

GENERAL APPENDIX

AFFIRMATIONS

Affirmations for Health

- Every Cell in my body vibrates with energy and health
- Loving myself heals my life. I nourish my mind, body and soul
- My body heals quickly and easily

Affirmations for Abundance

- I prosper wherever I turn and I know that I deserve prosperity of all kinds
- The more grateful I am, the more reasons I find to be grateful
- I pay my bills with love as I know abundance flows freely through me.

Affirmations for Love

- I know that I deserve Love and accept it now
- I give out Love and it is returned to me multiplied
- I rejoice in the Love I encounter everyday

Affirmations for Romance

- I have a wonderful partner and we are both happy and at peace
- I release any desperation and allow love to find me
- I attract only healthy relationships

Affirmations for Weight Loss

- I am the perfect weight for me
- I choose to make positive healthy choices for myself
- I choose to exercise regularly

Affirmations for Self Esteem

- When I believe in myself, so do others
- I express my needs and feelings
- I am my own unique self - special, creative and wonderful

Affirmations for Peace and Harmony

- All my relationships are loving and harmonious
- I am at peace
- I trust in the process of life

Affirmations for Joy and Happiness

- Life is a joy filled with delightful surprises
- My life is a joy filled with love, fun and friendship all I need do is stop all criticism, forgive, relax and be open
- I choose love, joy and freedom, open my heart and allow wonderful things to flow into my life.

TIME MANAGEMENT TOOLS

PRESENT PATTERNS OF SPENDING TIME

Most of us have very little idea of how we actually spend our time—and it can be pretty hair-raising to find out. But if you think you have a time problem, I really recommend doing this next exercise if you can stand it, because the way you spend your days is the way you spend your life. It's right here, in the little details of your days, that you will have to make the changes if you want your life to change. And before you can change those details, you've got to take a good frank look at what they are.

Try to record, without falsifying, what you actually do with your time every day for a week. This is even harder than keeping track of every penny you spend to figure out where the money is going, but it can be done.

Fill in this chart:

PRESENT PATTERN OF TIME SPENT

	Morning	Afternoon	Evening
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

Your Goal Calendar

A GOAL CALENDAR is a large sheet of paper divided into boxes, one box for each month between you and your target date.

It can be a six-month goal calendar:

Jan. Feb. Mar. Apr. May June
2010

or a two-year calendar:

2010-2012

Jan. Feb. Mar. Apr. May June July Aug. Sep. Oct. Nov. Dec.

Jan. Feb. Mar. Apr. May June July Aug. Sep. Oct. Nov. Dec.

or a five-year calendar:

2010-2015

Jan. Feb. Mar. Apr. May June July Aug. Sep. Oct. Nov. Dec.

Jan. Feb. Mar. Apr. May June July Aug. Sep. Oct. Nov. Dec.

Jan. Feb. Mar. Apr. May June July Aug. Sep. Oct. Nov. Dec.

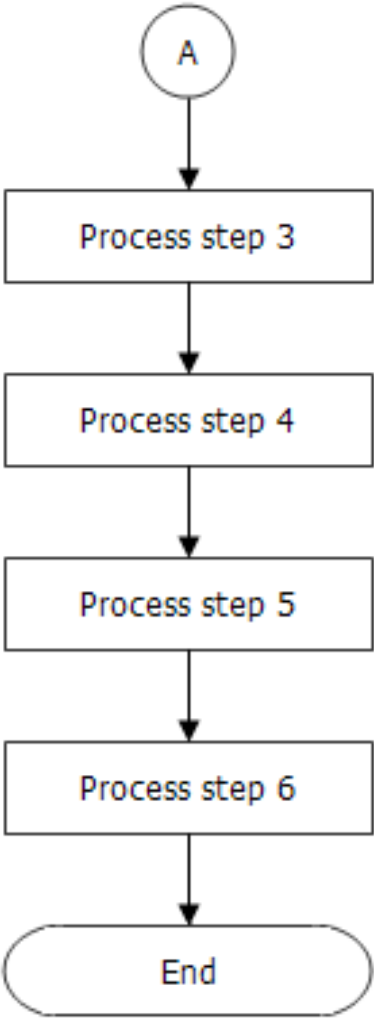
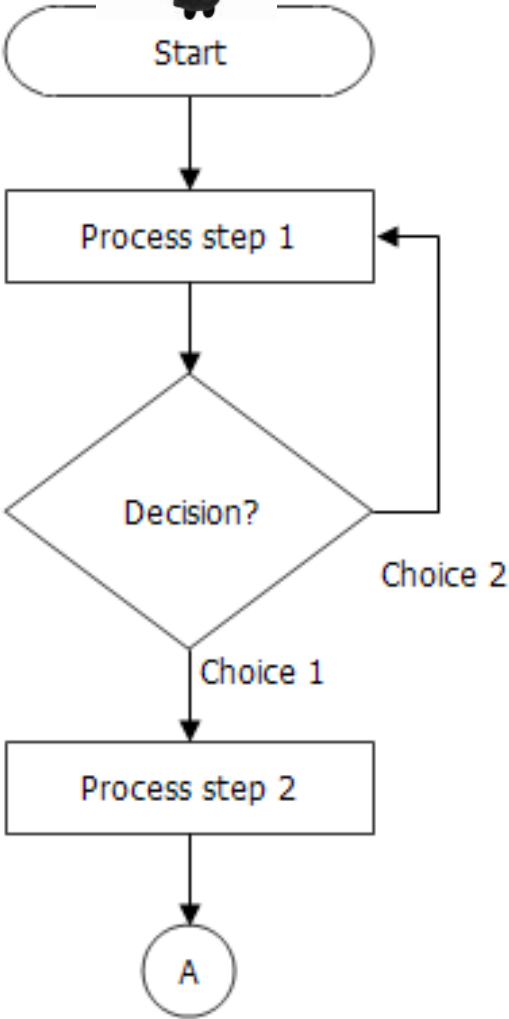
Jan. Feb. Mar. Apr. May June July Aug. Sep. Oct. Nov. Dec.

Jan. Feb. Mar. Apr. May June July Aug. Sep. Oct. Nov. Dec.

FLOWCHART SAMPLES








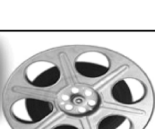




Basic Flowchart



Make Your Own

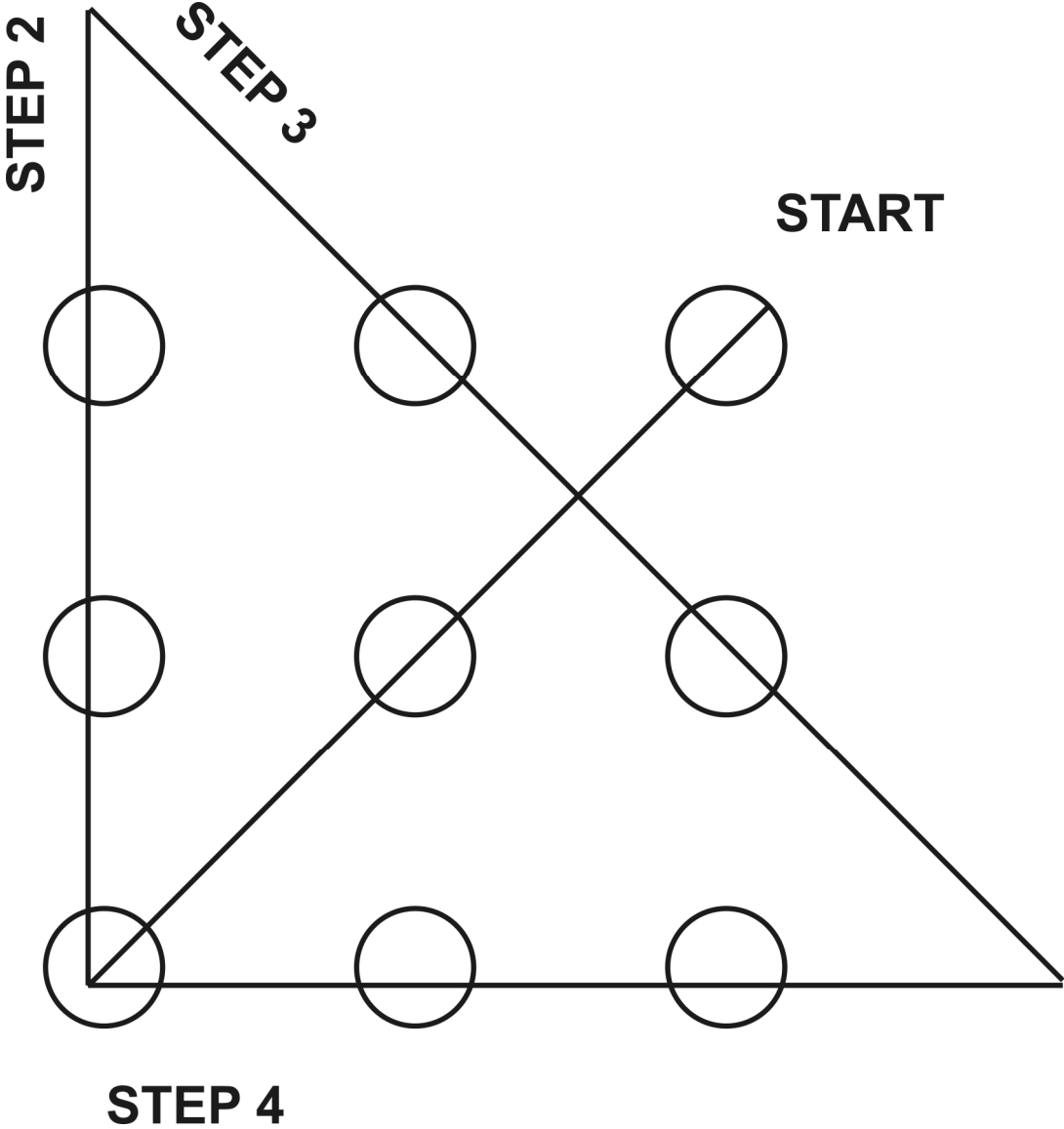
'Life-Line Ribbon'

1. Photocopy this page 10 x.
2. Cut out each 'film-strip'.
3. Using cello-tape, tape the 'film-strips' together so that they make **one long ribbon** (This long ribbon symbolizes *your entire life* from year "0" to year "100")
4. Mark every year of your entire life until 100 years old beginning with the year of your birth, and your age at each year.
5. Place it on the floor, and do exercise on page....

 Year: My age:	 Year: My age:
 Year: My age:	 Year: My age:
 Year: My age:	 Year: My age:
 Year: My age:	 Year: My age:
 Year: My age:	 Year: My age:

SOLUTION

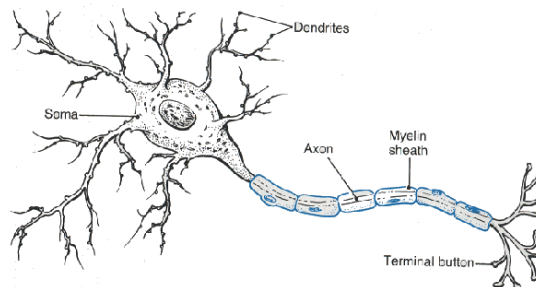
What can you learn from this? That can be applied to your life?



SCIENTIFIC APPENDIX

Anchoring New Neuro-Associations

When you see your country's flag and hear the national anthem, you begin to feel emotional, strong and proud. The flag and the national anthem are 'anchors', because they work like an anchor of a boat: they keep you in a specific emotional state through the power of *association*. You can view anchors as 'catalysts', that set off certain feelings, memories and emotions that put you in a specific mood (state). This is because there are actual neural pathways (dendrites) in your brain, which through repetition have been strengthened and re-enforced through years of '*practice and training*'.



'Anchoring' is term for the process by which a memory recalled, our emotional state is changed or other responses become associated with (anchored to) some stimulus, in such a way that perception of the stimulus (the anchor) leads by automatic *reflex* to the desired response.

Other examples: Your childhood toys remind you of your childhood. An old love song you heard during a certain relationship re-awakens in you a romantic or sad mood. The smell of freshly baked cakes brings back memories of your mother.

This training technique was developed by Pavlov, who trained a dog to salivate every time it heard a bell. You too, can use this

power of association and memory recall to put you in a positive mood (or state) that you wish to re-live choose.

Instructions

Decide which will be your anchor (reminder-catalyst). For example: squeezing your right fist, touching your heart (See next diagram for a selection of many **Anchors** to choose for different occasions) or create your own.

In order to 'fix' or 'pre-program' the anchor you will need to take these steps:

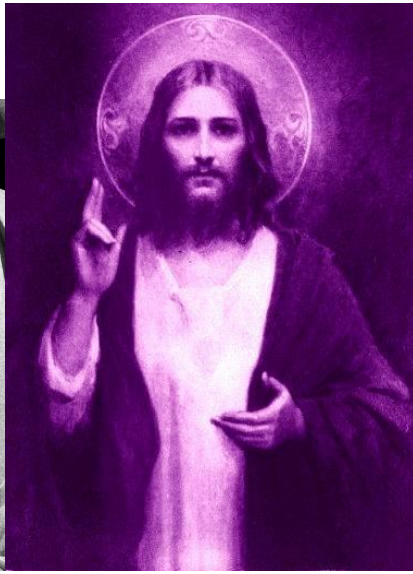
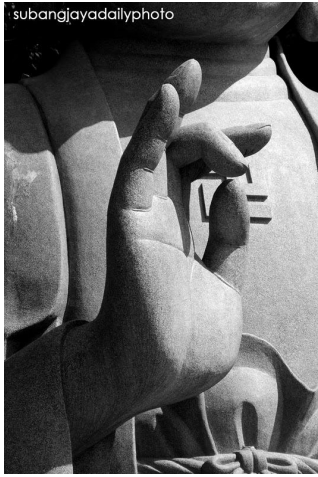
Choose the state you want to relate it to, for example, if self-confidence is what you want to anchor, recall all the times that you were self confident. You can even *play a song* that reminds you of all the self-confident times.

(See '**Mind Programming 3- D Movie of your Best Self**'). When you have reached a 'climax' of self-confidence:

- a) squeeze your fist or touch your heart
- b) Release the anchor, ie. Relax your hand now, walk around the room
- c) Repeat several times.

From then on, every time you want to feel confident, you just squeeze your fist or touch your heart and you will remember all the self-confident memories. And will radiate self-confidence.

Some Typical 'Hand Anchors'

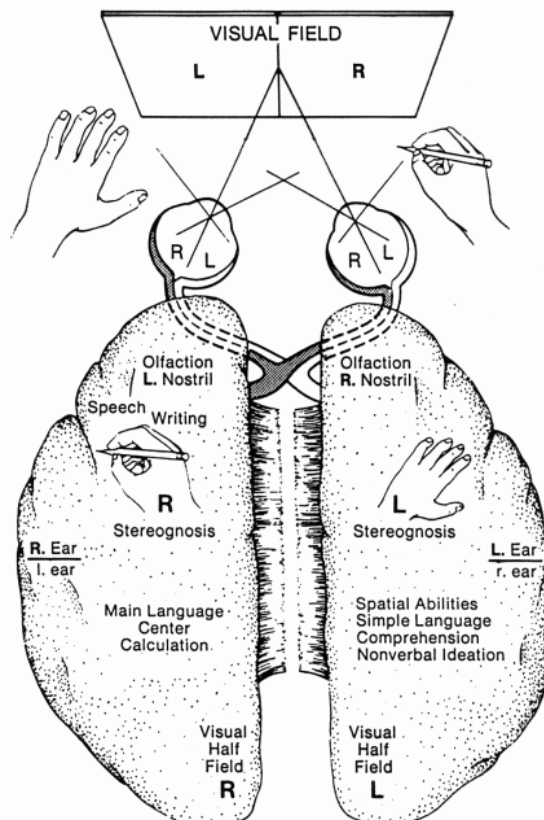


Brain Hemispheres

In general the left and right hemispheres of your brain process information in different ways: The left side of the brain processes information in a linear manner. It processes from part to whole. It takes pieces, lines them up, and arranges them in a logical order; then it draws conclusions. The right brain however, processes from whole to parts, holistically. It starts with the answer. It sees the big picture first, not the details.

In addition to thinking in a linear manner, the left brain processes in sequence. The left-brained person is a list maker. By contrast, the approach of the right-brained person is random, according to 'feeling'. Also, the left brain has no trouble processing abstract ideas. The right brain, on the other hand, the right-brained person wants to see, feel, or touch the *real* object.

Left-brain people have little trouble expressing themselves in words. Right-brain people prefer painting and drawing diagrams.



It has been found that men tend to be more dominated by their left brain, while women tend to be dominated by their right, although we each have a 'feminine' and 'masculine' side to us, which can clearly be seen on every person's face.



The Two Sides of the face are demonstrated here in this photo. This woman appears to be more social to the outside world because of a wider right side of her face. However, she is more introverted and also happier on the inside, as seen in the photo with the two left sides.

Brain Differences Between Men & Women.

Male / Female brains are mostly alike. We are the same species, after all. But the differences can sometimes make it seem like we are worlds apart.

The "defend your turf" area -- dorsal pre-mammillary nucleus -- is larger in the male brain and contains special circuits to detect territorial challenges by other males. And his amygdala, the alarm system for threats, fear and danger is also larger in men. These brain differences make men more alert than women to potential turf threats.

Meanwhile, the "I feel what you feel" part of the brain -- mirror-neuron system -- is larger and more active in the female brain. So women can naturally get in sync with others' emotions by reading facial expressions, interpreting tone of voice and other nonverbal emotional cues.

Perhaps the biggest difference between the male and female brain is that men have a sexual pursuit area that is 2.5 times larger than the one in the female brain. Not only that, but beginning in their teens, they produce 20 to 25-fold more testosterone than they did during pre-adolescence.

If testosterone were beer, a 9-year-old boy would be getting the equivalent of a cup a day. But a 15-year-old would be getting the equivalent of nearly two gallons a day. This fuels their sexual engines and makes it impossible for them to stop thinking about female body parts and sex.

Despite stereotypes to the contrary, the male brain can fall in love just as hard and fast as the female brain, and maybe more so. When he meets and sets his sights on capturing "the one," mating with her becomes his prime directive. And when he succeeds, his brain makes an indelible imprint of her. Lust and love collide and he's hooked.

Not only is the *mature* male brain more receptive to closer bonds, but it's also more sensitive to loneliness. Nobody thrives when they're lonely, but it seems to take a major toll on older men. Sixty percent of divorces in couples over the age of 50 are initiated by women, leaving their devastated.

The bottom line

The human brain is the best learning machine on the planet and human beings are capable of making major changes in our lives. But there are some things that the male brain and female brain are not likely to change anytime soon. And it makes more sense to deal with these brain realities, than to argue with them or ignoring them.

The best advice I have for women is make peace with the male brain. Let men be men.

Sexual Transmutation (or How to Become Rich, Healthy & Deeply Happy, Using Your Sexual Energy)

In Napoleon Hill's (1930's) classic *Think and Grow Rich* book, there is a chapter called , "The Mystery of Sex Transmutation" in which he explains that *sexual magnetism is the key to personal success* - when correctly harnessed. It is indeed very fascinating that, research in *modern neuroscience*, is revealing how sexual energy definitely impacts (charges) our mental and physical programming either *positively* or *negatively*. Let us look at both, alternatively:

Negative Charge: How a feeling of 'emptiness' and 'loss' are programmed into our brain via sex.

Orgasm can become addictive, due to the chemicals it produces in our brain (neuro-cocktail) - a phenomenon Hill recognized:

“Every intelligent person knows that stimulation in excess, through alcoholic drink and narcotics, is a form of intemperance which destroys the vital organs of the body, including the brain. Not every person knows, however, that over indulgence in sex expression may become a habit as destructive and as detrimental to creative effort as narcotics or liquor”.

Today modern neuroscience has revealed that our addictiveness of sex is due to dopamine – the intoxicating neuro-chemical that is the ‘dynamo’ of part of the brain, which is linked to reward and satisfaction. Think of dopamine as the neurochemical *of all motivation*. You don't actually crave chocolate, or your favorite soccer team winning a game, or sex. You crave the ‘high’ of dopamine. In reality that blast of dopamine is your reward. All addictive substances and activities increase dopamine. It's why they are addictive. Through dopamine, the process of evolution has made us *pursue (sexual) passion at any cost because it increases our genetic success*. While the ‘dopamine juice’ is rising in our brain, we may feel *empowered and invincible*.

Through this the process, however, dopamine *over-stimulates* the brain. After orgasm, *it drops way down*. This may create ‘down’ feelings such as:

Usually in women we find - Depression “ *I feel so used*” & Emotional Neediness “*Do you love me?*”

Usually in men we find -Depletion “ *I am feel w-a-s-t-e-d*” & Needing Space “*Sorry, I have to go now.*”

Often, our brain and body are so addicted, that we need another high (another dose) soon after (ie within 24 hours): Indeed, Dutch scientist Gert Holstege reported not long ago that brain scans of men climaxing in orgasm closely resemble those of people shooting heroin. Recurring sensations of depletion and neediness from an overly-active sex life can undercut our

ability to "think ourselves as a rich/wealthy person" ie (Self-Sovereignty), because we now have acquired a 'beggar-mentality brain', similar to heroine addicts. Heroine addicts will spend every last penny they have on their addiction, while we are spending our Creative Genius Power on sex, instead of channeling it towards "wealth (and health) creative outlets" This is why I recommended conserving or even better, *recycling* sexual energy:

We need to learn to positively channel the Sexual Energy, otherwise it will boomerang back to us and we will easily lose all that we ever created (home, business, marriage, friends...etc), as Hill goes on to explain,

"A man may attain great heights of financial or business achievement solely by the driving force of sex energy, but history is filled with evidence that he may, and usually does, carry with him certain traits of character which rob him of the ability to either hold, or enjoy his fortune."

Positive Charge: How a feeling of 'Fulfillment' , 'Wealth' and 'Abundance' are programmed into our brain via sex.

Therefore, I recommend that we begin to integrate Love and Sex, even if it is only for a 'one-night-stand'...

Once again, a growing body of research supports the fact that love produces changes that affect us energetically (emotionally) and physically. It is a simple case of brain cocktails again: this time, it is another neuro-chemical called oxytocin, the "hormone of hugs" (as it is released upon prolonged hugging). We could not fall in love without it. We produce oxytocin when we engage in affectionate touch or selflessly nurture another. Oxytocin is unique among neuro-chemicals in that the more we produce, the more receptive our nervous systems become to it.

Oxytocin counters the effects of stress, helps relieve depression, decreases both cravings and the symptoms of withdrawal, and increases sexual receptivity. It produces

feelings of "all is right with the world," which is ***the perfect mindset for creating abundance and wealth***. Oxytocin may be the reason behind the results of numerous studies associating long-term intimate relationships with ***better health and greater longevity***.

Hill observed that sex, when integrated with affection can transform a person's life and destiny,

"Sex, alone, is a mighty urge to action, but its forces are like a cyclone - they are often uncontrollable. When the emotion of love begins to mix itself with the emotion of sex, the result is *calmness of purpose, poise, accuracy of judgment, and balance.*"

Doctors today recommended that making love with self-control will improve health, and creative, entrepreneurial genius. Of course, this wisdom is as old as ancient Greek *Symposiums*, Lao Tzu's *Hua Hu Ching*, the Tibetan Buddhist myth *Sky Dancer*. The and even in the Gnostic Gospels discovered in Nag Hammadi, Egypt in the 1940's.

Each of us, is invited to be like a *charioteer*, who harnesses the sex-drive which may be used as powerful creative force in literature, art, or entrepreneurship (the business art).

EYE 'POSITIONS' CHART

While people are speaking, their eyes move positions.

These eye locations only provide information about *how* someone is thinking not *what* they're thinking -- an important distinction. Constructed thoughts usually indicate 'fantasy' and 'made up thoughts', and *lying* as well.

Constructed
Images
Imagination or
constructing
pictures or Lies)
*"What would I
look like if I were
standing on top of
the Acropolis?"*

**Constructed
Sounds**
(Imagination or
Constructing Lies
About what
somebody said)
*"What would it
sound like if I
changed the sound
of my mother's
critical words, into
the voice tone of
Mickey Mouse?"*

Feelings
*"I am feeling self-
pity...I feel all
alone. Poor me!"*



**Remembered
Images**
(Real)
*"I am
remembering my
first day in
school"*

**Remembered
Sounds or
words (Real)**
*"I am
remembering the
song Hotel
California from
the 70's... 'On a
dark desert
highway' ..."*

**Internal
Dialogue**
*"I could kiss
him..but if I kiss
him then
what? Yes, I'll
kiss him then..."*

Body-Mind Connection

Every cell contains a tiny clock called a *telomere*, which shortens each time the cell divides. Short telomeres are linked to a range of human diseases, including HIV, osteoporosis, heart disease and aging. Previous studies show that an enzyme within the cell, called telomerase, keeps immune cells young by preserving their telomere length and ability to continue dividing.

UCLA scientists found that the stress hormone *cortisol* suppresses immune cells' ability to activate their *telomeres*. *This may explain why the cells of persons under chronic stress have shorter telomeres.*

The study reveals how stress makes people more susceptible to illness.

Your body responds to the way you think, feel and act. This is often called the “mind/body connection.” When you are stressed, anxious or upset, your body tries to tell you that something isn’t right. For example, high blood pressure or a stomach ulcer might develop after a particularly stressful event, such as the death of a loved one. The following can be physical signs that your emotional health is out of balance:

- Back pain
- Change in appetite
- Chest pain
- Constipation or diarrhea
- Dry mouth
- Extreme tiredness
- General aches and pains
- Headaches
- High blood pressure
- Insomnia (trouble sleeping)
- Lightheadedness
- Palpitations (the feeling that your heart is racing)

- Sexual problems
- Shortness of breath
- Stiff neck
- Sweating
- Upset stomach
- Weight gain or loss

Poor emotional health can weaken your body's immune system, making you more likely to get colds and other infections during emotionally difficult times. Also, when you are feeling stressed, anxious or upset, you may not take care of your health as well as you should. You may not feel like exercising, eating nutritious foods or taking medicine that your doctor prescribes. Abuse of alcohol, tobacco or other drugs may also be a sign of poor emotional health.

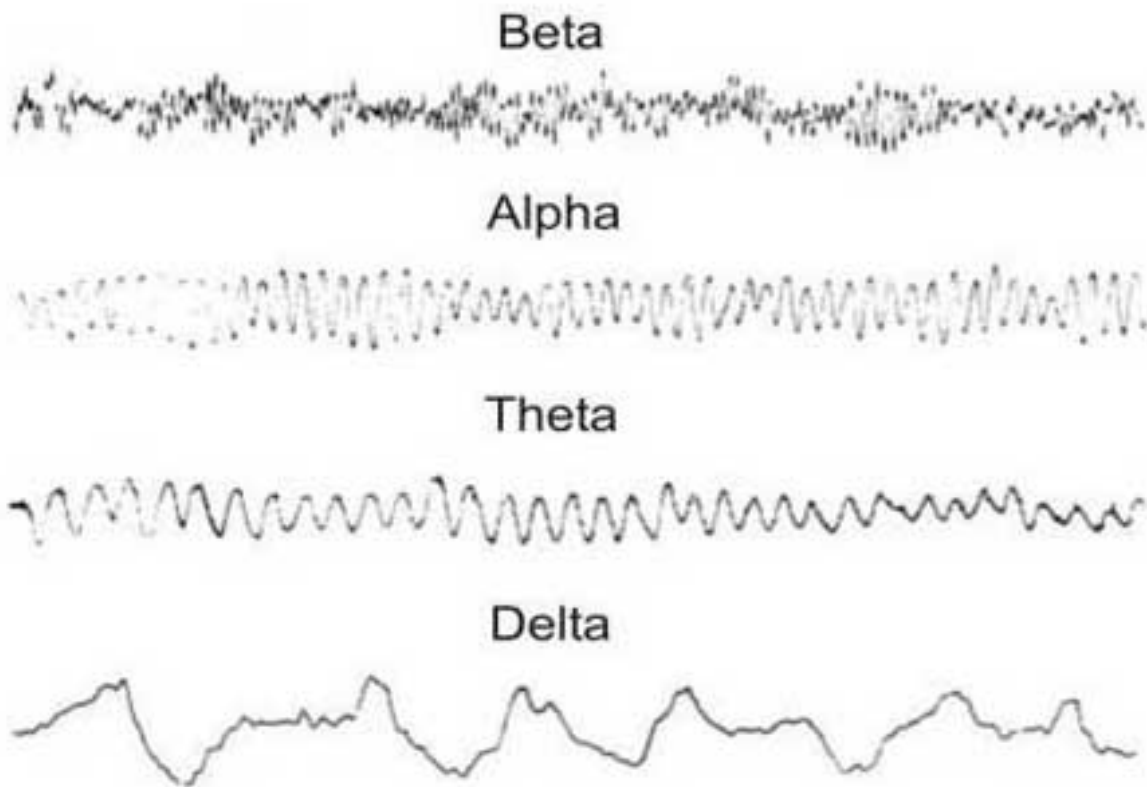
Brain Training

The brain is made up of billions of cells called 'neurons', which are connected at 'synapses' that form networks that are the storage and transmission system for our thoughts.

These neurons use electrical signals to communicate with each other. The combination of all this electrical activity is commonly referred to as a *brainwave pattern*.

These brainwaves are not constant. They change according to what activity you are doing at any given time. Over the years, scientists have categorized these brainwaves into 4 categories, according to their frequencies:

- When you are awake and aware, like now, your brain is in BETA waves. You spend most of your waking life in this state.
- ALPHA waves –mean that you are *relaxed and receptive*.
- THETA waves –mean that you are deeply relaxed or lightly sleeping, and
- DELTA waves –mean you're in deep dreamless sleep.



Once you get your brain to be in ALPHA state, it will not only be very deeply relaxing for the brain and body, it will also be receptive to any suggestions or instructions you feed it. If you do this correctly and repetitively you can re-program your mind and your body to form completely new healthy empowering habits.

Studies have shown that when a person is in Alpha state, the brain is 200 times more receptive to 'allowing' new thoughts to 'slip through' the 'defenses' of the 'older guard' of thoughts and habits.

Mind Power

It has now been scientifically proven by many experiments in top universities that our thoughts emit 'wireless electrical signals' (that can be picked up by an electroencephalograph (EEG) which even has the power to control mechanical equipment: Neurobiologist Niels Birbaumer of Tübingen University took six patients with fully functioning brains, but who were 'trapped' inside their bodies (which had become paralyzed because of some terrible accident). Living with the aid of machines, these patients were wired to a 'thought-translation device', which amplifies their brain waves and enables them to select letters of the alphabet from a computer video screen and compose sentences. Here is how they did it: The scientists placed electrodes behind the patient's ear and on the scalp. The electrodes are designed to detect brain waves and carry them to an EEG, which picks out a single type of wave from the many waves, much like you would tune in radio to pick up a favourite station. After hundreds of hours of practice the patients learned to control their brainwaves, by focusing on an audio tone. Once they master this they can spell out words on a video screen using only their thoughts. The researchers' next project is to go wireless by creating electronics sensitive enough to 'grab' brain waves out of the air. This ground breaking science proves that thoughts are not only real, but can have an effect on the environment. Thoughts are electrical signals.

Mirror Neurons

A mirror neuron is a neuron that fires both when an animal acts and when the animal observes the same action performed by another. For example, if you smile at someone, even if he does not smile back at you physically, if you could do an MRI scan (Magnetic Resonance Imaging) on his his brain you would see that it is reacting *as if he was smiling too*. Thus, the neuron "mirrors" the behavior of the other, as though the observer were itself acting. In physics, the term observer effect refers to changes that the act of observation will make on the phenomenon being observed.

Instructions

Reticular Activating System (RAS).

From a psychological view, the Law of Attraction can be best explained by the information filtering system of the brain known as the reticular activating system (RAS). Vision boards serve the role of programming the RAS to tune into external stimuli that can help us move closer towards our intentions.

At the base of the human brain stem, in between the medulla oblongata and the mesencephalon, there is a small finger-sized control center called the reticular activating system (RAS) that sorts and evaluates incoming data.[3] Your RAS is responsible for filtering all the incoming information that your brain receives and it also acts as receiver for information that is tagged as important.

A simple way to conceptualize the RAS is to think of it like a radio. You are surrounded by radio waves from various stations and your portable radio can pick up those channels, but only one at a time. You have to tune your radio to a specific

frequency of your favorite radio station in order to receive it properly. Your RAS is not much different in this regard. Imagine you are in a meeting room talking to several people and out in the distant corner of the room you hear your name. All your focus gets diverted in the direction that you heard your name because that bit of information is tagged by the RAS as important to you. Your RAS is responsible for having the ability to sleep through the noise of traffic outside your room, but waking up suddenly at the smallest cry from your infant child. Another example of the RAS at work is when you go and buy a brand new car and then suddenly you notice many more people around your city have that exact same car.

According to Hans Morvec, the principal research scientist at the Robotics Institute of Carnegie Mellon University, the human brain can handle up to 100 trillion bits of information at any given time.[4] With all that information coming in, how does your RAS know what to filter? Your RAS is naturally programmed to prioritize information that is necessary for survival, like listening for a the particular sound of an oncoming vehicle when walking close to a street. The RAS can't distinguish between a real event and a contrived reality, however, and we can exploit this weakness to program it to seek out stimuli in our environment that resonate with our goals. The process of creating a vision board is one of the best ways to program the RAS. It programs the RAS to pay attention to certain things in your environment that are in frequency with your goal or vision, in much the same way as you are able to pick up your name being mentioned in a conversation on the other side of a room while talking to others. This selective attention filter makes you aware of daily things that can help you achieve your goal and it's your job to take action on those opportunities when they present themselves.

Emotional Intelligence

(EI) describes the ability, capacity, skill, to identify, assess, and manage the emotions of one's self, of others, and of groups.

The model claims that EI includes 4 types of abilities:

1. Perceiving emotions — the ability to detect and decipher emotions in faces, pictures, voices, and cultural artifacts-including the ability to identify one's own emotions. Perceiving emotions represents a basic aspect of emotional intelligence, as it makes all other processing of emotional information possible.
2. Using emotions — the ability to harness emotions to facilitate various cognitive activities, such as thinking and problem solving. The emotionally intelligent person can capitalize fully upon his or her changing moods in order to best fit the task at hand.
3. Understanding emotions — the ability to comprehend emotion language and to appreciate complicated relationships among emotions. For example, understanding emotions encompasses the ability to be sensitive to slight variations between emotions, and the ability to recognize and describe how emotions evolve over time.
4. Managing emotions — the ability to regulate emotions in both ourselves and in others. Therefore, the emotionally intelligent person can harness emotions, even negative ones, and manage them to achieve intended goals.

Self-Hypnosis

Since ancient Greek times, the father of medicine, Hippocrates spoke of the benefits of 'hypno-therapy'...

Yet it was not until the 1950s, that the American Medical Association took notice of hypnosis after a patient underwent a thyroidectomy (removal of the thyroid) while in a hypnotic trance induced by a hypnotherapist. No other painkiller or anesthesia was used. Today, many doctors and dentists continue to use hypnosis to calm their patients, and to ease discomfort during procedures.

Simply speaking hypnosis is an altered state of consciousness. Hypnotherapy, therefore, is the use of an altered state of consciousness, or trance, for therapeutic endpoint. This means that people are treated while in a hypnotic state.

All hypnotic states are characterized by a tremendously pleasant state of relaxation, which individuals allow themselves to enter so that desired, beneficial suggestions may be given directly to the part of the mind known as the subconscious. Under hypnosis, the conscious, rational part of the brain is temporarily bypassed, making the subconscious part, which influences mental and physical functions, receptive to therapy. During the trance state there is heightened concentration for the specific purpose of maximizing potential, changing limiting beliefs and behaviors and gaining insight and wisdom.

Although hypnosis may be light, medium or deep, a medium trance is usually used during which metabolism, breathing and heartbeat slow and the brain produces alpha waves. Normal states of consciousness i.e. sleeping, dreaming, being awake, can be detected in the wave patterns produced by the brain. The state of hypnosis differs from all three. The brain waves associated with quiet, receptive states are called *alpha* waves. In alpha states, the body gradually relaxes. Watching television and playing video games for a long time, day dreaming, being absorbed in a book or music or television, driving and arriving at

your destination without recalling all the usual landmarks etc. are good examples of *alpha states*. The trance state is therefore a *natural* phenomenon. Clinical Hypnosis practised by a trustworthy and professionally qualified therapist is completely safe.

How does Hypnosis work?

The subconscious mind is the source of many of our problems and self images. Our beliefs, habits and behaviours are stored as information. The subconscious is a tremendous reservoir of our unrecognised strengths and knowledge.

Hypnosis is a natural and effective technique for accessing the subconscious mind - the key to unleashing our potential, changing our unwanted habits and behaviours and finding solutions to our problems and concerns.

Any therapeutic intervention implies change, so entering a trance state alone does not signify a therapeutic endpoint. Once the individual has achieved a trance state the hypnotherapist may give suggestions to the subconscious mind aimed at overcoming specific problems such as lack of self confidence or smoking or over-eating.

What happens in a hypnotherapy session?

There are many different ways of achieving trance state. Usually, you lie in a reclining chair or couch and the therapist talks to you in a slow and soothing voice. You may be asked to imagine or visualise walking down a country lane, or stare at a fixed point or listen to the sound of the therapist's voice. Suggestions for relaxation may also be given. To deepen the trance, the therapist may count you down from 10 to 1 or ask you to imagine walking down a flight of stairs. You will feel very relaxed but still aware of your surroundings.

To return to full consciousness, which you can do all by yourself *at any time*, the therapist may count up from 1 to 10.

The client may be aware of everything that the therapist says during the session and that's OK because they are still in hypnosis.

Also, the client may fall asleep during the session, and that is OK as well. Even if the client falls "asleep" during the session, his brain is still recording all of the information in his subconscious mind. Later on he will be lead out of the hypnosis, as usual.

The length of treatments depends on the problem or symptom and the individual's circumstances. With some people a problem like nail biting can be successfully treated in one session. Other problems such as panic attacks can take up to 5 or 6 sessions.

In the course of the therapy clients are usually taught self hypnosis (with our without a CD) as part of a number of therapeutic homework tasks.

The first session usually lasts one and a half hours with subsequent sessions between an hour and an hour and a half.

- Nobody can ever be hypnotised against their will and even when hypnotised, people still remain in complete control of any suggestions given.
- The whole object of clinical hypnosis is to take back control that has been lost and which has therefore resulted in the symptom or problem.
- It is estimated that approximately 85% of people of all age groups will readily respond to hypnosis.

Subconscious and Fantasy

The subconscious state is remarkable. It is *impossible* for the subconscious to know the difference between fantasy and reality. It is the conscious mind's job to do that. It is because of this that hypnotic suggestion and visualization have such lasting, positive effects for re-programming our mind.

Biography

Deep Self Confidence™ no matter what the situation.

ALKISTIS [Dr. Alkistis Agiorgiti] is a Leadership Development Coach, with an Expertise in *Increasing Self-Confidence & Stress Reduction*. She works on developing the type of Self-Confidence that *is immune to external situations, which she coined, Deep Self-Confidence™*.

ALKISTIS has trained hundreds of executives in Presentation Skills, Stress Management, Emotional Intelligence & Leadership for the past 15 years, and has empowered the public through “alkistisTV”, which has over 1 million viewers worldwide.

Details:

ALKISTIS was born in 1968 in Athens, Greece and grew up in **Montreal**, Canada. In 1985 she studied International Finance at the Chartered Institute of Bankers in **London's** City, and then began a working in the corporate division at a major British Bank [Barclay's]. However, the field was not fulfilling, so she left her friends, home & promising career with only 1000 dollars, on a personal Odyssey to discover her true life purpose. This journey began as a trek (alone) throughout **Asia Minor**, and continued to **Paris, Rome**, and then **Berlin** working various jobs.

After completing the Yoga Teacher's Training for Stress Reduction, she returned to university as a mature student, and completed a Master's in **Integrative Psychotherapy** of **University of Middlesex**, and then a Doctorate in Philosophy from the University of Sedona, Arizona and **Neuro-Linguistic Programming** (NLP) with **Richard Bandler** and **Anthony Robbins**.

She became a motivational speaker and coach for executives in various **multinationals** such as Mercedes-Benz , America-on-Line, Bertelsmann, Ernst & Young Cap Gemini, Banque National de Paris, TUI Hellas, Athens Olympics 2004, Credit Bank, GlaxcoSmithKline, Novartis, Bosch, Bayer, Eurobank, SonyEricsson etc...

Books include: *You Can Realize Your Dream, The Answers to All Your Questions are Within, Write Your Life Scenario*

www.alkistis.net

