

The Time less Principles of Self Hypnosis

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This guide was designed to accompany single session hypnosis programs at www.Hypnosisin.com, but the core principals explained in it can be used for any hypnosis package.

Anybody planning to use hypnosis for personal development or other more specific goals will find this knowledge indispensable.

The Core Principles

Without filling pages and pages with pointless talk, let me cut straight to the chase and introduce the core principles that will lead you to success on your path of feminine transformation.

The secret is 'Activation through Repetition'. First of all, these are the three basic stages of hypnosis, no matter what hypnosis sessions you are using or for what purpose.

#1 Feel Good - You listen, you let the session give you positive vibes, **you feel good**. And then what? ☺ Nothing? You just listen to it two or three times and think you're done? Nope, sorry. It is definitely a good start, but for hypnosis to really work you need a little more endurance.

#2 Become Absorbed - You take my advice and listen to the track at least once a day for a week or so. You start feeling calm and relaxed. You feel like **you have absorbed** the session

#3 Activation - You reach the third stage after you have used the session for about a month. You feel like you have become the session. Through constant repetition a subliminal path is created in your mind. Now **the session directly reaches your subconscious**. You enjoy each session more than the last. You have become even more absorbed than before. This is what I call the session's 'activation'.

Each time you take a session it will be a different experience, sometimes great, sometimes uneventful. This is perfectly normal, but here are some points that will help you boost each session's effectiveness.

Before the Session

If you feel distracted and find it difficult to stop the endless stream of thoughts in your mind, don't worry and allow them to set aside and wait, don't fight with them, they'll settle down from their own accord.



During the Session

Until you have reached a receptive state in which you can focus all your attention on the session at hand, attempting a hypnosis session is a pointless quest.

If you try to use hypnosis when you are not focused, the track amounts to nothing but a dead digital collection of sound. You can listen to it all your want but you won't be successful with it.

You need to make sure you are in the right state of mind when you start. Of course you will get distracted at times - who doesn't? - but when you advance to **#3**, the 'activation' of the session, your focus will be sharp, and you will find it easy to keep your attention fixed on the session and your goal.

Post Induction

After the session is finished do not immediately jump up and start running around. Take it easy. The waking up stage is vital to your success. Take time to reflect.

Mentally repeat the visualization and your experience to deepen the effect. Let your whole being absorb the energy released throughout the session even after you have fully returned to consciousness.

Then, start making slow movements and prepare yourself for the moment you want to open your eyes and return to the present moment with your visual perception.

Taking a couple minutes more can influence your success significantly, so please don't skip this step!

The Biggest Mistakes

You Know It: We all make this mistake. We expect the tracks to do all the work for us, simply sit there, and 'do nothing'. Please don't make this mistake!

Beware: 'Too Much Pressure' is the biggest reason for failing to succeed in self help programs of any kind. Especially when dealing with your subconscious, pressure is poison!

If you don't believe me, think about it: How many people manage to quit smoking by taking an oath? How many people actually get slim, healthy, and happy when they try to impose strict dieting regimes on themselves? These are only two examples. I am sure you have experienced the same problem in your own life!

Some things you do and don't like have become bad habits due to repetition. Your subconscious is following a pattern you have created and cannot change by force.

So please relax. You now have all the tools you need to deal with your subconscious and change your habits.

Take it easy!

OK, I'll Skip That: 'Overdoing It' is just a different version of 'Too Much Pressure' but let me mention it just in case it tries to escape your eagle eye by changing its name.

Doubts and Negativity: To be honest with you, I have a complete package designed to

deal with this problem alone, but a special section in Step 2 will help you build a firewall protecting you from doubts and other negative thoughts that may try to sneak in and bother you throughout the program!

What's Next Step?

Do you ever wonder what your mind is made of? What are the building blocks of your emotions and where do they come from? Why do they sometimes force you to do things you never wanted to do?

Thoughts, that's right. Your mind is made of thoughts. Thoughts that enter and function on three different levels:

The conscious level - These are the thoughts that keep you busy all the time. ☺

The subconscious level - At the subconscious level thoughts affect your life by changing your feelings and emotions.

The super subconscious level - Your super subconscious thoughts affect your whole life. They manifest themselves in your actions and emotions, even in external situations you think you cannot change. The truth is, there are a lot more situations than you think that are the direct results of your super subconscious thoughts.

This is why many people are always stressed and keeps attracting more of the same stress factors into their lives, why many cannot rise from poverty, and even why some people always seem to be lucky. To reach your thoughts at this level deep below your conscious mind takes a lot of faith, time, and effort.

Do you want to access and control the deepest layer of your mind and boost your feminization process? Try the subliminal sessions from our store at below URL

<http://www.Hypnosisin.com/feminization-store.html>

Feedback

Positive or negative, your feedback is important to me. I would love to hear from you. Whoever follows the action guide will see results sooner or later. Your feedback after completing this program will help us further improve visualizations and design more inductions to suit everybody's needs.

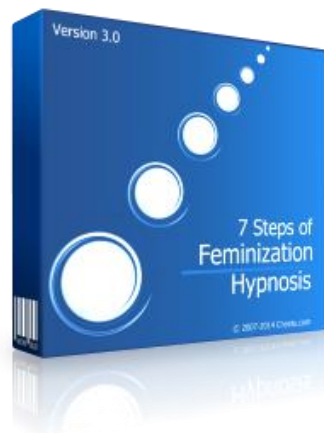
Please use the link below to send us your feedback and comments. Your cooperation is priceless to me and many others struggling with the problems addressed in this package.

Best of Luck

Cheetu Jaisinghani

www.Hypnosisin.com

<http://www.Hypnosisin.com/contact.html>



Recently we have updated 7 Steps of Feminization to its new version, it's compact and effective. If you suffer loss of identity and find it difficult to express your inner women, follow the below link. Judge for yourself

<http://www.Hypnosisin.com/7-steps-of-feminization-hypnosis.html>

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If you find anything that bugs you, please click on the bug above to e-mail me directly at cheetu.com@gmail.com no bug is too small, too big, or too scary - I will do my best to fix it.

