

Getting the Best Results from your Hypnosis / NLP Audios



<http://www.powerfulfreehypnosisaudio.com>

Instructions / Tips

1. Use headphones.
2. Listen to the Audio with Intention eg. 'I am gaining more Confidence.'
3. Listen to the Audio in the evening before sleeping and/or in the morning. Hypnotic Trance is a deep level of relaxation. Your mind is much more receptive to positive suggestions in this state.
4. It's recommended people listen to a Hypnosis Audio every day for the first 2 weeks and in the third week about 2/3 times. After that just listen every now and then for re-enforcement.
5. If you have more than one Hypnosis Audio it is recommended that you just listen to one audio for the first couple of weeks. After two weeks you can listen to different Hypnosis Audios and alternate them if you wish.

Bonus Article!

"The Half-Second Rule"

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<http://www.NLPToolBox.com>

The mind learns fast. A very powerful way to view life is to experience everything as a learning experience. I think it was Dr. Richard Bandler (co-creator of NLP) who first made me realise that Phobias are in fact a learned response. The mind of the Phobic has learned to associate a stimulus (eg a Wasp) to a response (eg Panic!)

The more you ponder this idea the more profound you will realise the implications.

And here's the deal. Does a person develop a phobia of wasps over time? You know, do they see a wasp one day and then the next week they see another and decide they don't like them and get more and more afraid of them?

No. Phobias are 'learned' very, very fast. Out of consciousness, in less than half a second!

They have an intense emotional response which becomes associated/anchored to the stimulus in such a way that that state is AUTOMATICALLY triggered whenever they see/hear/feel/smell/taste the stimulus again!

This is incredible! The persons mind will from then on automatically go into a very altered state, within half a second of experiencing the stimulus.

Now I think you'd agree, phobias aren't exactly useful, right?

But, what if you could use that same Stimulus/Response mechanism to create automatic states of Joy, Ecstasy, Fun and Bliss.

Would that be useful to you in any area of you life? ;)

Bonus Article!

Now for sure there are many other ways of creating effective change. Some methods use different concepts and are slower to implement. With this article I wanted to introduce you to the half-second rule concepts because they are less well known than other "change-technologies" and they lend themselves well to generating more fun because they are playful by design.

The following technique is a really fascinating NLP tool because it makes great use of your unconscious resources. I only discovered it recently and was surprised to learn that many 'NLP veterans' didn't know about it either!

Merging Metaphors

(Adapted from a technique called 'Spinning Icons' developed by Joe Munshaw and Nelson Zink.)

1. Select a problem state.
2. As you think about your problem state what visual image comes to mind? Notice where it is located in space.
3. Break your current state: eg) Remember your phone number backwards or look up and notice the patterns on the ceiling. Now think about the desired resource state (or outcome, or goal) you would like instead. Notice how you represent this as a visual image. Pay attention to where it is located in space.
4. Now allow your mind to turn the first picture (problem state) into a metaphorical symbol or icon. Keep it in the same location in space. (This visual metaphor could be quite complex or it may be as simple as a colour. Just trust your unconscious.)

TOP TIP: It can be useful to ask yourself, "What is this problem state like?" This often allows a metaphorical representation to arise.

Bonus Article!

5. Do the same thing with the desired resource state you selected in step 3, making sure to place the new metaphor symbol in the same location in space as the original image.

6. Now see the two metaphor symbols at the same time noticing their locations in space. Next slowly rotate them around each other. Keep rotating them around each other and do so faster and faster. Do this spinning for about 10 seconds allowing the rotation to be so fast that you can no longer track the images and you may even feel a little confused.

7. Now allow the images to merge together, that's right. And push this merged image out in front of you where you can view it easily. Describe the new image briefly, quickly moving to step 8.

8. Immediately begin telling WHATEVER story comes to mind. Just allow yourself to start telling a story. It doesn't matter what it is. It could be a real memory, a story or just simply made up ramblings. The point being is that this process taps into your vast unconscious resources.

9. Now ask yourself, "How is this story relevant to my problem/challenge?" or "How can this story help resolve my problem?" (This step can help to give you conscious insight into how the previous steps have made some useful changes.)

Isn't that a great technique! You know it's got that magical spirit of curious wonder to it hasn't it?
So I wonder how else could you use a tool like that to add more magical sparkles to your life?

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The Half Second Rule

- SPECIAL REPORT-

"Would You Invest Just \$15 To Discover The Master Keys To Safe, Rapid & Effective Change That You Can Put To Use In Less Than 15 Minutes?"

Note: In less than *fifteen minutes* you can master these proven Insider-Secrets to Easily *Change Your Life!*

Here are just a few of the tips, tricks, secrets and techniques that you'll discover (or re-discover!) after you download the 20 page PDF Special Report below.

- * The Master Keys to Empower You to Quickly and Easily Access Powerful Resourceful States of Mind.
- * Answer these Two Simple Questions and you will realise how Easily you Can Make Profound Changes! (Page 6)
- * Discover the Secrets of, 'The Half Second Rule' which will enable you to make Amazing Changes - FAST.
- * How to Amplify Your Good Feelings Quickly and Powerfully so you can Put Them Into Effect in all areas of your life.
- * The one State of Mind that everybody has, most definitely including you, that's probably THE Ultimate Resource for Making Incredible Changes, in a Fun and Easy Way! (Page 11)
- * How to Harness the Awesome Power of Your Unconscious Mind.
- * A Super Easy Way to Raise Your 'Baseline State' so that you naturally develop an Optimistic, "Bright Future" Outlook. (Page 10)
- * How to Swiftly 're- program' mundane daily tasks so they Become Fun and even provide you with Moments of Inspiration to Treasure! (Page 13)
- * The One Simple Principle that allows you to Make The Changes You Want even if you don't think you can do it. (Page 7)
- * How to 'program in' Fantastic states of mind so they Activate Automatically just when you want and need them!
- * The One Simple & Powerful Tool that 're-directionalises' your mind so you start feeling and behaving the way You Really Want. (Page 15)
- * PLUS! Hypnotic Language Patterns are used throughout the Special Report to Inspire and Accelerate The Change Process in you.

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