



A STEP-BY-STEP GUIDE TO SELF-HYPNOSIS

How to hack in to the
deepest corners of the subconscious
& re-program your brain



HI THERE!

Do you feel like you are stuck in a rut, or going through a roller coaster of emotions trying to make things happen but just not seeing the results you want? Sometimes trying super hard, pushing yourself to the brink of insanity and sometimes losing inspiration, the motivation and focus altogether?

If you do, I hear you!

I know the stress of being uber driven & ambitious, trying to figure out how to hit those massive life goals, worrying and sometimes doubting if it would happen at all!

I am Mahesha, a Certified Master Hypnotist in private practice for over half a decade. I help the soul-centered-over the moon-ambitious working girls and entrepreneurs overcome their pre-conditioned emotional barriers, re-wire their brains and re-script their mindset to become unstoppable dream achievers.

You see, I reckon being utterly successful is NOT for a privileged few. You certainly DON'T have to be 'lucky' or have to work your butt off, and drive yourself mad, lose your balance or peace of mind to be successful and become abundant in every facet of your life.

Achieving success with ease and bliss is absolutely possible for all of us. We simply have to remove the mental barriers that stand in our way and keeps us playing small.

Programming your mind for unstoppable success isn't exactly brain science (although there is some psychology and neuroscience involved in the back end). Neither success nor brain programming are exclusive domains reserved for a certain few. Instead, it is a skill that anyone one can attain through practice. Yes, it takes a bit of time and learning, determination and persistence but as with anything that's worth your time and effort, it gives you solid results.

If you want something bad enough, making those mind shifts and manifesting them in this three dimensional reality is most certainly possible!

Let's get to the point...

How do I program my mind for success?

By pulling out a simple yet highly effective mind tool from our self-development bag... hypnosis.

With hypnosis you can enter a deeply relaxed state where your critical and analytical mind goes to a sleep like state and you are able to give suggestions to your subconscious mind directly. With this self-improvement tool you are able to deeply embed affirmations, get rid of bad habits, past experiences, and negative emotions that hold you back on your journey to the top.

With hypnosis you can learn NEW HABITS by literally retraining your mind!

Why your conscious efforts to shift your mindset isn't working

You may probably be well aware of affirmations. We hear them a lot in the self-development arena. Think positive. Be positive. Vibrate with positive energy and you will attract positivity. Wake up with determination and you will be successful. Affirm to yourself "I am great! I am a winner! I am successful".

How many times have you heard these statements? How many times have you heard ideas suggesting that you can be whatever you want to be?

You know what I'm talking about right? I have a pretty good feeling you have at somepoint in your life stood in front of a mirror or got on top of a rooftop and announced "I am a winner!", "I am successful". You might even have felt really awesome for a good hot minute.

In my experience, unfortunately, those triumphant times are short lived. Too often they are shattered by that tiny yet powerful voice inside of us saying "umm ok, who are you trying to kid? Just get down on to your feet and get back to reality" Are you with me on this? Have you ever felt this way?

The problem is, affirmations take way too long to manifest or we can hardly wrap our heads around some affirmations enough to truly believe them. I personally would usually end up repeating them like a parrot hoping it worked. Often times, it doesn't. Can you relate?

The reality is that positive thinking often becomes wishful thinking unless you truly believe them in your core being. So we end up rejecting the positive affirmations at the subconscious level because of inner beliefs and pre-conditioned thought patterns.

The truth is that your life is being programmed from the moment you are born. Quite possibly even before that! The instant of birth starts a mental clock, recording patterns which constantly shape our lives. We are highly receptive to thoughts, words, experiences and various stimuli which enter our brain. We constantly study our parents, siblings and friends, letting their values and behaviors enter our lives and letting them serve as our role models while we are growing.

Moreover, our subconscious mind always acts as a super sophisticated computer. Billions of bits of information are being stored, reviewed and retrieved. We enter both positive and negative data. Unfortunately, it's the negative that strongly affect us. As years pass by we combine all the data entered and assemble them in to personal strengths, weaknesses and life scripts. This subconscious programming ends up defining our lives, how we act, and make decisions. No matter how hard we try to change old subconscious patterns, it is impossible to do this at a conscious level. Fortunately, you can use hypnosis to access your subconscious and change things around!

Theory of the mind

There are four areas of the mind that must be affected before entering a hyper suggestible hypnotic state where you can do the re-programming.

1. Conscious mind – retains and remembers memories within the past one and a half hours
2. Critical area of mind – part conscious and part subconscious. contains memories of approximately the past 24 hours
3. Modern area of memory – part of the subconscious. Contains memories from conception to present
4. Primitive area of mind – part of subconscious mind. Includes memories that lie dormant including genetic heritage, evolved learning and conditioning and only reacts when triggered, regressed or threatened beyond the point of reason. An example would be flight or fight reaction to an extreme situation. Suggestions affecting this area result in fast reaction without reason.

In day to day conscious state, no matter how many affirmations are repeated, the subconscious part of the critical area of the mind jumps in at an unconscious level and rejects them based on past experiences and pre-conceived notions.

During hypnosis, because you are in an altered state of consciousness, the critical area of the mind becomes less critical and starts dropping message units and suggestions provided into the subconscious area without analyzing and evaluating them based on past experiences and conditioning.

Also, suggestions given in the hypnotic state are much stronger than ones given in the conscious state because it moves quickly from the critical area to modern memory that it doesn't have the time to become diluted. The best part about hypnosis is that when a consistent positive reaction to a suggestion takes place that reaction becomes a permanent habit, making will power and motivation unnecessary to make it stick.

Entering a hypnotic state

We guide ourselves in to hypnosis by guiding our body to come to a highly relaxed state. So relaxed that you might feel like you are falling asleep. But instead, what is actually happening is that your mind is highly alert. Which may cause you to hear sounds louder than usual. You may feel like swallowing, or your eye lids might start fluttering. Your head might droop to a side as if you are falling asleep. These are all signs of entering a trance like hypnotic state. Once you get to this state, you are able to replace your negative script with a positive one. This means you can accomplish whatever your heart desires with the Power Of Your Mind!

Setting up your self-hypnosis practice

Allocate a specific time of the day for self-hypnosis. I recommend the first thing upon waking up or right before going to sleep for optimum results. Make sure you are able to be alone and have no distractions during this time.

Self-hypnosis practice can take 10 minutes to 30 minutes. However, during the learning phase, it might take much longer to enter hypnosis.

Just remember, under no circumstances should you skip a step. Try not to skip practice sessions. Daily repetition is essential to mastery and creating a strong hypnotic state where you can access your subconscious mind.

Use a couch, or a recliner. If you use a bed, make sure your neck is upright to avoid falling asleep. If possible, avoid the bed altogether during practice because the bed represents a normal sleep state where you just doze off. In hypnosis, we want stimulate the sleep state without actually sleeping.

Think of one challenge or negative habit you need to change. Picking only one thing to work on creates success faster. Do you want to increase self-confidence? Do you want to feel loved? Or maybe you want to attract more clients or abundance of money? Pick what you want to work on and write affirmations.

THE GUIDE TO SELF-HYPNOSIS

1. Lie down and try to relax. Let yourself feel calm.
2. Close your eyes, take a deep breath, exhale slowly and rhythmically. After you exhale, focus your attention on your forehead. Let your mind drift down from your forehead to your feet in the same rhythm of exhaling. When your attention arrives at your feet, you will have totally exhaled.
3. Do it again. Take a deep breath, exhaling as your mind drifts from your forehead to your feet.
4. Repeat this three times.
5. After the third time you exhale, and your attention has drifted to your feet, begin to visualize or imagine you see a chalkboard. Mentally write the word “Deep Sleep” over and over on the board until you feel your mind drifting away from the board, or these words. If you find this process difficult at first, or the drifting doesn’t happen right away don’t concern yourself. Give it time, it will happen. Just keep doing it each day until the drifting process becomes an automatic result of the exercise. Once the drifting process takes place, proceed to the next step.

6. Take another deep breath and exhale slowly, again allowing your mind to drift from your forehead to your feet.
7. Count slowly from 20 backwards to 0.
8. When you reach zero, say silently to yourself “Deep Sleep”
9. Now repeat this sentence to yourself exactly as written here: “Each time I suggest sleep to myself, I will sleep quickly, soundly and deeply”
10. After making this affirmation, suggest to yourself anything you feel beneficial to your wellbeing. Your suggestions should be made in the present tense on a Positive note: I AM successful NOW. I AM calm and focused. I AM in control of my emotions etc.
12. When you have completed your affirmations and suggestions, count upward from 0 to 20. When you reach 20, you will use the words “WIDE AWAKE”, saying these words to yourself silently. This helps you come out of the hyper-suggestible, hypnotic state.

The entire process is meant to minimize critical mind effects so that you reach the portion of the brain which will maximize your effectiveness.

Remember to include the awakening process in your practice. You may find that you fall asleep when first learning this technique. If you fall asleep, still count yourself up from 0 to 20 and repeat the words “Wide Awake”. Otherwise, you may remain extremely suggestible in the hypnotic state until it fully wears off.

WANT MORE? Awesome!!! Here's what to do

If you've found this self-hypnosis guide helpful, and want more help *removing negative thought patterns and emotional barriers to reach the highest of your potential*, be sure to check out the **Life So Blissful Mind Training Resource Library**. It is **100% free** to access and is packed with

guided hypnosis recordings
training workbooks and
e-courses

to help re-wire and re-program the conditioned brain in to a blissfully successful mastermind.

You can get inside the free library by visiting www.Lifesoblissful.com and clicking on the FREE TRAINING link at the top.

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Do check out our Facebook Group Community (fb.com/groups/lifesoblissful) where we host free guided group hypnosis sessions from time to time. If you have any questions regarding this guide, ask away in the group or contact via the Life So Blissful webpage! Always here to help!

Thanks for reading! Wishing you all the love,
luck and abundance!

xo

Mahesha

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