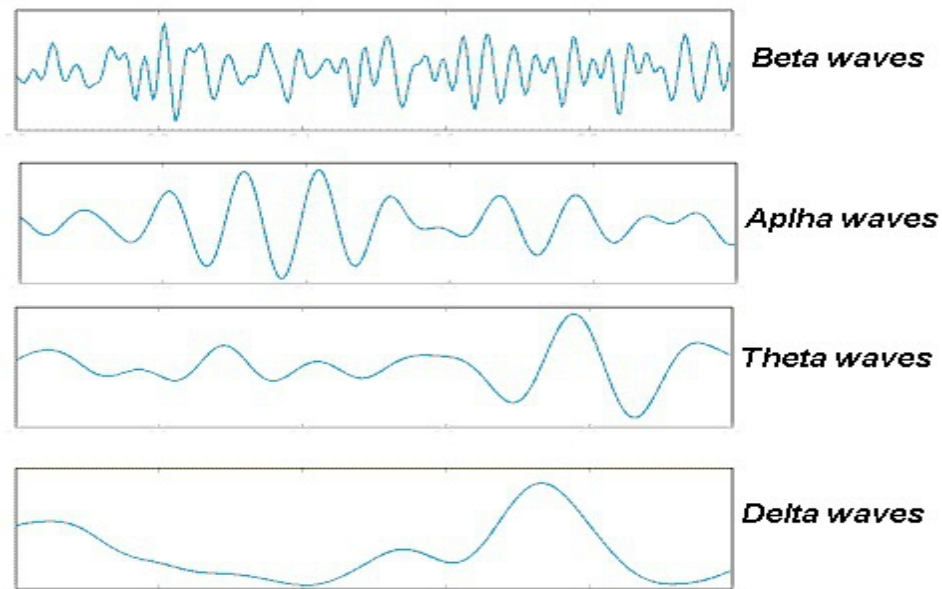
Beta 16 – 21 Hz is associated with wide awake conscious awareness. This is your daily thinking process.

Alpha 8 – 15 Hz is the mind slowed down like reading a book, watching a movie and we are very much a part of the event with our feelings like right now as you read this. It is highly creative and our Self-Hypnosis goal state to start.

Theta 4 – 8 Hz is associated with deeper relaxation like sleep, dreams and pain control. It's a great state to do deeper self-hypnosis for that mentioned however for change work Alpha is the goal.

Delta 0 – 4Hz is associated with deep sleep, comas and regenerative phases.

BRAIN WAVE PATTERNS



Since hypnosis is a natural state of mind and because everyone was raised in a hypnotic state you can easily learn how to enter the self-hypnotic state of mind naturally with a bit of support.

In the next lesson we will focus on a simple exercise for visualization to get your mind prepared for what you will do with your own personal goal so you will have an internal blueprint to refer to.

To recap so far:

- Create Goal
- Understand Hypnosis
- Increase Suggestibility
- ByPass Critical Factor
- Alpha Power

Yes, it is that easy with this step by step study course.

PRINCIPLE FIVE

RULES OF THE MIND

As we continue our studies on Conscious Living through Self-Hypnosis it is important to note that the mind has very specific rules just as surely as water will turn to ice when you introduce it to a freezer or your feet will burn if you step on fire!

When you apply these rules of the mind to your own life, you will be opening up a whole new world of infinite possibilities.

RULE #1

All thoughts and ideas cause a physical reaction.

Fear, worry, love, excitement all affect our physical reaction and it all begins as a thought!

RULE #2

What is expected tends to be realized.

The world is a mirror of what is inside our subconscious mind and what we experience provides evidence of this fact!

RULE #3

The imagination is more important than knowledge.

It's now about what you think you know, it's about what you can imagine to become!

RULE #4

Once an idea or suggestion has been accepted by the subconscious mind it remains until it is replaced by another idea. This becomes habitual behavior.

The importance of learning Conscious Living is to determine what idea or suggestions we should allow inside our minds!

RULE #5

Each suggestion acted upon makes it easier to accept other new ideas and suggestions & creates less opposition to successive suggestions.

If you find yourself unable to say now, stop, ask yourself what ideas, thoughts or suggestions are swaying you right now!

RULE #6

The body can be broken down by the mind if given an emotionally charged idea long enough.

Again notice how fear and worry can cause ulcers and deplete the immune system while at the same time thought of happiness and love can strengthen our mind, body and spirit!

RULE #7

When dealing with the subconscious mind and it's functions, the greater the conscious effort the less the subconscious response.

This is why learning Conscious Living techniques with self-hypnosis makes it easy to change and update our internal programs. When we relax and learn to visualize our potentials and take action it becomes effortless!

PRINCIPLE SIX

BREATHE, RELAX & VISUALIZE YOUR POSSIBILITIES

Now that we have a strong foundation of beliefs let's start getting into the process of Conscious Living through Self-Hypnosis. Let's begin with a few steps that will help give you a conscious awareness of what it feels like so that as you progress in this study you'll discover that *change is really just a thought away!*

With this study please begin by listening to the following audio program that is the easiest way to fully understand and experience the hypnotic or self hypnotic state.

The audio program is designed to help you understand the power of your own subconscious mind. I will simply offer some suggestions and ideas for you to follow along with and experience.

Once you get the hang of this simple exercise which will be immediate then the rest is just as easy for you to accomplish.

Along with **How to Visualize** you will also learn how to breathe.

There is a saying in hypnosis that breath is the key to relaxation, relaxation is the key to suggestion and suggestion is the key to hypnosis.

How to Visualize Audio Program (Click audio button to go to web page.
Listen online or download to listen. Use headphones)

<http://sleepnow.biz/ConsciousLiving.html>

As you take 5 minutes to listen be sure to be in a space where nothing will bother or distract you. You might even want to sit back and put on a set of headphones while you do this quick, powerful and simple exercise.

Here Are The Key Elements to How to Visualize Once Again

- Breathe to Relax Your Mind/Body
- Relax Your Mind/Body to Accept Suggestions/Ideas
- Accept Suggestions/Ideas and Change Your Life!

Now that you have completed listening to How to Visualize ask yourself how you did. If you have not listened stop now and listen before you go any further and make notes.

- Where you able to see your house clearly?
- Could you feel the door handle?
- Did you hear the door open?
- Was it easy to notice your surroundings in your home?
- Could you feel yourself sitting or lying down, breathing and letting go?
- Did you feel the hunger pangs?
- What specifically did you eat?
- Could you taste the food?

Which was easier for you? Seeing the images? Feeling the experience? Listening to the sounds in the process? Tasting the food?

People are generally more adapt at one or two of the above suggestions than all but lots of individuals experience every idea when presented this way because it is a visualization that you can personally identify with.

Once you have your comfort zone established then it is much easier to step into unknown territory and get astonishing results!

Here's a secret that you might already be thinking but just in case... everyone already visualizes and it comes to pass. It is something we do unconsciously everyday and quite often we have negative thoughts that become reality and then we experience depression, fear and anxieties. This self-doubts often become self fulfilling prophecies. Now that you realize that we will use the same process to create outstanding positive outcomes that you determine!

What is Expected Tends to be Realized!

How to Relax with Self-Hypnosis

Now that you have learned how to visualize and discovered it was a simple process and you were wide awake the entire time, let's go a step further and learn how to totally relax.

As I mentioned earlier that if you fall asleep during a self-hypnosis process then little value as far as reprogramming your subconscious mind will occur unless of course it is specifically for insomnia.

How to Relax Self-Hypnosis Conditioning Audio Program (please click for webpage and listen online OR download to listen. Use headphones)

<http://sleepnow.biz/ConsciousLiving.html>

Be sure to listen in a place where you will not be disturbed. Allow yourself approximately 25 minutes.

People oftentimes will be a bit nervous about what happens when they begin this type of process so let me explain what you will likely experience so you can be aware of the internal changes.

- Your breathing will naturally slow down.
- Your heart rate will slow down.
- Your blood pressure slows down.
- Stress and tension begin to melt away from your mind and body.

Studies have shown that regular use of the relaxation response due to self-hypnosis and/or mediation has some great benefits! You are better able to handle stressful situations.

- You become more energized.
- You have less aches and pain because you have learned to relax your muscles.
- Your ability to concentrate increases due to your focused awareness on the process.
- You are a happier person.

Another thing you might discover is that you will soon be able to relax anywhere, anytime at will! Imagine how good it will feel to be able to turn a switch in your brain and relax instantly letting stressors of the day just vanish. You will be able to meet stressful situations with a powerful new ally and you will even learn how to use this with your eyes open and just breathe and go into that space consciously when needed. Only your subconscious mind will know!

Enjoy the process of relaxation now and in the next lesson we will continue to build on this study in self-hypnosis to move one step closer to your goals!



PRINCIPLE SEVEN

STILL THE MIND AND RELAX

I am now going to give you some self-hypnosis scripts you can explore on your own and use for the purpose of relaxation. Use the one you are most comfortable with and use it each time until it becomes second nature. Feel free as well to use the recordings that came with this study!

You will find that when you begin to write your stated goal from previous lessons that you can use any one of these techniques.

SWITCH OFF STRESS

The following script is a wonderful way to release stress and tension from your everyday life. Read this into your recording device to playback or have a friend read it to you. If you show this to a friend they'll probably want you to do them!

First, make yourself comfortable. If your sitting in a chair, place your feet flat on the floor and your hands palms down in your lap. If your lying down, spread you feet 8 - 10 inches with your hands down by your sides. Take a deep easy breath through your nose and fill up your lungs. As you exhale slowly through your mouth allow your eyes to close down.

Now open your inner eyes of imagination, focus and attention.

Now imagine a switch , just like a light switch. Imagine that switch on the center of your forehead. Make it as real as you can without trying too hard. You cansee it there, or just pretend to see it there.

Take a nice, easy, deep, breath. Hold your breath a moment. Exhale slowly through your mouth and turn the switch off. Relax and let yourself go. Relax and let yourself go.

Allow each and every sound that you hear, each easy breath that you take, each smooth easy breath to relax your mind and relax your body. Drift on down into a comfortable & peaceful state of calm, balanced relaxation.

Now imagine a switch, just like a light switch on the center of your chest. Make it as real as you can without trying too hard. Take a deep easy breath through your nose and fill up your lungs. As you exhale slowly through your mouth turn the switch off. Relax and let yourself go. Relax and let yourself go.

Now imagine a switch on the center of your abdomen. Take a nice easy deep breath through your nose and fill up your abdomen, fill up your lungs, and now exhale slowly through your mouth and turn the switch off. Relax and let yourself go. Relax and let yourself go.

Easily, calmly and gently turn loose each muscle & nerve in the body. Let your body be loose, comfortable & easy. Imagine now that with each smooth breath that you exhale, you are relaxing more & more.

Allow the sound of my voice and the sound of the music to guide you gently and calmly into a more comfortable sense of peace, calm & focus. Take another deep breath and as you exhale I want to imagine that you are very deeply relaxed, so totally at peace with yourself and the world around you that nothing else seems important right now.

You are totally functional in every way and as you breathe, you are perfectly capable of maintaining this image, even if you can't see it. You have a powerful sense of the rightness of yourself in this calm relaxed manner. You may even pretend.

Now begin to breath power and strength into this image and say to yourself, "I have the power to relax when and where I choose."

Say to yourself with firmness and conviction, "I have the right to relax when and where I choose."

Say to yourself, "I have the right to relax when and where I choose."

Now leave this all alone and take the next few moments of silence for any affirmation or suggestions you might wish to give to your subconscious mind. And now it is time to return back to your full awareness gently and slowly at your own speed. Get ready to turn on the switch on your abdomen, now turn on the switch on your chest. Breathing easily, gently and returning at your own speed with a feeling of exhilaration. Turn on the switch on the center of your forehead.

Take a nice slow, easy, deep breath and exhale slowly and let your eyes open gently and at your own speed.

Begin to stretch your fingers, your arms, your hands & legs.

Stretch out completely now, feeling fully alert, fully refreshed, fully grounded in each & every way pleased at your ability to relax and confident that each and every time you use this simple procedure you'll find yourself responding more powerfully, more easily and even more quickly, enjoy you ability to switch off stress.

PROGRESSIVE RELAXATION

The progressive relaxation is most useful for stress management. This will teach an individual how to relax their bodies. Try it yourself. Read the following into a tape recorder and I promise you, if you do not like how you sound, your subject may wonder also. Practice developing a soothing, easy voice that could lull even the most vicious guard dog to sleep.

Background music, a comfortable environment & a soothing voice are all part of the progressive relaxation. Don't forget to be the words that you speak.

Make yourself comfortable. Let your hands rest easily in your lap or on the arms of the chair. Close your eyes, take a deep easy breathe in through your nose, hold it in for a moment and exhale slowly through your mouth and sleep now. Think of your whole body growing loose, limp and relaxed. Good.

Think of all the muscles in the scalp and forehead growing very comfortable and relaxed. You will find that as you think of these muscles relaxing they will do so. As the muscles of the forehead relax you may notice a slight increase in tension around the eyebrows. Concentrate on the eyebrows, and all around the eyes, and this tension will just fade away. Feel the tiny muscles of the eyelids relax and let the relaxation move deep inside the eyes and deep into the back of the eyes.

Take another deep breathe in through your nose, hold it in and exhale slowly through your mouth and sleep now.

Let all the facial muscles relax. Over the cheekbones, and the cheeks, the jaw and chin, the lips and mouth...Relax. Let the relaxation move deep inside the mouth. As the muscles of the mouth relax, you will find that your mouth becomes not too moist and not too dry, but just moist enough to keep you perfectly comfortable.

Feel the relaxation spread deep in the back of the throat, deep in the back of the head and neck, deep into the neck and shoulders.

Let the arms relax. Relax the upper arms. Concentrate on the forearms and feel them relax. All the muscles between the elbows and wrists relax. Feel relaxation spreading across the tops of the hands and deep into the hands. Deep through the hands and into the palms.

Now the fingers relax.

All the way to the fingertips.

As the fingers relax, you may or may not experience a slight tingling in the fingers. If you do, you will find it to be a very pleasing sensation... A very pleasant tingling in the fingers.

Bring your attention back again to the relaxed muscles of the neck and shoulders. Let the relaxation flow into the chest and lungs. Your breathing is easy and gentle. You feel yourself relaxing more and more with each easy gentle breath. You relax more and more as you listen to my voice. All outside sounds are becoming unimportant. Allow any outside sounds to simply help you relax more and more. Let the relaxation spread into the broad of the back. Feel it move gently down the back to the small of the back.

Let all the muscles of the body relax completely, while you remain perfectly aware and concentrating. Feel the relaxation spreading around and deep into your sides. Let the muscles of the abdomen relax... Deep into the abdomen. All the muscles of the abdomen and now the hips, relax.

Now let the legs relax.

Feel the relaxation spreading into the thighs and knees.

The calves of the legs relax, all the way down to the ankles.

Now let the feet relax. The heels of the feet, the bottom of the feet, deep through the feet to the tops and finally even the toes relax. It feels so good to relax, and let go of all your tensions and cares.

Take another deep breath and send a way of relaxation through your entire body and feel wonderful.

And now it's time to return back to your fully awakened state. As you begin to come back allow this feeling of relaxation to return with you in your mind and body.

Just begin to notice your breathing. Take a deep breath in and send energy to your muscles, bones, cells and organs telling your body it's time to wake up now..... and just stretching out your arms and legs and moving around and becoming fully alert, aware and eyes wide open now.....

Eyes wide open.... take a long deep breath, fill up your lungs and stretch!!

SPECIAL PLACE RELAXATION

The Special Place Relaxation is a wonderful meditation, which you will find much use for. This can easily be taught to anyone to relieve stress. When we realize that we can create a safe and special place inside of us the world around us seems to become a little kinder.

As with all relaxation scripts, pace your subject, speak slowly and softly and become the words.

Close your eyes and just begin to relax. Allow each and every muscle in your body to now begin to respond to the idea of becoming *comfortable and easy*. Think of relaxing all the muscles from the top of your head, down to tips of your toes. Think it, and you will begin to experience it.

Take a deep easy breath in through your nose and hold it. Exhale slowly through your mouth and just continue to relax. Good.

As you now continue with this deep breathing you may *notice yourself relaxing* more and more.

And as you become more *comfortable*, I would like you to *allow* yourself the opportunity of remembering back to a very special place. A special place that you have been that helps you to feel comfortable. A place where you know you can go and feel safe.

Perhaps it is a place in the mountains, by a stream, in the desert, by the ocean, or maybe even a favorite room or chair in your home. Wherever that is, just go there now. And when you find yourself there, just nod your head very easily. Good.

(You will probably notice a very serene face, deep easy breathing, facial coloration changes, but don't you go to sleep!)

As you find yourself there I'd like you to notice all the sights and the sounds and how it feels to be there.

This is your special place. A place that you can always go to whenever you need to relax. In this special place you can always feel calm and safe. Whenever you are tense, just close your eyes, breath deeply and let your mind take you to this special place of yours.

When you are ready and at your own speed and comfort you can begin noticing your breath, noticing your body and returning all the way back into your fully aware state!



PRINCIPLE EIGHT

HYPNOTIC PROGRAMMING: RULES FOR SUCCESS

The following guidelines will assure your success as you write out your goal for your own self-hypnotic suggestions to help you move towards your stated goal. As you begin start with ONE GOAL and after successful completion and incorporation into your life then you begin another goal. Keep it simple!

Each goal will become a script or program for your subconscious mind.

Double-space your writing for ease of reading and feel free to take up 3 – 5 pages to create a 5 – 20 minute self-hypnosis program. You'll be surprised how much content you can create with practice.

Begin each self-hypnosis program with a personal induction for relaxation. You received 2 different techniques in Lesson Six that you can use.

You may also intersperse the relaxation within the script.

Experiment and enjoy. Use the following principles for the scripts that you would like.

- Use the present tense
- Be positive
- Be specific
- Be detailed
- Keep it simple

- Use exciting & emotional words
- Affirm activity (include action in suggestions & avoid passive language)
- Be accurate
- Be realistic (don't lie to yourself: example .. I will lose 20 lbs. In one week)
- Symbolize the suggestion (example... all these ideas are represented by the color red because red is action!)

PUTTING IT ALL TOGETHER

- Write out your suggestions following the above rules
- Symbolize your suggestion
- Induce hypnotic or self-hypnotic state
- As soon as you feel the onset of deep relaxation, think the symbol
- Do not try to remember the wording of your suggestion--let your mind drift-----

Remember, keep it simple!



On the following pages I have concluded Conscious Living through Self-Hypnosis with the Supreme Dynamic when implemented into your life will open up new potentials than you could ever have imagined!

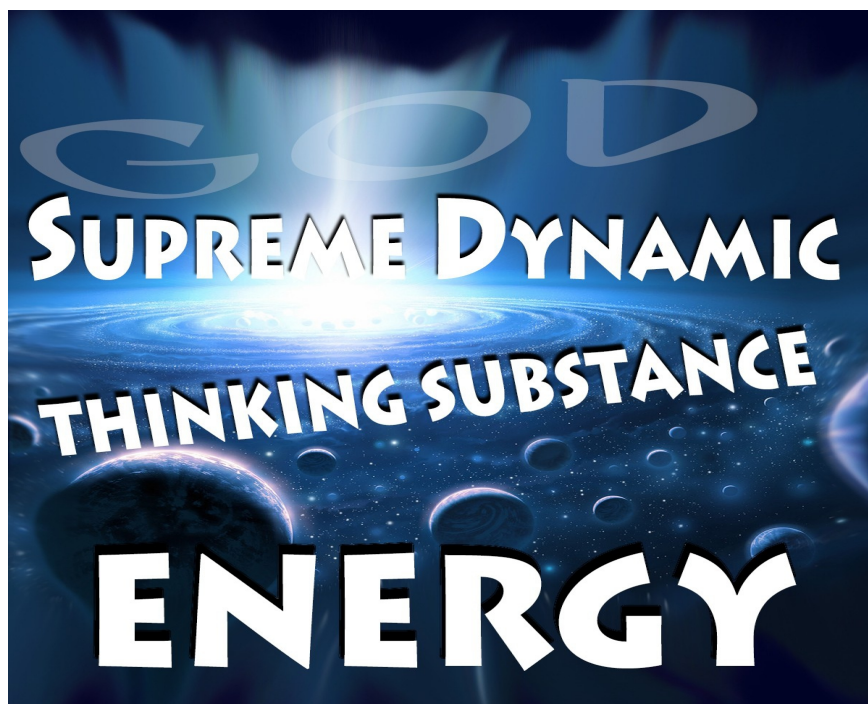
I will you the greatest of success and blessing on your journey.

SUPREME DYNAMIC PRINCIPLE

Above and beyond the 8 Dynamic Principles of Conscious Living through Self-Hypnosis exists the Supreme Dynamic through which all things exist. You can use all the principles of Conscious Living while using your new skills to direct your thoughts upon formless substance and produce the thing imaged by your thought.

Everything is energy and when we direct the energy of our subconscious mind upon this substance we can cause the thing we think about to be created. This is a much purer form of Conscious Living and simply asks that you not only go beyond the boundaries of your own subconscious mind but that you expand out into the eternal spiritual realm and allow God to work in and through you.

You can use the following idea that I have gathered from various sources to inspire you to soar higher than you might ever have imagined and take ultimate responsibility for how you feel, act and for all your results.



THE DYNAMIC PRINCIPLE OF CREATION THROUGH THOUGHT

There is one original thinking substance from which all things are made and which in its original state permeates, penetrates and fills the inner space of the universe

A thought in this substance produces the thing that is imaged by the thought.

A person can feel things in his thoughts and by impressing his thoughts upon formless substance can cause the thing he thinks about to be created

YOU ARE a thinking person and YOU create the universe around me by my thoughts. YOU attract to yourself what you create in your thoughts. YOU ARE increasingly aware of the results of your thoughts, therefore you think thoughts that will create the reality in which you desire.

The secret to creation is by your thoughts. The world of reality is a reflection of your inner thoughts.

YOU ARE responsible for how you feel, how you act and for all your results.

YOU take time daily to image the world in which you desire. YOU have the power to change your world by harnessing the thinking substance from which all things are made.

And so it is that YOU ARE responsible for how you feel , how you act and for all your results.

These thoughts are now a part of the creative process in which your reality becomes formed.

And so it is.....

The 8 Dynamic Principles are guidelines for living. Your life will depend on all your choices so choose well, question all, seek balance, embrace love, serve others.



Don Spencer is an author, motivational speaker, educator and Dad. His latest project is a TV program called Wide Awake Reality Don is available for your events worldwide.

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