

Title:

Hypnosis And The Unlimited Power Of The Mind

Word Count:

1236

Summary:

Do you realize that self hypnosis can be used to make dramatic, lasting changes to your life?

Keywords:

hypnosis, self hypnosis, personal development, goals, personal growth, self improvement, self

Article Body:

The power of your Mind is truly awesome. You can use your mental powers to achieve success th

It seems to most of us that our thoughts are random, sometimes erratic and beyond our cont

The real power you wield is the conscious ability to change your dominant automatic thinki

Hypnosis has been used by wise men and women for centuries to create relaxed physical and

Many of the new recordings, by the best hypnotherapists, include binaural beat technology

It is, however, possible for you to enter a hypnotic trance by yourself and then give your

The trance state is so relaxing that most times you don't really want to leave it as the o

However, if you prefer to perform your own hypnotic session, which many people do, you mus

You can use self hypnosis and post hypnotic suggestions very effectively to make any menta

Once you have decided what it is you want to achieve from your hypnotic session write a fe

Also form a mental picture of what that new confident you looks like. Imagine how you will

This picture is very important. During trance you will picture that confident you standing

This form of self hypnosis incorporates NLP and is used to directly program your subconsci

To create a state of trance in order to perform these mental sequences is quite easy. Firs

Count from 20 down to 10 in a slow manner until you feel your eyes start to strain. You wi

Then imagine that a long winding staircase with 20 steps is there in front of you. Move to

Continue this until you reach the last step and imagine that the staircase has led you to

Once you enter your sanctuary perform the mental exercise given above. When you are finish

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