

# Mastering The Power Of Self Hypnosis A Practical

Mastering The Power Of Self Hypnosis A Practical Mastering the power of self hypnosis a practical guide can transform your life by unlocking your subconscious mind's potential. Self hypnosis is a valuable tool for personal development, stress reduction, overcoming fears, and achieving goals. Whether you're a beginner or looking to refine your technique, understanding the fundamentals of self hypnosis and practicing regularly can lead to profound changes. This article explores practical methods, tips, and insights to help you harness the power of self hypnosis effectively.

**Understanding Self Hypnosis**

What Is Self Hypnosis? Self hypnosis is a process of guiding yourself into a deeply relaxed, focused state of consciousness, often called a trance. In this state, your subconscious mind becomes more receptive to positive suggestions and affirmations. Unlike stage hypnosis or hypnotherapy performed by a professional, self hypnosis is a self-directed practice that you can incorporate into your daily routine.

**The Benefits of Self Hypnosis**

Practicing self hypnosis offers numerous benefits, including:

- Reducing stress and anxiety
- Overcoming bad habits like smoking or overeating
- Enhancing concentration and focus
- Boosting confidence and self-esteem
- Managing pain and discomfort
- Supporting weight loss and healthy habits
- Preparing for Self Hypnosis

**Create a Conducive Environment**

Find a quiet, comfortable space where you won't be disturbed. Dim the lights if possible, and eliminate distractions such as noise or interruptions. Use a comfortable chair or lie down to relax fully.

**2 Set Clear Goals**

Define what you want to achieve with self hypnosis. Are you aiming to reduce stress, build confidence, or break a habit? Clear goals will guide your suggestions and increase your success rate.

**Practice Consistently**

Consistency is key. Schedule regular sessions, ideally daily or several times a week. Over time, your ability to enter a trance state will improve.

**Step-by-Step Guide to Mastering Self Hypnosis**

- 1. Relaxation and Focus**

Begin by taking deep, slow breaths to calm your mind and body. Close your eyes and focus on your breathing, allowing your body to relax progressively. Use progressive muscle

relaxation by tensing and relaxing different muscle groups. 2. Induction Techniques Choose a method to help deepen your trance state: Visualization: Imagine descending a staircase or walking down a path, counting each step to deepen relaxation. Countdown: Count backward from 10 to 1, with each number taking you deeper into relaxation. Breathing Focus: Concentrate solely on your breath, letting other thoughts drift away. 3. Deepening the Trance Once in a relaxed state, deepen the trance by imagining sinking into a comfortable place or visualizing waves of relaxation washing over you. Repeating affirmations like "I am deeply relaxed" can also enhance this state. 4. Suggestion Phase Now, introduce positive, present-tense affirmations aligned with your goals. For example: "I am confident and calm." "I am in control of my habits." "Every day, I become more focused." Repeat these suggestions several times, imagining yourself embodying these qualities. 3 5. Ending the Session Gradually bring yourself back to full awareness by counting up from 1 to 5, telling yourself that when you reach 5, you'll feel refreshed and alert. Open your eyes slowly, stretch if needed, and take a moment to reflect on your experience. Practical Tips for Effective Self Hypnosis Use Personal Affirmations Tailor your suggestions to your specific goals. Personalization increases effectiveness and motivation. Maintain a Positive Attitude Approach self hypnosis with an open mind and patience. Expect positive outcomes and avoid self-criticism if progress seems slow. Record Your Sessions Consider recording your scripts or suggestions in your voice. Listening to your recordings can reinforce your intentions, especially during relaxation. Combine with Other Techniques Enhance your practice by combining self hypnosis with meditation, mindfulness, or visualization exercises for a holistic approach. Overcoming Common Challenges Difficulty Entering a Trance If you find it hard to relax or focus, start with shorter sessions and gradually increase duration. Use guided recordings or scripts to help you stay on track. Lack of Consistency Set a fixed schedule and treat self hypnosis as an essential part of your daily routine. Consistency builds momentum and improves results. Impatience for Results Be patient and persistent. Like any skill, mastering self hypnosis takes time and practice. 4 Advanced Techniques for Mastery Self Hypnosis with Visualizations Use vivid imagery related to your goals. For example, visualize yourself confidently speaking in front of an audience or achieving a specific goal. Using Anchors Associate a physical gesture (like pressing your thumb and forefinger together) with a state of confidence or

calmness. Use this anchor during self hypnosis to access desired states quickly. Creating Future Pacing Imagine yourself in future scenarios where your new behaviors or attitudes are fully integrated. This technique reinforces change and prepares your mind for success. Final Thoughts: Making Self Hypnosis Part of Your Life Mastering self hypnosis is a journey of self-discovery and empowerment. With patience, practice, and the right techniques, you can unlock the vast potential of your subconscious mind. Remember to set clear goals, create a conducive environment, and practice regularly. Over time, you'll notice improvements in your mental clarity, emotional resilience, and overall well-being. By integrating self hypnosis into your daily routine, you take a proactive step toward shaping your thoughts, habits, and ultimately, your life. Embrace the process with an open mind, and enjoy the transformative power of your subconscious mind working in harmony with your conscious efforts.

QuestionAnswer What are the foundational steps to effectively practice self-hypnosis? Begin by finding a quiet, comfortable space, set a clear intention or goal, and use relaxation techniques such as deep breathing. Focus your mind on positive suggestions or visualizations, and practice regularly to enhance your skills. How can self-hypnosis help improve mental health and reduce stress? Self-hypnosis can promote relaxation, reduce anxiety, and help reframe negative thought patterns. Regular practice encourages a calm mind, enhances self-awareness, and supports emotional resilience, contributing to better overall mental health. What are common mistakes to avoid when practicing self-hypnosis? Common mistakes include rushing the process, having unrealistic expectations, being inconsistent in practice, and not creating a conducive environment. It's important to stay patient, committed, and attentive to your mental state during sessions.

5 Can self-hypnosis be used to break bad habits or improve habits? Yes, self-hypnosis is effective in changing habits by reinforcing positive suggestions and subconscious reprogramming. Consistent practice can help reduce cravings, increase motivation, and establish healthier behaviors over time. What resources or tools can enhance my self- hypnosis practice? Guided recordings, instructional books, meditation apps, and online courses can provide structure and support. Additionally, keeping a journal of your sessions can help track progress and refine your technique.

Mastering the Power of Self-Hypnosis: A Practical Guide to Unlock Your Inner Potential Self-hypnosis is an empowering tool that allows individuals to tap into their subconscious mind, fostering positive

change, reducing stress, and enhancing overall well-being. Unlike traditional hypnosis conducted by a therapist, self-hypnosis puts you in the driver's seat, giving you control over your mental and emotional landscape. With practice and patience, mastering self-hypnosis can become an invaluable part of your personal development toolkit. This comprehensive guide will walk you through the fundamentals, techniques, and practical applications of self-hypnosis, helping you harness its full potential.

--- Understanding Self-Hypnosis: What It Is and How It Works

**Defining Self-Hypnosis**

Self-hypnosis is a state of focused concentration and heightened suggestibility that you induce in yourself. It involves guiding your mind into a trance-like state where your subconscious becomes more receptive to positive suggestions, affirmations, or visualizations. This process can be used for various purposes, including stress relief, habit change, pain management, and self-improvement.

The Science Behind Self-Hypnosis

Research indicates that self-hypnosis affects brain activity, particularly in regions associated with attention, relaxation, and self-control. During hypnosis:

- Brainwave patterns shift toward alpha and theta states, associated with relaxation and deep focus.
- The subconscious mind becomes more accessible, allowing for the reprogramming of negative beliefs or habits.
- The body experiences reduced cortisol levels, decreasing stress and anxiety.

Understanding these mechanisms underscores the practicality of self-hypnosis as a safe, non-invasive method for mental and physical health enhancement.

--- Preparing for Effective Self-Hypnosis

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**Creating the Ideal Environment**

To maximize your self-hypnosis sessions:

- Choose a quiet, comfortable space free from distractions.
- Dim the lights or use soft lighting to promote relaxation.
- Use calming scents like lavender or chamomile if desired.
- Wear loose, comfortable clothing.

**Setting Clear Intentions**

Define what you want to achieve with your self-hypnosis practice:

- Building confidence
- Overcoming fears
- Managing pain
- Breaking bad habits
- Enhancing focus or motivation

**Clear goals help tailor your sessions and increase their effectiveness.**

**Establishing a Routine**

Consistency is key:

- Dedicate a specific time each day or several times a week.
- Keep sessions between 10-30 minutes.
- Track your progress in a journal.

A regular routine reinforces the new mental patterns you aim to establish.

--- Techniques and Methods for Self-Hypnosis

**Step-by-Step Self-Hypnosis Process**

- 1. Relaxation:** Sit or lie down comfortably. Close your eyes and take deep, slow breaths. Focus on releasing

tension from your muscles. 2. Progressive Relaxation: Mentally scan your body, relaxing each part—starting from your toes to your head. 3. Deepening the State: Use visualization or counting techniques to deepen the trance. For example, imagine descending a staircase or count backward from 10 to 1. 4. Suggestion Phase: Once deeply relaxed, introduce positive affirmations or visualizations aligned with your goals. 5. Reinforcement: Repeat your suggestions several times for reinforcement. 6. Gradual Awakening: Count upward or visualize ascending steps. Suggest to yourself that you will awaken feeling refreshed and alert. 7. Return to Full Awareness: Open your eyes, stretch, and take a moment to reflect on your experience. Common Techniques to Deepen Self-Hypnosis - Visualization: Imagine yourself achieving your goal or in a peaceful place. - Affirmations: Use positive, present tense statements like "I am confident" or "I am calm." - Breathing Patterns: Employ slow, diaphragmatic breathing to induce relaxation. - Counting Down: Count backward from a number (e.g., 10 to 1) to deepen trance. - Sensory Focus: Concentrate on specific sensations, such as the feeling of warmth or heaviness. Mastering The Power Of Self Hypnosis A Practical 7 Using Scripts and Recordings - Prepare personalized scripts that address your specific goals. - Record your scripts in a calm, soothing voice. - Play recordings during your sessions to guide you through the process. - As you become more experienced, you can modify scripts or create new ones. -- - Practical Applications of Self-Hypnosis Stress and Anxiety Reduction Self-hypnosis promotes relaxation by calming the nervous system: - Visualize a peaceful scene. - Use affirmations like "I am calm and relaxed." - Practice daily to build resilience to stressors. Overcoming Habits and Addictions It can be effective for breaking habits such as smoking, overeating, or nail-biting: - Visualize yourself free from the habit. - Reinforce positive behaviors with affirmations. - Address underlying triggers and emotional associations. Enhancing Performance Athletes, students, and professionals use self-hypnosis for: - Improving concentration - Building confidence - Overcoming performance anxiety - Visualizing success Pain Management Self-hypnosis can help reduce the perception of pain by: - Focusing attention away from pain - Visualizing pain decreasing or transforming - Using suggestions to promote relaxation and comfort Sleep Improvement Use self-hypnosis to: - Calm racing thoughts before bed - Promote deep, restful sleep - Establish a bedtime routine that signals your mind to relax --- Overcoming Challenges and Common

Misconceptions Addressing Skepticism Many people doubt the effectiveness of self-hypnosis, often due to misconceptions: - It is not mind control or loss of consciousness. - It requires practice and patience. - Results vary based on individual commitment. Mastering The Power Of Self Hypnosis A Practical 8 Overcoming Difficulties in Practice - If your mind wanders, gently bring your focus back. - Don't force the process; stay relaxed. - Start with shorter sessions and gradually increase duration. - Be consistent to see tangible benefits. Myths About Self-Hypnosis - You cannot be made to do something against your will. - It is not a form of sleep but a state of deep relaxation. - Anyone can learn self-hypnosis with practice. --- Building Your Self-Hypnosis Skillset Tips for Success - Maintain an open mind and positive attitude. - Be patient; mastery takes time. - Keep a journal of your sessions and progress. - Adjust techniques as needed to find what works best for you. - Consider joining workshops or working with a hypnotherapist for personalized guidance. Advanced Techniques Once comfortable with basic methods: - Use deepening techniques like guided imagery. - Incorporate multiple senses into visualizations. - Combine self-hypnosis with other relaxation methods (e.g., meditation). - Develop personalized scripts tailored to specific issues. --- Safety and Precautions Self-hypnosis is generally safe; however: - Avoid practicing when you need full alertness (e.g., driving). - If you have mental health conditions like severe depression or psychosis, consult a healthcare professional before practicing. - Do not use self-hypnosis to suppress symptoms of a serious medical condition without professional guidance. - Always practice self-hypnosis in a safe environment. --- Conclusion: Embrace the Power of Self-Hypnosis Mastering self-hypnosis is a journey of self-discovery and empowerment. It requires commitment, patience, and an open mind. As you become more skilled, you'll find that this technique can unlock profound changes in your mental, emotional, and physical health. Whether you seek to reduce stress, boost confidence, or overcome habits, self-hypnosis offers a practical, accessible means to harness your inner power. Begin today, and watch as your subconscious mind transforms your life for the better. Mastering The Power Of Self Hypnosis A Practical 9 self hypnosis, self-hypnosis techniques, subconscious mind, relaxation methods, mental empowerment, hypnotic trance, self-improvement, subconscious programming, mind mastery, visualization techniques

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discover the power of influence persuasion and mind control with this practical guide to the art of conversational hypnosis conversational hypnosis also commonly known as covert hypnosis is the art of influencing others by giving them direct

subconscious commands to follow which seem like normal everyday conversation it is a style of communication that you will use to subtly direct anyone's subconscious mind to take action when you practice the methods in this book you are going to be using hypnotic language patterns to influence others to take action and do what you want it is not just what you are saying that is going to compel others to take action it is a combination of how you say what you are saying you are going to be learning how to use your voice posture and body language in order to deliver a hypnotic command in a seemingly normal conversation that will influence the person you are talking to take action after reading this book you will master how to subtly direct anyone's subconscious mind to take action the hypnotic language patterns that easily break down the walls of resistance and implant the desire to complete whatever action it is that you want them to take how to make others believe that the action you are convincing them to take is a fun safe and perfectly natural thing to be doing if you want they will even believe it was their idea in the first place the basic hypnotic formula building rapport psychological devices hypnotic points trick phrases trance states and other hypnotic tools that all hypnotists must have in their arsenal and much much more with this book you have all of the tools necessary to successfully persuade almost anyone to do anything this is the most powerful tool to have at your disposal in order to influence and persuade others the most powerful persuasion tool is the ability to use conversational hypnosis effectively because in order to convince anyone to do anything you need to know how to persuade them instantly this can only be done by bypassing their conscious mind that will almost always try to contradict what you are saying and speak directly to their subconscious mind which is much more open to suggestion this is the art of conversational hypnosis what are you waiting for check it out for yourself scroll up click the buy button get started today about the author michael kiff's slogan is tried and true leadership strategies for the price of a coffee useful information should be simple functional and affordable many professionals perpetuate the idea that true success only comes with great difficulty and an exorbitant amount of money which prevents average people from achieving the prosperity that they deserve what you need and what michael kiff provides are step by step strategies that are proven to work scroll up click the buy button get started today

in the 23 years since this book was first published numerous books along the same lines have appeared techniques vary minimally and very few discoveries or developments have been made in the field of using hypnosis in therapy the research that has appeared largely confirms what has been known for a very long time such as its efficacy as an adjunct to chemical analgesia and anesthesia for intrusive and painful surgical procedures however during that period a tremendous and astonishing amount of research has appeared in the fields of neurology especially brain function endocrinology and immunology as well as their interaction and integration with psychological processes while hypnotic techniques have been much the same over the years the underlying and mediating roles of these physical mechanisms in hypnosis are now substantially revealed understanding how hypnotic suggestions produce physical effects and how these physical processes affect what is to be done in hypnosis will illuminate and guide what is attempted in hypnotherapy the more the therapist bears these mechanisms in mind the more effective and focused the work will be this second edition therefore includes a summary account of the most cogent discoveries of the last two decades and references to some of the most important knowledge acquired in this period in psycho neuro endocrinology immunology

this book is written in terms that are comprehensible to the layman the step by step instructions should afford the reader a means of acquiring self hypnosis the necessary material is here the reader need only follow the instructions as they are given it is the author s hope that you will through the selective use of self hypnosis arrive at a more rewarding well adjusted and fuller life

this anthology is a thorough introduction to classic literature for those who have not yet experienced these literary masterworks for those who have known and loved these works in the past this is an invitation to reunite with old friends in a fresh new format from shakespeare s finesse to oscar wilde s wit this unique collection brings together works as diverse and influential as the pilgrim s progress and othello as an anthology that invites readers to immerse themselves in the masterpieces of the literary giants it is must have addition to any library

everything you always wanted to know about practical hypnosis but didn't know who to ask about this book if you only buy one book on hypnosis you need to make it this one just make the purchase you won't need another it is a complete step by step guide on how to master the art of instant hypnotic inductions in as little as one second rapid inductions conversational hypnosis and stage hypnosis in one book in this the author has created an informative inspirational and enjoyable read for those who wish to learn hypnosis within its pages you will find everything you need to know and more to begin practising hypnosis for fun or profit its coverage of conversational hypnosis provides the necessary theory to make every conversation you have with others hypnotic in its effect sending subliminal messages that take the form of silent command that must be obeyed this book is also an invaluable tool for the hypnotherapist wishing to upgrade their skills by learning instant or rapid inductions to get their clients in a state of deep trance in a fraction of the time taken by more progressive inductions thereby increasing income or leaving more time for therapy in each session this book describes tried and tested hypnotic methods that work explaining the theory so you quickly learn how to hypnotise safely with confidence and professionalism descriptions of hypnotic techniques are clear and easy to understand it completely lifts the lid on the mystery of hypnosis kept secret by a privileged few for centuries it is a must have no nonsense book for the serious and intelligent reader forming a valuable reference for both student and professional alike it does what it says on the cover nothing is left out its concise and informative style explains even the most difficult concepts easily packing the amount of information normally found in four or five books into one clear text without the padding saving hundreds of pounds otherwise spent purchasing light weight resources the book's direct approach gets you quickly to the core of the subject matter which is laid out in chapter form allowing the reader to dip into areas of interest without having to repeatedly read the whole as a resource it is as brilliant and useful as it is detailed and informative making it essential reading for the would be hypnotist as well as teachers sales men and other professionals if you decide to buy this book you will need no other just make the purchase

powerful mind through self hypnosis is a practical easy to follow guide to harnessing the power of your subconscious mind for better health this book will literally change the way you think feel act and behave forever clinical hypnotherapist and

psychotherapist cathal o briain will help you overcome emotional and psychological difficulties through self hypnotic trance symptoms will become a thing of the past as your life transforms taking you beyond the comfort zone into a world of inner peace and freedom happiness and success

dr brian roet s understanding hypnosis takes you step by step through what hypnosis is and how to use it it explains how by learning simple self hypnosis techniques you will be able to take control of your own health it examines the growing importance placed on hypnotherapy by the medical profession and recognises its place in modern medicine provides techniques for dealing with pain stress obesity self confidence phobias smoking and digestive problems it explores past life regression and other uses of hypnosis and how it can benefit you throughout the book there are case histories and easy safe exercises to illustrate the techniques

enhance your everyday life with everyday hypnosis hypnosis the very essence of the word conjures up an image of some theatrical individual swinging a pocket watch in front of willing participants in an attempt to get them into a trancelike state who lose all their free will and do whatever the hypnotist commands nothing could be further from the truth pop culture and pure work of entertainment have mystified hypnotism as nothing more than manipulative mind control when in fact it s much more compliant and cooperative than that separating scientific fact from hollywood fiction this is real hypnosis not the hocus pocus that you see in movies this is practical hypnosis what is hypnosis hypnosis is a tool that offers tremendous benefits to those who regularly practice it as self hypnosis or willingly participate in it as hypnotherapy by a licensed hypnotist for example if you have a smoking or weight problem then hypnosis can help in attacking and addressing the problem at the core of your subconscious to get you to overcome or stop these habits or problems altogether or maybe you ve even thought about becoming a professional hypnotist yourself and using it as a form of treatment for patients who have these personal problems whatever it is practical hypnosis will guide you from not knowing what hypnosis is or what it entails and clearing up its misconceptions to using it on yourself or others the two main different types of hypnosis and how to perform them guided

hypnosis and unguided self hypnosis the beginner s friendly components that come into play in order for hypnotism to work for behavior modification at the subconscious level the real truth about conversational hypnosis with intention of it being used to hypnotize others during normal conversation the common hypnotic treatments in clinical hypnosis for such as smoking drinking weight loss sleep disorder anxiety and poor health the important steps required to make the hypnotic induction a total self transformation and not only a temporary state and much more to explore if you want to experience and learn about the real world application of hypnosis to reprogramming old ineffective ways of doing things and living life practical hypnosis will present that edge you seek

this book is aimed at helping both newly trained and experienced mental health professionals become comfortable and adept in using hypnosis in their clinical practice despite dramatic evidence of the effectiveness of hypnosis and its growing acceptance only a small percentage of psychotherapists employ their hypnotherapy training in their practices this under use of hypnosis is due to exaggerated misconceptions about its power and the resultant performance anxiety therapists experience after their training this text is designed to address therapist performance anxiety surrounding the use of hypnosis by exploring the myths surrounding its power and therapeutic potential the integration of a straightforward systematic hypnotic approach into therapeutic practice has value both in assessment and treatment using clinical anecdotes and personal experience the authors of hypnosis in clinical practice explain induction style and trance work in a way that is fundamental and highly accessible

this book is a complete study of practical hypnotism it seeks to explain the science of hypnotism in a simple straightforward and unambiguous language the book makes an integral study of the acclaimed ideas and theories of the east the western thinkers have heavily drawn upon the valuable contemplations of the indian seers of yore having achieved a fine blending of the two strains of scholarship the book has become a very reliable guide for all types of readership dr shrimali is a widely acknowledged author and his expertise in these fields is beyond any doubt the readers can immensely benefit from his wide

experiences and deep insights this study is not just academic but it is equally relevant to all interested sections the book is enriched with rare discussion of the indian sadhans and siddhis in many ways it brings out the metaphysical findings of ancient indian seers and mendicants with firm authority the study motivates scholars young and old to delve deeper into this science for greater accomplishments in life

visualize how you are hypnotizing a person who then with great relish devours yummy apples although they are actually potatoes or your subject is convinced that the color yellow is actual called red you can be assured of an astonished audience admiring your new abilities and skills as a byproduct the hypnotizer slowly becomes aware of his or her private and professional success and the associated limitless confidence and self efficacy that the new and powerful abilities generate he or she is admired and held in high esteem life is good with the self help method modern hypnosis technique tony gaschler has combined only tried and proven hypnosis techniques used in many highly interesting hypnosis experiments into a method you will learn about modern hypnosis techniques and methods as they are practiced around the globe today no prior knowledge is required you will learn everything you need to know to be able to hypnotize others successfully and you will learn this in a systematic and gradual manner after many years of research and based on the successes of numerous hypnosis techniques from the world over the specialized author and hypnosis expert tony gaschler developed this unique easy method leading to quick success you learn self hypnosis that can serve to improve your life in so many ways to eliminate bothersome habits and characteristics such as nervousness listlessness lack of energy lack of drive smoking excessive weight tensions etc and even some emotional inhibitions you will also learn advanced self hypnosis techniques used among others to increase performance eliminate pain or influence others these advanced techniques are practiced by athletes politicians traditional healers and on radio tv at events etc nonmedical practitioners and physicians can also benefit from the modern hypnosis technique of course you can also use your acquired skills to astonish and surprise your family friends and acquaintances as the excerpts from the following three experiments shows an experiment with false memory hand the test subject a piece of paper listing a very long number for example something similar to this 164839244312673 778241983711893 tell the subject please read and memorize

this number once i take the piece of paper away after a few seconds you will have memorized the entire number and can write it down then take the piece of paper away from the test subject and say and now you are able to write down the entire number without errors just from memory remember each suggestion must be canceled by a counter suggestion an experiment with false perception tell the vp the following while handing him or her a peeled onion i am giving you here a nice juicy apple eat it you will love its taste and it s good for you the subject will think of the onion as an apple and actually eat it like an apple a counter suggestion is here not required since no effect continues after the action has been completed an experiment with post hypnosis you can also use a subject and post hypnosis an action that is to be carried out at a later time example call me at 8 in the evening to tell me that you cannot visit me tomorrow when i ask you why you cannot come you tell me you don t have time remember all these experiments must have a clearly defined effective start and end of a suggestion never allow an effect to continue after the hypnosis without first canceling with a counter suggestion the listed experiments were just a small excerpt from the many possible hypnosis techniques moreover you can also use your own creative ideas to develop and carry out new and interesting experiments the number of fantastic possibilities is endless once your have learned the methods provided by the modern hypnosis technique instructions

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## Introduction

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