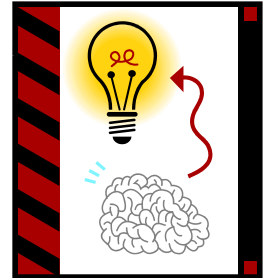


Let your brain manifest your goals faster!

Want to achieve your success goals faster in the New Year?



Here's a simple, quick and easy idea – hypnotize your goals into being.

For those not familiar with hypnosis here's a simple description.

1. Hypnosis is a mental state of focused concentration which can be achieved naturally by oneself (*self-hypnosis*) or through the guidance of a trained hypnosis practitioner.
2. Most people don't realize that they go in and out of light forms of hypnosis several times a day.
3. This state of focused concentration is achieved by series of suggestions to become relaxed and receptive to specific and positive statements that will help you attain your goal.
4. While you're in this relaxed state of focus concentration you will be able to ignore the usual sounds and distractions in the immediate environment and just focus on creating your goal outcome.
5. The use and efficacy of hypnosis has been recognized by medical, dental and psychological associations.
6. Self-hypnosis is one of the self-development tools you can use to speed up your goal process.

Now, here's how it works.

While the exact mechanics of the hypnotic process is still being defined, we do know that **hypnosis can affect the electrical frequencies the brain uses** to generate all kinds of mental activity.

Basically, it means that when you slow down the brain's electrical activity you can create a more focused state of concentration and your brain becomes more receptive to specific suggestions for achieving your goal.

Let stop for a moment and go back to our on-going **“don't eat pizza”** goal. We've already talked about the conflict with

- the established “eat pizza” programming and the sudden change to stop and switch behaviors
- being able converse in the language your brain uses to process information (visual, auditory or kinesthetic), and
- the difficulty of resisting temptation with the neuro-chemical, dopamine, that wants to make to make you happy

During self-hypnosis this is what begins to happen:

You begin to focus your attention on the initial suggestions to **relax the muscle groups throughout your body**, one after the other, and **allow your conscious mental thoughts to just drift off** for a while.

As you continue to relax deeper and deeper, **the electrical frequency of your brain slows down –**

You daily alert brain electrical frequency is **“beta”** with an average of 13-40 cycles per seconds (measured in wave patterns)

As you continue to relax more deeply the frequency will slow down into the **“alpha”** range with 8-13 cycles per second

Those who go into very deep relaxation can even slow the

frequency down to **“theta”** at 4-7 cycles per second

Every morning before you wake your brain moves up from the deep dream sleep of *“delta”* to *“theta”* then to *“alpha”* and then awake in *“beta.”* At night the pattern reverses itself.

When your brain's electrical frequency is in the alpha/theta range, your brain's internal programming is most receptive to taking on new instructions to change.

It's the optimal time to uncouple the old programming and reinforce the new programmed behavior you want for yourself. In our example, we want to rewrite **“eat pizza”** into **“don't eat pizza.”**

Next ... how you can create your own self-hypnosis to achieve your goals.