

# Lessons of the Mind. Creating Students of Change

## ***When & with whom should you use this approach?***

As always, you should calibrate your approach with your client's expectations. By simply asking them their experience with hypnosis, firsthand or via someone they know or saw, will help you understand what they expect from your sessions.

And when you discover the motivation behind the change, and what making this change will do for them now and in the future, you'll have a good understanding of their expectations and if this approach, framing hypnosis as a learned skill that ***they have already and will continue to excel at***, is right for them.

So who wouldn't it be right for?

My approach is to always remind / reframe hypnosis as a learned skill, something they've always been doing, but to withhold the more detailed explanation of this approach with two types of clients:

- 1) those that already have positive experiences of rapid change with hypnosis and expect that again
- 2) those that clearly have no interest in using the power of their mind on their own, in the future, for any other change.

But I do have a caveat with these clients – I listen carefully to what these clients say, verbally and non-verbally, for unrealistic expectations or for other indications that they are fully committed to do ***their part*** in making the change they desire. If they expect me to do all of the work, or aren't sufficiently motivated, I'll refund their payment and choose to not work with them at that time.

## ***Why use this approach?:***

- It makes our work reproducible for our clients, beyond and after their time with us
- Greater ***awareness*** leads to greater ***control*** and that leads to the ability to ***change***.
- Hypnosis is a natural state and skill, they've been doing all their life – accidentally in the past, but now intentionally
- You will attract committed clients and those are the best for your business.
- You become the Mind Expert, a Mindset Trainer or Mind Coach
- This brings the possibility of corporate work
- Teaching our clients about the way the mind works and how change occurs their will answer the most common questions and misconceptions they may have about hypnosis:
  - Can everyone be hypnotized?
    - o It's a ***State*** of Mind, a ***Scientifically*** measured state of brain activity, and a learned ***Skill***
  - Do you have to believe in it? No – commercials, unwanted habits of parents – (fears and habits of parents often become ours). But for intentional change, believing, wanting, and expecting helps. There's a commitment that assists change on neurological, energetic and quantum levels
  - Can hypnosis make someone change, or do something? No- it can make it easier, at times much much easier
  - How many sessions? Like learning a new instrument, everyone different. Some clients learn some cords quickly and easily and others need more practice.
  - Do you guarantee it will work? Just as the best award-winning teachers, professors, and instructors can't guaranty A's or mastery by their students, it's the student's desire and commitment to learn that "guarantees" the result

- Will I need refresher sessions? Maybe, or you can do it on your own – home fun – MIND MINUTES, DVD's, videos

### ***How do we “teach”?:***

#### Rules of Mind –

- Imagination is more powerful than knowledge when dealing with the mind
- The Subconscious Mind does not differentiate between what is real and what is imagined
- The Subconscious Mind is illogical
- Once a belief or idea has been accepted by the subconscious mind, it remains until it is replaced by another belief or idea
- The subconscious mind knows only NOW
- The Subconscious mind is always willing to provide whatever leads to happiness and/or survival and will provide the impetus instantly once it understands what is needed
- The subconscious mind works only for your benefit and does it 24/7
- The subconscious mind has the mental capacity of a Five-Year-Old Child and runs 95% of your life
- The subconscious mind is programmed and reprogrammed in three ways:
  - Repetition
  - Authority figure
  - Trauma
- The subconscious mind, like any 5 year old, needs 4 things to Thrive:
  1. Love
  2. Acceptance
  3. Guidance
  4. Discipline
- You have the **Right**, the **Power** & the **Authority** to teach your Subconscious mind a better way of living

Theory of Mind = Use Whiteboard

Think and Know vs. Feel and Believe

Garden – plants

Muse

Our mind is the most wonderful instrument we have, and we've never been taught how to play it, to utilize it to it's fullest potential – Ukelele

We're already doing it – accidentally. A five year old is running our lives. Let's teach, train and re-program that 5 year old intentionally... by practicing

POST TALK –

REVIEW – What they DISCOVERED... what they chose as ALTERNATIVE BEHAVIORS.... WHO they have chosen to be .... HOW they've chosen to FEEL

Teach your clients how to train their SC – their 5 year old. – Self hypnosis, self-care techniques

Give books, videos, other resources

## LINKS AND RESOURCES:

[www.choosemuse.com](http://www.choosemuse.com)

[www.buddhaboard.com](http://www.buddhaboard.com)

### **Keeping the Brain in Mind: Neuroscience for Coaches, Therapist and Hypnosis Practitioners – Shawn Carson and Melissa Tiers:**

[https://www.amazon.com/Keeping-Brain-Mind-Neuroscience-Practitioners/dp/1940254043/ref=sr\\_1\\_1?ie=UTF8&qid=1514837037&sr=8-1&keywords=keeping+the+brain+in+mind](https://www.amazon.com/Keeping-Brain-Mind-Neuroscience-Practitioners/dp/1940254043/ref=sr_1_1?ie=UTF8&qid=1514837037&sr=8-1&keywords=keeping+the+brain+in+mind)

### **Integrative Hypnosis for Kids and Teens: Playing for Change – Melissa Tiers and Kelley Woods:**

[https://www.amazon.com/Integrative-Hypnosis-Kids-Teens-Playing/dp/1534682163/ref=asap\\_bc?ie=UTF8](https://www.amazon.com/Integrative-Hypnosis-Kids-Teens-Playing/dp/1534682163/ref=asap_bc?ie=UTF8)

### **Breaking The Habit of Being Yourself: How to Lose Your Mind and Create a New One – Dr. Joe Dispenza:**

[https://www.amazon.com/Breaking-Habit-Being-Yourself-Create/dp/1401938094/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1514837331&sr=1-1&keywords=breaking+the+habit+of+being+yourself](https://www.amazon.com/Breaking-Habit-Being-Yourself-Create/dp/1401938094/ref=sr_1_1?s=books&ie=UTF8&qid=1514837331&sr=1-1&keywords=breaking+the+habit+of+being+yourself)

### **Evolve Your Brain: The Science of Changing Your Mind – Joe Dispenza:**

[https://www.amazon.com/dp/0757307655/ref=sxbs\\_sxwds-stvp\\_1?pf\\_rd\\_m=ATVPDKIKXoDER&pf\\_rd\\_p=3341940462&pd\\_rd\\_wg=51bF5&pf\\_rd\\_r=75TM2M36YE8FBN555ACP&pf\\_rd\\_s=desktop-sx-bottom-slot&pf\\_rd\\_t=301&pd\\_rd\\_i=0757307655&pd\\_rd\\_w=mwh7p&pf\\_rd\\_i=null&pd\\_rd\\_r=9063f85a-e4e3-4e7c-95ab-6db0c9cd5c6d&ie=UTF8&qid=1514837385&sr=1](https://www.amazon.com/dp/0757307655/ref=sxbs_sxwds-stvp_1?pf_rd_m=ATVPDKIKXoDER&pf_rd_p=3341940462&pd_rd_wg=51bF5&pf_rd_r=75TM2M36YE8FBN555ACP&pf_rd_s=desktop-sx-bottom-slot&pf_rd_t=301&pd_rd_i=0757307655&pd_rd_w=mwh7p&pf_rd_i=null&pd_rd_r=9063f85a-e4e3-4e7c-95ab-6db0c9cd5c6d&ie=UTF8&qid=1514837385&sr=1)