

## **Get ready to experience the Master Trader's Mindset Guided Visualizations**

### **What happens in each session?**

Each session will start with a time for relaxation. During the session, you will be invited to create some new pictures, sounds, thoughts and experiences.

You will be clearly directed at the end of the session to enjoy the state of mind you have created for yourself and to come back to full wakefulness when you are ready.

### **Do these guided visualizations create a positive change?**

Each visualization is created to give you a new experience that you can choose to step into during your trading or not if it isn't helpful.

### **Do I need to feel some deep trance?**

You don't need to be in a deep trance. The more willing you are to allow the visuals to become part of your experience, the more options you will create for yourself as a trader. If you feel you have a need to prove it won't work, then it may not work. Try to relax, remove interruptions, and let your imagination experience it in all your senses.

### **I am having trouble relaxing during my session.**

Sometimes you may want to help your mind and body by deciding that you WILL relax just a little while listening and that each time you do the session your mind will relax even more. If you listen before going to sleep you can take advantage of a natural hypnosis state that happens just before sleep.

### **Do I have to believe that this will work? If I am skeptical will that prevent it from working?**

Your conscious mind doesn't always have to believe that this will work. Your inner mind will experience the images, emotions, feelings and sounds as if they are real. When your inner mind absorbs the experience in this way it builds it as a real memory in your brain, and your mind and body make changes based on that inner belief. Even if you are skeptical and unsure that you can make something change, be assured that with the guided visualization sessions, you will start to see and feel changes right away.

### **My mind wanders while I'm listening. I can't stay focused on what you are saying, is this okay?**

Your conscious mind is drifting away thinking of other things, while your subconscious mind is very aware of everything being said. You are achieving a state of hypnosis if you are in that dreamy state. You may want to try listening to the session in the morning, or at another time of day, and sit up with your head supported. Even though your mind is wandering, your subconscious mind is still aware and absorbing the information. Some sessions are interactive and require your conscious awareness during the session.

### **What if I fall asleep while listening?**

It is normal for most people to fall asleep, especially if you listen at bedtime or while lying down. You may find that you drift off and don't remember what was said. If you notice that you are awakening or bringing your attention back to the voice and to your body, then your subconscious mind is listening, and you are getting the benefit of the session. If the session is one that needs your participation, listen when you are out of bed, keep your head upright, try sitting up in a chair, upon waking in the morning or midday.

### **How soon should I notice changes with this program?**

Everyone is different. If you have done a lot of meditation, mind work, or hypnosis, you may notice a change right away. You can teach your brain to respond. Some people have amazing profound changes within one day. Some notice a gradual change over a few days or weeks.

### **What is Hypnosis or Guided Visualizations?**

No matter what you call these audio sessions, they are simply a relaxed, focused state of concentration. There is a specific state that the brain enters into when it is receptive to suggestion. It is not an unusual state of mind and may feel like you are not in a trance, or in hypnosis. Most people simply feel relaxed. During this time the mind is very open to visualizations and creating a rich sensory experience. The more real the experience becomes in the subconscious mind during this state, the more effect it will have on your waking behavior.

### **Can Hypnosis make me do something against my will?**

This is probably the biggest myth of all. You will never do anything or accept any suggestion that violates your morals or values. You will only be accepting suggestions that are for your best and highest good.

### **What if I don't wake up?**

No one has ever got stuck in a terminal state of hypnosis. It simply cannot happen. If the hypnotist left the room, or if you were listening to a tape and the power went out, you would either fall asleep and wake up naturally, or your subconscious mind would detect that there is no voice guiding you and bring you to conscious awareness.

### **Will I forget everything during the session?**

It occasionally happens that there is amnesia for the session. You will be aware of everything around you, and remember most, if not all, that happened in the session. Usually, you will remember it better than a conversation we had, because your mind is in such a focused state.

### **Can these sessions help me create a new way I think and talk myself?**

These sessions can be the one most important tools to change the way your mind experiences your world. If there ever was a magic wand that could help you change anything about your life, your health or your behavior, this might be it. A Good Hypnotherapist knows how to gently release blocks and fears and create a new inner belief that will set the wheels in motion to make

changes in the way you think, feel and behave. We are constantly hypnotizing ourselves. I think that sometimes we are our own worst enemy, when we call ourselves names, or put ourselves down and reinforce fears and limitations. It can get to be a habit and if you do it long enough you will get the results you ask for.

**Imagine the power you have to suggest to yourself a world that serves you better!**

These audio recordings make suggestions that will invite you to create your own positive and powerful changes. Imagine what might happen if you changed the suggestions that you give yourself daily? You have the power to make your brain happy or sad, afraid or confident, healthy or sick.

**What if your brain adopted the mindset of the Master Trader?**

In addition to these Guided Visualizations, you can join our online classes and Master Mind groups where we operate from your state of success.

<https://MindMusclesForTraders.com>