

# **SELF-HYPNOSIS**

## **Reprogram Your Mind in 5 Easy Steps**



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# SELF-HYPNOSIS

**A natural process you can actually use**

The best way to make a change is by using your mind in the way it naturally works. **Self-Hypnosis is a process to take control of your mind to do things automatically.**

Many successful people find that they do this naturally. Luckily, it's an ability that can be mastered quickly. A little practice now will pay dividends for the rest of your life.

Here's a simple 5-step guide you can use as an introduction to developing this powerful and fascinating skill.

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# Why Change Can Be Hard

**Have you ever received a well-intended compliment that didn't feel true?**

It's because your conscious mind does what is called "Critical Awareness."

Critical Awareness acts like a vigilant guard, standing outside the castle walls of your subconscious mind. It keeps you safe - by keeping you the same.

When you try to change, or even accept a compliment, your guard stops the idea at the front gate, checks if it belongs inside and when it finds it doesn't fit, it rejects the potential change.

Using hypnosis, we distract the guard and waltz right past it. We then do a home-renovation on one of the areas of your subconscious castle that are overdue for an improvement.

Afterwards, when your guard comes back on duty, it looks around thinking "Wow, I love what you did with the place."

**It then protects those changes moving forward.**

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# Communicating With Your Subconscious Mind

The most important thing to keep in mind is that your subconscious mind doesn't work like your conscious mind. Each were designed to perform different functions - so they function differently.

Your conscious mind works with concepts, symbols, and language. Your subconscious does not.

Think about this, before you had developed the neurology for critical thinking, your mind used other means for communicating with itself and making sense of the world.

These non-thinking ways are your subconscious mind's "natural languages," and it's these methods we want to use when effectively getting your mind to automatically do what you want.

Use your Subconscious Mind's natural languages:

- **Images** (still pictures or movies)
- **Feelings** (sensations you notice in your body)
- **Sounds** (music, voice tonality, environment)

**It is critically important to leverage your images, feelings, and sounds in self- hypnosis.**

## □ Step 1

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# Identify What You Want to Change

You most likely already know what this is. It may be a belief, a behavior, or a feeling.

It is important to keep this focused on the positive. Meaning, focus on what you want, rather than what you don't want.

You can begin by answering these two questions:

*How do I want to feel?*

*What do I want to do?*

**Example:** “I want to feel more confident speaking in front of people.”



## □ Step 2

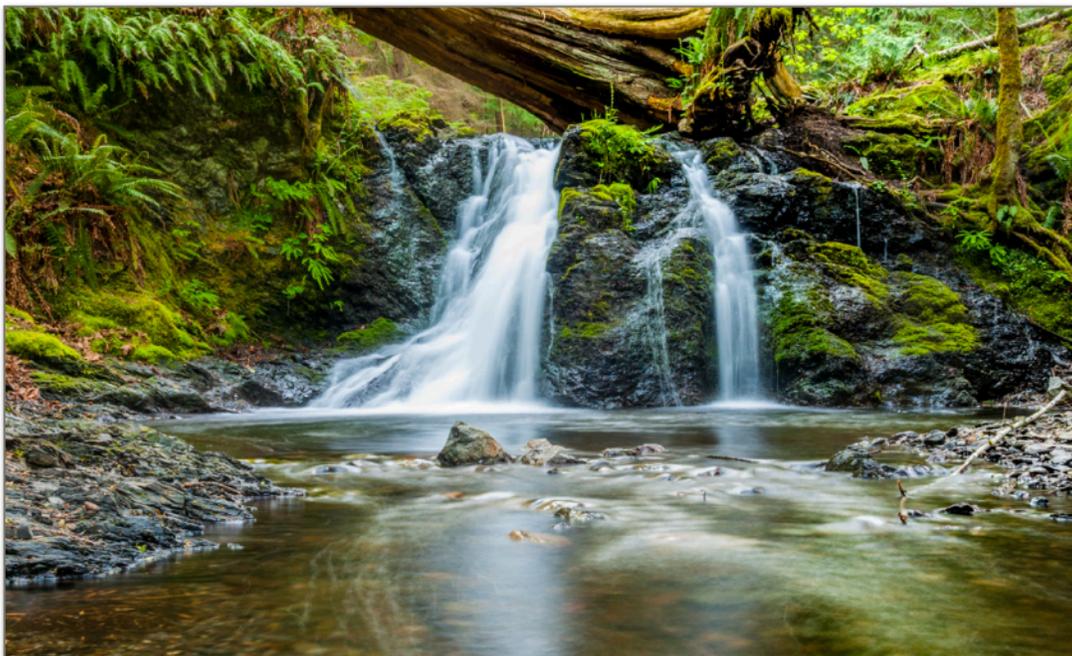
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# Relax... Into a Place of Safety

Of the many ways to induce hypnosis, relaxation is the most rewarding. So just take 5 deep comfortable breaths and relax more deeply with each exhalation.

Imagine yourself in a beautiful place where you feel safe to be safe. Engage each of your senses, making this place more vivid and vibrant each time you visit.

**Example:** “I am in a beautiful forest, surrounded by green, I can feel the breeze on my face, I can hear a waterfall nearby, and I am so relaxed and safe in this place.”



## □ Step 3

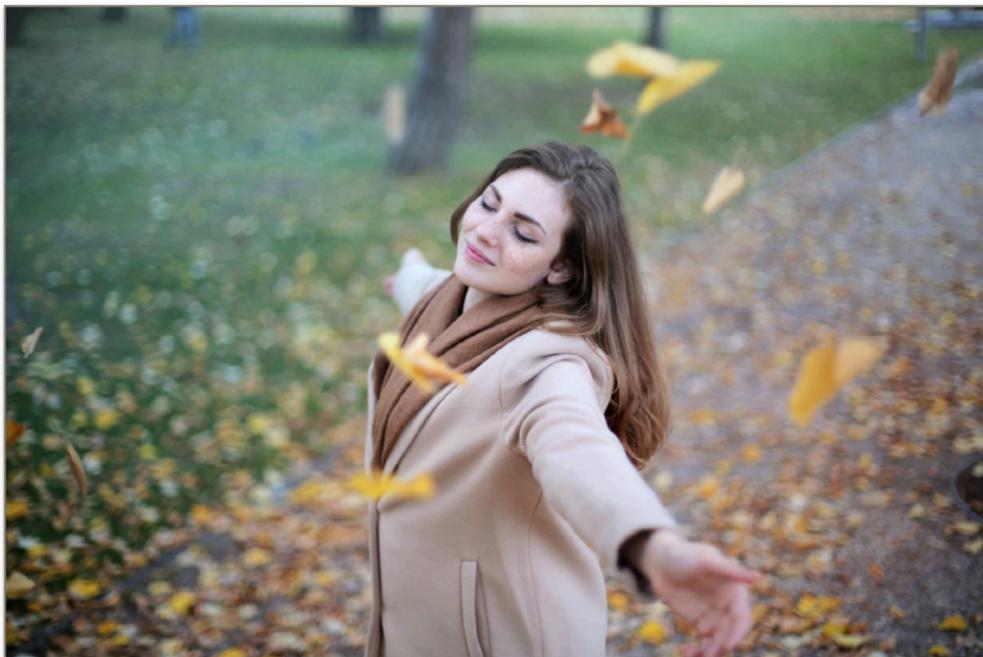
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# Feel it. Feel The Way You Want to Feel.

Perhaps the most important step in this whole process is this: **Feel the way you want to feel.** If you can pull up the feeling you want, you're golden. Your subconscious mind is motivated by emotion.

Start by remembering a time when you felt the way you want to feel. Then isolate the feeling from the memory and hold it present within your body.

**Example:** “I can feel the sense of confidence across my chest, expanding out towards my shoulders and out through my arms.”



## □ Step 4

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# See it. See Yourself Doing The Thing You Want To Do

Once you can hold the feeling present, you'll want to imagine a movie screen in front of you.

See yourself on that movie screen doing the things you want to do as you continue to hold onto the feeling in your body. Make the image of yourself big, bright, and vibrant. The more specific you can

**Example:** “As I hold onto this feeling of confidence, I can see myself standing confidently on a stage. I’m speaking in front of people with a smile on my face.”



## □ Step 5

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# Be it. Step Into The Movie Screen And Live The Scene

When you can see yourself doing the thing you want to do while holding onto the feeling, step into the movie screen and right into your body.

Live out that scene as it unfolds perfectly, while holding that feeling present within your body. The more vivid the feeling as well as the scene, the.

**Example:** “As I step into the screen holding onto this confidence, I am now in my own body, speaking in front of people. I can hear my own voice, I can feel the vibration in my throat. I am doing it ideally.”





**By Justin Turpin**

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