

# HOW TO CONTROL YOUR MIND

## Using Powerful Self Hypnosis

**"I loved it! I now realize I was making myself a spectator to my own life - I'm beginning to feel like my old self again - more in control of my life" Maureen, Devon**

# **How To Control Your Mind Using Self-Hypnosis**

## **SAMPLE EDITION**

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## **Introduction**

How many times have you wanted to do something, haven't done it, then later wondered how you got so distracted on other things that don't really matter?

React badly to something in the same predictable way that you always do, despite knowing that you'd much prefer to react in a more useful, positive way?

Or how many times have you had that niggly feeling deep down that somehow, there's something in your mind that trips you up and makes sure that you never quite get to where you want to be? A saboteur in the most hidden place of all.

If you answered yes to any of these, then you're not alone! Everyone is a slave to their subconscious minds – some just have better directed minds. It's as simple as that! You might not believe me now, but as you learn more about how the mind works, you'll start to appreciate just how powerful the slightest changes to the subconscious can be. *Life changing* kind of powerful.

Primarily, this book is about how your subconscious works and how to learn to have a greater control of it. You'll learn some great techniques including self-hypnosis and direct methods to program your mind. Basically - improving self-awareness, then making great use of it.

The extent to which you could benefit from subconscious programming is literally down to your imagination. I have seen clients go through seemingly miraculous changes as a result of subconscious change work. I have seen people effortlessly lose a stone in weight in a month, free themselves of mysterious pathological illnesses, confidently make life changing decisions that bring about huge positive results, and overcome anxieties and phobias in minutes. My involvement was merely to direct thoughts, attention and awareness towards certain areas, the rest was down to basic principles of how the mind works.

*Isn't that great? You don't need any powerful resources because you already have it right there, stored inside of your mind. You just need to learn how to tap that resource!*

Time and time again I am reminded of just how powerful and creative the subconscious mind is. The good news is that you have one too. But to really appreciate that, you might

have to also realise the bad news of how it has accidentally, but equally powerfully, led you into some negative outcomes.

I hope that in reading this you embark on an inner journey of exploration. You may even wish to keep a pen and paper handy in case you have any sudden insights or ideas whilst reading. It's actually quite likely – the examples are quite varied and there are likely to be a few that you relate to in some way. Some of the patterns and dynamics are so universal that you are surely going to relate them back to your own life, this is after all the point. Keep a note of any significant thoughts – they may prove invaluable when it comes to writing your unique positive suggestions in Part 5.

I have tried to keep this book as succinct and efficient as I can, to reward you as much as possible for your time invested in reading it. There may be times where you wish I'd gone into more detail on a subject, or clarified something. If so I can only apologise. Some areas could merit volumes of their own, however even a beginner's awareness can be useful enough to stimulate further ideas, realisations and awarenesses in your mind. At the very back are my contact details should you wish to feed back any ideas for future revisions – I welcome them wholeheartedly.

## **Who's In The Driving Seat?**

### **An Introduction to Subconscious Psychology**

You meet a new person, get talking, and for a moment you look at life through their eyes. You find yourself stepping into their shoes, absorbing their attitudes, perceptions, their outlook on life.

It feels different. It feels good.

You suddenly find yourself thinking slightly differently. Maybe you have momentarily let go of a few worries, maybe you suddenly give yourself *permission to be happy*. With this new mindset, you look forward to something, feel excited in *a different way*. You become aware of different opportunities, believing in yourself in a more positive way and imagining yourself in *a different way*.

But then... you soon find yourself surrounded by normality... and the *same old feelings* and mindsets return.

*“Damn! The other day I was full of ideas and felt great... now I’m back stuck in this rut...”*

Someone is talking about their past. Maybe a friend, or even someone on TV. You realise something about your own past, it hits you how something influenced you in some way, *that was actually out of your control*. At the time, you took it personally, but now you know better. You think about how things might be, if the past had been different.

But then... you soon find yourself surrounded by normality... and the *same old feelings* and mindsets return.

You’re listening to music in a car, thinking things over. You feel great – and get a great idea for something you’d like to do for yourself.

But then... you already know what happens, you’re one step ahead of me. But something else is one step ahead of *you*.

Yes, life is full of these opposing forces and ongoing conflicts. You get influenced in a good way one moment – but then are pulled back again in a bad way. What is really going on here? I would say it’s an ongoing struggle between the positive and negative influences of everyday life, and that deep part of yourself that is aware, full of life and energy, that is mostly buried under all the nonsense. The conscious, and subconscious.

As you get older, the feeling of being in control and driving your own life can shift into something altogether scarier. *The feeling of being driven, of being a passenger, and not really knowing why or how you ended up where you are.*

In a sense, both are true. You are driving your life, and you are being driven. It just depends which aspect of *you* we are talking about.

It’s worth getting to know both.

Let’s begin a quick look at the subconscious mind. Now, we’re going to get a little abstract and imaginative here – so do your best! If you can grasp this, then you’ll be *doing well*.

So I want you to imagine a dark store room.

Jars everywhere. Shelves of jars, boxes of jars, piles of jars.

Now picture the jars as being memories, containing swirling visualisations of events. Some are recent, some long ago. Some close, some far away. Some are in the open, others are buried in boxes, or by other jars. Some are clear, some hazy. That's a fairly straightforward analogy so far, right?

Now let's introduce the idea of emotions. Let's imagine this as *smells*. So... some jars smell good, others bad. The interesting thing here is that where the jars are in relation to each other will affect how you feel about them... So there may be a jar that smells of fear (e.g. with a memory of abandonment). If you have a jar of a spider next to it... then you're going to feel fear towards spiders too.

Next up, goals, or things that we imagine rather than actually happened. So these are simply jars of things that we imagine, where we create the swirling visualisations inside. These jars are going to have different coloured glass, some clear, some dark. Some are too high to reach, others are mixed with bad emotions.

Where things are placed is important, because the associations between one thing and another are completely relevant in terms of how you think (and not just *feel*, in terms of the emotions). So things that are near to each other are going to be associated.

The reason that I've tried to explain your subconscious like this is to try and illustrate how it relates to your conscious mind in terms of *awareness*.

Your conscious awareness is anything that you are aware of at any one time, and its *changing* all the time. You will be aware of sensory information, as well as thoughts and feelings.

So let's now imagine your conscious awareness as being like a torch in that storeroom. You're shifting the torch light around various jars. Each time you see a jar, you also see jars that are near it – they're associated. Sometimes you feel an emotion.

Now let's imagine you have a few torches – about seven – drifting around that room at any one time. This is about the number of things that we hold on conscious awareness at any one time.

Now let's imagine that storeroom being *absolutely huge!*

So most of the time, your subconscious is there, but it's outside of awareness. Most things in that room can enter conscious awareness – but some things are harder to reach than others. *Some things are buried.*

*But everything can be changed.* You can change the position of one jar to another, the emotional attachment, the visualisation within the jar, the clarity, how reachable it is.

But the analogy ends there – because the subconscious is far more dynamic and active than that.

The subconscious constantly feeds your conscious awareness by directing your senses to whatever is worthy of attention, and providing thoughts, patterns, ideas. The subconscious is vastly powerful – it has a huge influence over everything you *think, do, feel, or perceive*. A huge majority of your life is directed by the subconscious machine. It's like a servo-mechanism (sorry for all the analogies!) – constantly processing the beliefs and expectations its programmed with and moving towards them. Among those goals are instinctive ones, such as avoiding perceived harm, threats, hurt and pain.

Your subconscious mind is programmed through various ways, intentionally and accidentally. Its makes no difference whether the beliefs and expectations are positive or negative, good or bad, right or wrong, the subconscious simply 'absorbs' and operates on what it learns.

The conscious mind is there to attend to new things, to experience, and to think and reason. Frequently, the conscious mind is simply rationalising everything the subconscious mind is doing – following behind like a loyal but fickle slave, making you feel *justified* and giving the illusion of *consistency*.

As an adult, your conscious mind allows you to critically consider what to accept and what to reject in terms of what ideas you allow to impress themselves on your subconscious mind. However, even then, negative ideas, beliefs or expectations can slip through. Repetitive



insults from bad relationships. Implications can also be suggestive – such as being fired or being left by a partner (the implication pushing the idea inside “you’re not good enough”). Ideas repetitively suggested through media, culture and advertising (“you won’t be happy unless you have the latest...”, or “you must be beautiful to be attractive or happy”).

However, as subconsciously suggestive as *adult* life can be, it’s the tip of the iceberg in terms of your overall learning about yourself, other people and the world.

The majority of your subconscious learning takes place during early childhood – before your conscious critical faculty has had a chance to develop. As an infant you don’t know enough to know what is right, wrong, good, bad, useful, stupid, destructive, pointless, valuable – you simply learn as many associations and impressions as you can – absorbing the world. You were receiving and reacting to suggestions every minute of every day.

Once you can understand words, people around you made a deep impression on your subconscious with everything they said about you. Even before words, you’re absorbing emotional associations e.g. if someone frowns at you or pulls a scary face. If you hear your mum crying whilst dad is talking loudly to her. If people close to you repeatedly gave negative opinions such as that you were bad, stupid, clumsy then you could not help but subconsciously accept their low opinion of you.

Suggestions don’t even have to be said, they can be implied. For example, a father who came home late and didn’t give enough attention was implying the suggestion “you’re not worthy enough of my attention”, despite whatever (if any) valid reasons he may have had.

A mother who seemed to favour a sister was accidentally offering the suggestion “you’re not as good as your sister” *even if the sister was much younger and needed extra attention*.

Bear in mind that these examples are simply to show the power of suggestion, and not to imply blame on those who brought you up – people do the best they can with what they know and the resource they have – just as you are doing now. I don’t need to tell you that as adults, we are all responsible for ourselves.

This kind of childhood conditioning though affects your whole outlook right through your adult life. Most adults are ignorant of the destructive influence of negative suggestion – their minds have adapted to cushion the negative impact, with beliefs such as “this is just the way it is”, or “that’s just who I am”.

Others find ways to cope with the anxiety, emptiness or low self-esteem by searching for external stimuli to thrill, escape into, or distract. Others still reach a level of self-awareness where the inner being shouts “I know there is more than this!” and reaches the all-important point of *being ready for change*.

Childhood programming is obviously not all negative, and indeed most of it is very positive. Perhaps you were fortunate enough to have people around who emphasized your good traits, suggested that you were bound to succeed, saying you had a marked ability, a lovable personality and other good qualities. If so then they suggestively built up in you a confident subconscious attitude which is such a valuable asset to expressing your true potential. If your parents did not give you enough positive suggestions, it is now up to you to give them to yourself.

Hypnosis and self-hypnosis are really words for *subconscious influence*, and but are great ways to bypass the conscious, critical mind. Without the presence of doubt, analysis and conscious awareness, the subconscious becomes more open to exploration and installation of new, positive ideas.

Learning self-hypnosis will give you perfect confidence in yourself, whether you are standing in front of ten or ten thousand people. It gives you the ability to remain calm and relaxed regardless of the situation. Along with reading this book, learning self-hypnosis will give you a wonderful understanding of human nature and show you how to relate to most of the people with whom you come into contact. Once you learn the tremendous power – both negative and positive – that suggestion has, you will be far more protective against accepting any negative suggestions.

**In a nutshell then:** Your subconscious directs you throughout life in many subtle ways. Successful achievement, health and happiness are mostly the result and reward of constructive, powerful subconscious suggestion. Feelings of inferiority, failure, misery, sickness and even death can all result from destructive suggestions and negative fixed-ideas about the self.

Healthy and positive self-influence will set in motion creative forces and powers in you that you may not know you have, forces that can relieve you of fears and worries and lift you to a higher level of well being.

This book will show you just how robust and perfect your mind already is (perhaps much to your surprise). Yes – your mind works wonderfully well or else you wouldn't be reading and understanding this. The human brain is an incredible learning resource – able to associate powerful and complex concepts and symbols in single experiences. Problems and barriers have developed because of the bad suggestions and false ideas that you have absorbed – providing the 'blueprint' for your beliefs, thoughts and feelings – which can then lead to habits, addictions, and tendencies. The good news is that you can then learn how to use the same powerful directive technology of your subconscious in your favour – *for a change*.

### **A Warning**

In this text there are lots of references to the influence of others, such as parents, teachers, friends etc. It's important to remember that self-improvement has nothing to do with *blame*. When reading and thinking, you may start wondering about things and come to the conclusion that it's all *so-and-so's* fault.

Remember this:

*It's not the events themselves that influence you, but the meanings you give them.*

No one is to blame. The mind simply learns in its own unique way. We are all in this together – all affected in one way or another, all trying to make sense of our lives, all trying to satisfy needs, protect against fears and insecurities. People only ever try the best they can with the resources they have at the time. This isn't about blaming – it's about taking responsibility for your own learnings, learning to take control for a change, and changing your self.

### **A Special Note**

Some people (particularly in Britain) associate personal power or success with greed, believing that it is somehow selfish to feel good and powerful in yourself, or to want to be successful. Success doesn't have to be about money, and even if it were, there is nothing wrong with that. Financial security to look after yourself and your loved ones is obviously good (you might be surprised to learn that there is more than enough money in the world to provide abundantly for everyone, and that 2% of people hold 98% of the wealth). This idea is

simply a rational reinforcement of existing (and negative) ideas about your self, and your self-worth.

It is common to think that you somehow don't deserve to be *that* happy, or that you aren't quite good enough. "You should be quiet!" Humble! Play the game! Be the small person! This is exactly what the establishment wants you to believe – it's far less trouble if people don't get any big ideas, just work hard (undeserved guilt is always a good motive) and become emotionally empty consumers – believing that buying more stuff makes you happier and keeping the economy going. Keep the country powerful – not yourself!

You deserve *much more* than that – but again, success has nothing to do with money. Just having self-confidence to approve of, and accept yourself, so that you can express your true nature is to be *very* successful and highly enriched.

Similarly, thoughts of confidence are commonly associated with *over-confidence* or even *arrogance*. Sometimes in sessions I have asked people "would you like to be more confident?" to which they've answered "well yes, but not *too* confident". Nonsense! There is no such thing as 'too confident'. Once it becomes 'too' it is no longer confidence – it is something else (arrogance or cockiness). Confidence is simply holding a positive belief about something, but preferably your self. You have just as much confidence as you'll ever have – but most people become confident about negative things (such as "I'm not good enough"). This negative belief largely stems from over-powering adults (parents, relatives or teachers) who were careful to 'put you down' if you became confident (*too* confident for *them*). Feelings of inferiority are a vicious cycle – adults may become uncomfortable seeing a child being more confident than they are – therefore threatening their view of the world and 'how things should be'. The idea of potential criticism is too associated and painful – so they quieten the child down or say something critical themselves. And so the cycle continues... But this isn't to say it's ok to let your kids run around like noisy brats! It's obviously possible to learn to be self-confident and respectful at the same time.

### ***So where do problems start?***

#### Faulty programming

- Erroneous beliefs (particularly negative self-beliefs such as "I'm not good enough" or "I don't deserve to be happy")
- Erroneous associations (spiders are dangerous)

- Negative expectations (“I’ll never amount to much”)

#### Conflicts

- Conscious ideals differing from subconscious goals

#### ***How do problems get resolved?***

##### Re-education of the subconscious mind

- Replacing negative ideas, beliefs and expectations with positive ones
- Installing positive suggestions and new associations
- Installing positive vivid goals to work towards
- Releasing bottled up emotions (anger, guilt, fear)

##### Resolution of conflicts

- Reframing perceptions to see in different ways
- Fulfilling goals in more useful ways
- Becoming more self-aware and directive

##### Learning self-hypnosis

Thank you for reading!

Interested in reading the rest?

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