

Title:

Four Laws Of The Mind Essential For Effective Self Hypnosis

Word Count:

514

Summary:

Learn how 4 laws of the mind dictate you you react to everything around you.

Keywords:

hypnosis,self hypnosis

Article Body:

To make your self hypnosis effective you need to be aware of certain principles. If you are not

1. Every thought affects the body as well.

In other words, although the mind and the body are understood to be separate in practice it does not

2. What you expect tends to be realized.

If you wake up telling yourself you will have a bad day you probably will. In other words

3. Imagination is stronger than knowledge.

You 'know' that ghosts and monsters do not exist. Yet hearing ghost stories at night will

4. What you resist the most stays with you.

Have you ever had to stop doing something and found that its more difficult than you realize

I could go on and on with examples. Basically, when you resist something it tends to stay

It's as if someone told you that they would give you a \$1000 if you don't think of a pink elephant

In other words, what you resist tends to stay with you. Which means that in focusing on an affair

Follow these four laws of the mind and your day to day thoughts will be more guided in a positive

Abbas Abedi

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