

USE SELF HYPNOSIS TO REPROGRAM SUBCONSCIOUS MIND

Step 1: Find a Quiet and Comfortable Space

- Choose a Calm Environment: Find a place where you won't be disturbed. It should be quiet and comfortable so you can fully relax and focus.
- Comfortable Position: Sit or lie down in a comfortable position, ensuring that your body is relaxed and supported. Close your eyes to eliminate distractions.

Step 2: Relax Your Body and Mind

- To enter a state of hypnosis, you need to relax deeply. Relaxation helps you bypass the conscious mind and open the subconscious.
- Progressive Relaxation Technique:
 - Focus on Your Breathing: Take slow, deep breaths. Inhale for a count of 4, hold for 4, and exhale for 4. Repeat this several times to calm your mind and body.
- Relax Each Muscle Group: Start at your feet and progressively relax each part of your body, working your way up to your head. As you breathe out, imagine releasing any tension or stress in each body part.
- Focus on Sensations: Pay attention to the feeling of relaxation in your body. Visualize each muscle becoming more and more relaxed with every breath you take.

Step 3: Deepen Your Relaxation (Induction Phase)

- To deepen the trance, use a technique that helps you enter a hypnotic state more effectively.
- Countdown Method:
 - Imagine Descending Stairs: Picture yourself walking down a staircase, with each step taking you deeper into relaxation. Mentally count down from 10 to 1 as you descend, feeling more relaxed with each number.
- Progressive Deepening: Alternatively, imagine yourself sinking deeper into a peaceful state, like sinking into a soft, comfortable chair or floating in a calm ocean.

Step 4: Create a Clear Intention or Goal

- While in a relaxed state, it's important to have a clear focus for your self-hypnosis session. This could be to reprogram a specific belief, overcome a habit, or enhance a skill.
- Be Specific: Choose one goal for each session, whether it's eliminating a limiting belief about money, increasing confidence, or letting go of fear.
- Positive Affirmations: Formulate positive, present-tense affirmations related to your goal. For example:
 - "I am confident and capable."
 - "I am worthy of love and success."

Use Visualization and Suggestions

- In the relaxed state of hypnosis, your subconscious is most open to suggestions. This is where you plant new, empowering beliefs.
- Visualization:
 - Picture Success: Visualize yourself already living the outcome you desire. Imagine yourself being confident, successful, healthy, or abundant—whatever fits your goal.
- Engage Your Senses: The more vividly you can visualize the experience, the more impactful it will be. See the details, hear sounds, feel emotions, and engage all your senses. If your goal is wealth, imagine handling money, experiencing abundance, and feeling secure.

Step 6: Use Self-Hypnosis Anchors

- Anchoring is a technique used to trigger the desired subconscious response in everyday situations. You can create an anchor while in hypnosis that you can use to trigger positive feelings and beliefs outside of hypnosis.
- Choose a Physical Gesture: During your session, select a simple physical gesture, like touching your thumb and forefinger together, tapping your fingers, or placing your hand over your heart.

After you've spent time visualizing your desired outcomes and affirming your new beliefs, it's time to return to full awareness.

change your subconscious belief with self hypnosis sound wave in just 7 min

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apr 27 2022 april 2022 10 min lesezeit du möchtest während deiner schwangerschaft aktiv bleiben yoga ist eine der besten möglichkeiten um dein vorhaben in die tat umzusetzen yoga eignet sich für alle fitnesslevel körpertypen und schwangerschaftsphasen

die vorteile von yoga in der schwangerschaft superprof - Oct 09 2022

in dieser phase der schwangerschaft ist yoga wirklich sehr wohltuend denn trotz kleinem bauch ist es noch nicht zu beschwerlich die yogaübungen auszuführen und wenn du einen speziellen yogakurs für schwangere z b yoga köln besuchst hast du auch die gelegenheit kontakte zu anderen schwangeren zu knüpfen und dich mit ihnen auszutauschen

wellness yoga für schwangere wohlfinden für sie und ihr - Feb 13 2023

wellness yoga für schwangere wohlfinden für sie und ihr baby stopper mit Übungen bücher gebraucht antiquarisch neu kaufen preisvergleich käuferschutz wir bücher