

# **Simplified Self Hypnosis**

**Version 2.3**

*A manual on integrating self hypnosis on your own and in your daily life*

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## **Thanks and appreciation**

Special thanks to my teacher Don Spencer for demonstrating the transformational life changing effects of hypnosis, and my teacher Wayne Donnelly, for being an inspiration, and for introducing me to the world of Hypnosis.

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## Preface

I mainly started this work for myself, as it helps me bring more focus and structure to the approach of self hypnosis. I started using self hypnosis in 2010 to deal with the issues I was facing at the time, anxiety, memory retention and over all well being. I found that the scripts I was recording and then listening to were working and started having a real effect on me.

This is when I started showing more interest in self hypnosis and hypnosis generally. I also became more conscious of what I feed my mind on a daily basis, so I became cautious of what I watch on TV and what I listen to. I then embarked on a journey of discovery and was looking for every bit to make the process of making self hypnosis scripts better, more effective and easier to do.

I found that by making the process of creating and listening to your own script easier, the more chance you had to actually commit to listening to them daily. This includes making the scripts shorter, and making the creation of the scripts quicker. This manual aims to achieve that and through sharing this with other enlightened minds, I was able to fine tune this manual based on their valuable feedback.

## Introduction

In a world of rapid change and increased competition, we find ourselves often challenged to find motivation and inspiration in order to grow and expand our horizon of knowledge and skills.

There are many out there offering guidance and direction into navigating the seas of uncertainty, but many of us don't realise that we have our own self guidance and potential within, and this can be harnessed through the power of self hypnosis.

Self hypnosis has the power to tap into the unconscious mind which is unlimited in its capabilities and potential and can help you achieve your dreams and desires.

A great advantage of self hypnosis is that it aids in the relaxation of your physical body and puts you in a state of mental peace and relaxation. That, on its own, is a great benefit of today's stressful world.

## What is hypnosis?

We experience hypnosis every day, and often, we go in and out of hypnotic state several times a day. A very familiar example is that of watching a movie, when you find yourself engaged with the characters to the point where you would react emotionally as if you were really watching a true event before your eyes.

What happened there? Your conscious mind knows for a fact that what you are seeing isn't real. It's because the critical factor of your conscious mind was absent. Somehow, you allowed that part of you that is always questioning whether or not something is true, or will work, or is real, to go quiet and stop asking these questions.

And while you were totally aware that it was a movie, you allowed yourself to believe it was true, and you allowed it to have a real impact on you. Yet, you could have just turned off the TV and walked away, but you didn't want to.

This is what hypnosis is, it is a state of mind, where you are fully aware and in a heightened state of focus (just like you were watching the movie), and whatever suggestions you receive are treated as real by our sub conscious mind.

So by taking advantage of a naturally occurring state of mind, through hypnosis you can literally change habits, remove phobias, create new empowering beliefs, and much more.

## What is Self-Hypnosis?

In self hypnosis, you willingly put yourself into a hypnotic state then listen to a series of suggestions that it is meant to go straight to the subconscious mind and eventually helping you achieve your desired outcome.

The way you reach a hypnotic state, is through an induction, which can be achieved in many ways. The most common method for an induction in self hypnosis is to follow a set of instructions that put you in physically and mentally relaxed state but with heightened focus, specifically on the voice of instruction.

Once you have reached this state, a pre-recorded set of positive suggestions is played while you are totally relaxed and fully focused. The aim is to bypass the critical factor and have your subconscious mind fully absorb and internalise these suggestions.

Through self hypnosis, you are able to address the areas of your life that require change, and introduce new empowering beliefs and habits.

This manual will teach you how to do all of this on your own.

## My take on Self-Hypnosis

I have been doing self hypnosis primarily for my own well being and addressing issues I face as they come.

Initially, I started by reading scripts from a book into a voice recorder, then listening to my recordings many times. It was through these scripts that I learned a great deal. The issues I faced where:

- 1- The inductions took at least 10-15 minutes which made the whole recording at least 15-20 minutes, and I found myself often reluctant to listen to such recordings for an extended period of time.

My work around for this is to develop a script that programs you to reach a hypnotic state much faster and through a series of verbal queues and mental imagery, which I share in this manual.

- 2- If I needed a script for something that wasn't in the book, or not quite what I needed, I was stuck. This is where I started looking at writing my own scripts which I share in this manual as well.

## Stages of Self-Hypnosis

There are three stages in self hypnosis, the induction, suggestions and awakening.

- 1- **Induction:** This is the most important stage of self hypnosis, in my opinion, as it plays the major role of getting you to the right state of mind to receive suggestions.

The induction part of the script aims to relax the physical body and put the mind in a very relaxed and calm state so that it's too relaxed to question any of the suggestions that are played later.

This is mainly achieved through a set of instructions that might last 10-15 minutes, or hopefully, much less with a combination of specific conditioning and triggers.

In this manual, I have included a script that will associate a specific mental image and verbal instructions with being in a deeply hypnotic state, which can be used in other scripts to dramatically shorten the inductions.

- 2- **Suggestions:** Direct suggestions are statements you listen to while in a hypnotic state, or trance. The purpose of these statements is to re-enforce a particular state that you want to achieve like being confident, or to lose weight, stop smoking, have a better memory, be more relaxed, etc.
- 3- **Awakening:** This ensures that you come out of a hypnotic state slowly, as well as develop a queue that signals your mind that it's time to go back to fully waking state.

## How to write suggestions

The purpose of this section is to explain how to best form these suggestions to ensure maximum benefit out of your self-hypnosis recording or session:

- 1- Consider what values would be required for the new state:** Think about what values would be required for someone who wants to:
  - 1- Quit smoking: health, vitality, family
  - 2- Weight loss: health, vitality, family, energy, achieve goals
  - 3- Confidence: self respect, self love, competency
  - 4- Public speaking: inner strength, well spoken, rapport with audience
  - 5- And the list goes on...
- 2- First person statements:** There have been many theories about how to structure these suggestions. I personally switched to using first person. So all your statements will be: “Every day in every way I am feeling better and better”, or: “Every time I enter the exam room I feel total calm and peace, and my focus is sharp. I can recall everything I read with clarity”.
- 3- Use positive language where possible:** Ensure all the language used is positive. So, instead of using: pain, anxiety, stress, fear, use: discomfort, unease, uncertainty, challenging.
- 4- Create the image you want to achieve:** So, if you want to quit smoking, create an image of a smoke free life, and use words like:
  - 1- I enjoy breathing fresh air, and feeling how clear my lungs are
  - 2- I have healthy habits to manage discomfort, I do deep breathing, eat healthy, enjoy the good things in life
  - 3- I love my body and treat it with respect. I feed it what it deserves and love to be healthy and happy
  - 4- I chose good company who have good healthy habits, I contribute to their well being and they contribute to mine
  - 5- Every day in every way my health improves, and my body craves healthy things
  - 6- Whenever I have an option, I choose the healthy option
  - 7- I deal with the challenges in my life in healthy ways that make me a stronger and more resilient person.

Notice, there is no mention of cigarettes, or smoking, and this is exactly the goal. To create a life without smoking, you need to image what it would be like without smoking and how you would respond to the challenges you face every day as a smoker and how you would replace that with healthy habits.

The same goes for weight loss, confidence, public speaking, studying, once you are done, make them into a list of points, that you will make part of your script.

## **The importance of voice tone**

It is best to use two different voice tones, one that is your normal waking tone, and one that is slightly slower and deeper. Use the slower/deeper voice tone when doing the induction and while doing suggestions, this trains the mind to go into a relaxed state when this tone is used. When awakening, switch to your normal tone, so the mind associates it with being awake.

Next time, before you know it, as soon as you hear that slower/deeper voice, you will just slip into a totally relaxed state because it is only natural to do that.

## **Writing and recording your own scripts**

I personally prefer shorter Self-Hypnosis scripts which are between 5-10 minutes long. While longer inductions can be more effective, I have been able to reach an induction fairly quickly by associating a certain mental image and verbal queues with a deeply relaxed hypnotic state.

In the appendix you'll find a script called "hypnotic state" which will help you achieve this deeply relaxed hypnotic state. You can record this in your own voice and listen to it a few times until you feel you can achieve this state fairly quickly, and then use the same queues to create the induction for your other scripts.

You can use all the scripts in this manual, but if you want to create your own scripts, you can use the same induction, and awakening, and substitute it with your own suggestions

## Sample Case

Let's say for example, that you wanted to have more motivation to achieve your dreams and goals in life. You want to be in a better emotional state and feel empowered on a daily basis.

So, what values would someone who is motivated, positive and driven have?

I would say:

- Focus
- Direction
- Accountability
- Self love
- Inner drive
- Mental, emotional and physical health
- Positive state of mind

Of course, there is no limit, but from these, we can get to look at each value and expand on them with statements.

So, here is how each of these values translates to 'first person' positive statements:

### ***Focus:***

- I remind myself daily of the goals I desire to achieve
- I develop systems that make my journey towards my goals easier
- I associate myself with people and groups who have similar goals as mine
- I develop better goal setting skills every day
- I help others achieve and fulfil their goals
- Every day in every way my focus gets better and better

### ***Direction:***

- I invest time on a daily basis to check where I am at and where I want to be
- I know where I am heading in life and I am moving in that direction with passion and determination
- I take time to re-asses my direction in life and check if it is aligned with my purpose and passion
- Every day in every way I get clearer and clearer on my direction in life

### ***Accountability:***

- I am responsible for my actions and the outcomes they bring for me
- I'm the only one who will make me successful
- Success is doing what is required to achieve the desired outcome

### ***Self love:***

- I find that being with myself is one of the best moments
- I know I always have me by my side
- My love for myself is always there
- I will always be there for myself
- I am in awe for the magnificence of the being that I am
- My love for who I am radiates to the world and reflects in my love for the world
- I am inspired by the being that I am
- I am inspired by the creation that I am
- I spend time with myself daily

### ***Inner drive:***

- I feel that there is so much more out there for me and I can achieve it
- I can manifest whatever I set my mind to
- I'm driven because I know I can make it
- If other people have made it, so can I
- I spend time daily empowering myself with the power to achieve what I set out to achieve

### ***Mental, emotional and physical health:***

- I feel empowered by positive thoughts and ideas
- I feel inspired by positive and empowering stories
- My thoughts empower me and serve me
- My thoughts give me pleasure and keep me happy
- I eat food that nourishes and energises my body
- I move my body in a way that energises me and makes me feel great
- I surround myself with people who are healthy on all different levels
- I invest time on a daily basis to visualise a healthy and strong me

### ***Positive state of mind:***

- I can achieve anything I set my mind to, I have done that many times
- Everything in life is learning, and I learn daily in a way that empowers me
- There is inspiration in everything I encounter in life
- Life is abundant and options are numerous
- I surround myself with people who love life and people and see the good in everything
- I invest time on a daily basis to enrich my mind with positive ideas and thoughts

Write down as much as you can think of, because this will be the fuel of your self-hypnosis script. Once you are content with what you wrote, read the same list, but rephrase the value this way:

**Following are statements that are your own on [value]. You will listen intently and say them in your mind and believe them like they are your own thoughts.**

You can go as far as creating your induction in a separate audio file, and your suggestions can be added as separate files, and the awakening to be the last.

## Creating your recordings

There are many options available, the easiest, would be to use your mobile phone, dictaphone, or the recording software on your PC/Laptop/iPad.

If you want to introduce music, sound effects, other inducing audio, you can consider the following:

- 1- **Audacity:** A free open source software for recording and editing sounds (<http://audacity.sourceforge.net/>)
- 2- **LAME:** To generate MP3 files within Audacity ([http://audacity.sourceforge.net/help/faq\\_i18n?s=install&i=lame-mp3](http://audacity.sourceforge.net/help/faq_i18n?s=install&i=lame-mp3))
- 3- **Binural beats:** These are special frequencies that can be used for inducing a deeper hypnotic state. You can add them as background sound for your recordings if you are using audacity. Simply generate an output file for a self hypnosis or hypnosis or deep relaxation and import it into audacity. Software programs to create binaural beats:
  - **Ginural:** This is free, and can be downloaded at: <http://gnaural.sourceforge.net/download/> and hypnotic presets can be found at: <http://sourceforge.net/projects/gnaural/files/Presets/Mindstates/> (download [HypnagogicGale.gnaural](#)) Load the preset, and save the audio to a file, don't worry about the warning, you can stop at 5 minutes and you can load that file into audacity. [Be patient with the site, if it gives you an "oops", just try again later]
  - **Bwgen:** This is commercial and very easy to use: <http://www.bwgen.com/>
- 4- **Use royalty free music as a background:** Download from: <http://www.royalty-free-music-room.com/relaxing-music.html> make sure read the terms of use
- 5- **Use paid royalty free music as a background:** Here are my favourite sites and the music is very suitable:
  - <http://www.hypnosishealthcare.com/royaltyfreemusic.html>
  - [http://www.royaltyfreemeditationmusic.com/Royalty\\_Free\\_Music.htm](http://www.royaltyfreemeditationmusic.com/Royalty_Free_Music.htm)

Your main tool will be audacity, through it, you can add all the rest in the background, add echo, remove any noise, and generate really appealing self-hypnosis recordings that your friends will want to use.

If you feel this is too much, and are happy with just your plain voice, by all means, everyone is different and people have difference tastes. This way you can use the voice recorded on any device to record your scripts.

## Conclusion

The goal of this manual is to empower you to create your own scripts and find out what works for you.

Action and taking small steps are the keys. Something in the lines of:

- 1- Start by listening to the hypnotic state script, preferably for 21 days until your mind is conditioned to achieving a highly receptive state.
- 2- Then start to listen to the recordings that come with this manual, stick with the 21 days minimum for every script as it takes effect on so many levels (if you are like me, I like to listen to them all before I sleep)
- 3- Familiarize yourself with the recording software while you are listening to the recordings
- 4- Record the scripts in this manual with your own voice, add the echo and music and make the daily habit of at least one session of self hypnosis
- 5- Write and record your own scripts by using the same inductions and awakenings used in the scripts in this manual and use your own suggestions
- 6- Find other ways to improve them and share as this helps you get more feedback

## Scripts and Suggestions

### Hypnotic state script

This script combines imagery and verbal queues to increase effectiveness of suggestions and to address people who aren't able to visualise (reality is, they can, but they are just not aware of it) as well as they would like.

#### Start Script

This script should not be played while driving or operating heavy machinery. Ideally, find a quiet and comfortable setting and wear comfortable cloths. Ensure you will be able to relax all the way through the recording, away from mobile phones, alarms, anything that can take you away from being totally relaxed.

As you begin to anticipate what is about to be said, you begin to feel a sense of peace and solitude slowly taking over as you start to notice your body being totally still, loose and limp, relaxing further and further.

Then you begin to notice your breathing, and paying close attention to the breath as it rises, and you can feel the light touch of air as it passes your throat, and as you exhale you notice how more relaxed you feel, not only in your body, but in your mind as your thoughts slowly fade away and you find yourself enjoying the pleasure of relaxation and following my voice with unexpected focus.

As you slowly breath in, and notice the breath as it goes in through your nose, and passes through your throat and fills your lungs with revitalizing air, you also notice how much more relaxed you feel and how any discomfort fades away as your face begins to relax totally.

As you slowly breath out, you notice sense of calm and peace starting from your shoulders and slowly spreading to your arms, back and the rest of your body.

As you continue this deep and slow pace of breathing, in ... and out ... in ... and out ... you begin to notice a growing sense of peace, and calm and begin to notice how your face is becoming more relaxed, and all the muscles in your face are slowly getting soothed and relaxed and you enjoy this new state of relaxation where all the muscles in your face are totally relaxed and you feel total bliss and peace.

As you maintain your breathing, slow breath in and slow breath out, I want you to stay focused on all those peacefully relaxed muscles in your face and notice how wonderful it feels to be totally relaxed and how much better it feels when your face is relaxed.

Continue to maintain that focus on the calm and bliss in your face and feel how blissful it is when your forehead, jaw, mouth, chin are totally relaxed, loose and limp, deeper and deeper.

As you continue breathing and maintain focus on the relaxed muscles of your face, you begin to notice the rest of your body relaxing. You begin to notice how calm your shoulders are becoming and how good it feels when they are loose, limp and relaxed.

As the most relaxed muscles in your body begin to feel even more relaxed, the feeling just takes over the rest of your body and you FEEL TOTAL BLISS, totally relaxed, totally at peace, going deeper, deeper and deeper.

While you maintain this relaxation, and you maintain your breathing, you begin to notice how your breath is so harmonizing and you begin to notice a pattern in the way you continuously breath in and then breath out, like a continuous rise and fall, up and down, in and out, and as you BEGIN TO NOTICE THAT PATTERN, a sense of harmony over flows into you and envelops you, and you go deeper and deeper, more and more relaxed, more and more at peace.

As you continue being more relaxed and blissful, and while you notice your breathing and how the in breath follows the out breath in a continuous cycle, you also notice silence at the end of each breath, in that silence, you are able to feel a deeper and deeper bliss and relaxation, the more you focus on the silence between breaths, the deeper you go and the better you feel.

With this sense of peace, bliss and clam, you are able to go to a special place in your mind, where you will always find these feelings, somewhere you can always go to and stay as long as you need.

You will go to this special place in your mind as I count down from 10 down to 1, with every number, you will go one level deeper, as if taking steps down a staircase, or just following the numbers, every count takes you deeper and into a more relaxed, blissful and peaceful state.

As I start with the number 10, you begin to realise that there is an even more relaxed state awaiting you at number 9, which feels even better, deeper and deeper, more relaxed, more peace, more bliss, but then at 8, that feeling amplifies and feels even better, and at 7, you begin to appreciate what you are in right now and what awaits you, as you reach 6, the sense of calm, and peace starts to feel like it was always there and you wonder how it feels like at 5, only to realise it's even better and you go deeper and deeper and you are getting closer and closer to an utterly blissful state as you near 4, you are almost there, sensing a deeper sense of calm which gets deeper as you arrive at 3, 2 and 1.

You are now at a deeply relaxed, peaceful, totally safe and blissful state, and this is a state where you have access to the deepest aspects of your mind, where you are able to unlock the secrets of your mind and harness powers within you that maximize your potential and enhance your life experience.

In this state you are able to tell yourself positive statements through the voice you hear that go immediately to the part of you that takes effective action.

In this state, you are able to focus completely on the voice talking to you and the positive words that are spoken to you with a sense of certainty that they are an integrated aspect of you and will be available to you when you need them.

You will be able to hold on to those positive statements, words and thoughts throughout this state of bliss; throughout your day and even while you sleep.

Your mind is much more powerful in this state and is able to internalize the positive flow of words being said to it while you are in full control.

You will be able to achieve this state anytime you want, all you need to do, is sit down in a quiet place, begin to relax, and notice your breathing, notice how relaxed your face is, and pay attention to the silence between your in breath and out breath, once you are aware, count 3, 2, 1 and you will be in a deeply relaxed state, totally safe, in total peace, feeling more and more relaxed, deeper and deeper.

In this state, you associate beautiful memories, it could be a beautiful place, a beautiful moment or simply a beautiful feeling, and whenever that beautiful memory comes to your attention while in this deeply relaxed state, you are able to achieve maximum benefit of your session.

In this state, you have total control, your focus is heightened and your awareness is at its peak. Your mind at this state will take in all the positive words, thoughts, feelings and make them available when you need them. This will all happen while you are in this state and will strengthen and become integrated in your mind with time.

As you are ready to awaken, know that all the positive words you heard while in this state will remain with you and will become available to you whenever you need them, and you will be able to reach this state whenever you want, and will be in total control getting the maximum benefit every time.

As I count from 1 to 3, you will fully awaken, starting at 1, you become more aware of your surroundings and begin to notice the sounds around you, as I say 2, you start taking deeper breaths and start moving your fingers and at 3, you take a deep breath in, with your eyes wide open, wide awake with a great big smile!

### **Finish Script**

## Induction and awakening scripts

Use this induction and awakening script with all remaining scripts, all you need to replace is the suggestions part:

### **Start Script**

This script should not be played while driving or operating heavy machinery. Ideally, find a quiet and comfortable setting and wear comfortable cloths. Ensure you will be able to relax all the way through the recording, away from mobile phones, alarms, anything that can take you away from being totally relaxed.

### **{Induction}**

As you prepare yourself to enter into a deep state of relaxation and peace, be aware of your body, and ensure you are in a relaxing position and there is no discomfort.

As you close your eyes and begin to pay attention to your body, and immediately notice how relaxed your face is starting to feel, and how calm your forehead, your jaw, and your chin feel.

As you become more aware and focused on this beautiful sensation of peace and relaxation in your face, you notice how the rest of your body is starting to relax, especially your shoulders and this spreads all throughout.

While maintaining total focus on the relaxed muscles in your face and the rest of your body, you also begin to pay attention to your breathing, as you breath in and out, you begin to sense a pattern in your breath as the 'in breath' follows the 'out breath', as the 'up' follows the 'down', as the 'rise' follows the 'fall', as the 'bliss' follows the 'peace', in and out, in and out...

You begin to notice the silence in between the breaths and how calm and peaceful your body becomes as you are more aware of this silence, and it remind you with beautiful memories that put you in a totally relaxed and blissful state, and as I count down from 3 down to 1, you enter that state in total harmony and relaxation and you go deeper and deeper.

As I say 3, you begin to remember that blissful state you were in before and anticipate it because it feels so good to be in, and you go deeper and deeper. 2, your body relaxes even more and your mind is focused on the sound of my voice and is feeling clear and totally relaxed, 1 you are now with all those beautiful memories in the state of total relaxation and total peace, going deeper, deeper and deeper.

You are about to hear a series of positive and empowering statements about yourself, which will become your own words and will be an integrated part of you. Whatever you hear will be available to you whenever and wherever you need it.

### **{Suggestions}**

Your suggestions should be here.

### **{Awakening}**

Being totally rested and totally relaxed, you are content knowing that what you listened has become your own words, beliefs, thoughts and feelings, they will be available to you whenever you need them and they will empower you and support you.

As you are ready to awaken, know that all the positive statements you heard while in this state will remain with you and will become available to you whenever you need them, and you will be able to reach this state whenever you want, and will be in total control, getting the maximum benefit every time.

As I count from 1 to 3, you will fully awaken, starting at 1, you become more aware of your surroundings and begin to notice the sounds around you, as I say 2, you start taking deeper breaths and start moving your fingers and at 3, you take a deep breath in with your eyes wide open, feeling wide awake with a great big smile!

## Suggestions for motivation and direction script

### {Suggestions}

Following are statements that are your own about how focused you are. You will listen intently and say them in your mind and believe them like they are your own thoughts.

- I remind myself daily of the goals I desire to achieve
- I develop systems that make my journey towards my goals easier
- I associate myself with people and groups who have similar goals as mine
- I develop better goal setting skills every day
- I help others achieve and fulfill their goals
- Every day in every way my focus gets better and better

Following are statements that are your own about how clear you are on your direction. You will listen intently and say them in your mind and believe them like they are your own thoughts.

- I invest time on a daily basis to check where I am at and where I want to be
- I know where I am heading in life and I am moving in that direction with passion and determination
- I take time to re-asses my direction in life and check if it is aligned with my purpose and passion
- Every day in every way I get clearer and clearer on my direction in life

Following are statements that are your own on how you take responsibility for your actions. You will listen intently and say them in your mind and believe them like they are your own thoughts.

- I am responsible for my actions and the outcomes they bring for me
- I'm the only one who will make me successful
- Success is doing what is required to achieve the desired outcome

Following are statements that are your own on how much love and admiration you have for yourself. You will listen intently and say them in your mind and believe them like they are your own thoughts.

- I find that being with myself is one of the best moments
- I know I always have me by my side
- My love for myself is always there
- I will always be there for myself
- I am in awe for the magnificence of the being that I am
- My love for who I am radiates to the world and reflects in my love for the world

- I am inspired by the being that I am
- I am inspired by the creation that I am
- I spend time with myself daily

Following are statements about how driven you are within. You will listen intently and say them in your mind and believe them like they are your own thoughts.

- I feel that there is so much more out there for me and I can achieve it
- I can manifest whatever I set my mind to
- I'm driven because I know I can make it
- If other people have made it, so can I
- I spend time daily empowering myself with the power to achieve what I set out to achieve

Following are statements about how healthy you are inside and outside. You will listen intently and say them in your mind and believe them like they are your own thoughts.

- I feel empowered by positive thoughts and ideas
- I feel inspired by positive and empowering stories
- My thoughts empower me and serve me
- My thoughts give me pleasure and keep me happy
- I eat food that nourishes and energises my body
- I move my body in a way that energises me and makes me feel great
- I surround myself with people who are healthy on all different levels
- I invest time on a daily basis to visualise a healthy and strong me

Following are statements about how positive you are. You will listen intently and say them in your mind and believe them like they are your own thoughts.

- I can achieve anything I set my mind to, I have done that many times
- Everything in life is learning, and I learn daily in a way that empowers me
- There is inspiration in everything I encounter in life
- Life is abundant and options are numerous
- I surround myself with people who love life and people and see the good in everything
- I invest time on a daily basis to enrich my mind with positive ideas and thoughts

## Suggestions for being calm and centred

**Brief Description:** This script provides suggestions to give you a sense of peace, calm and centeredness.

### {Suggestions}

**Following are statements that are your own on feeling totally safe. You will listen intently and say them in your mind and believe them like they are your own thoughts:**

- I feel safe in my body, I enjoy life and cherish the precious moments
- In my life I have always made it at the end
- Somehow I believe things will always be ok
- I feel a surprising sense of safety and assurance that life will treat me well
- There are so many beautiful aspects of life that I enjoy and cherish
- Overall, I have a good and blissful life
- Every day in every way I feel safer and safer
- I setup my life in a way that empowers me and makes me a stronger and more efficient person while feeling safe
- I take time everyday to empower myself with positive thoughts about how safe I feel and how life is safe
- I feed my mind with positive thoughts about being safe and feeling protected

**Following are statements that are your own on being calm and peaceful. You will listen intently and say them in your mind and believe them like they are your own thoughts:**

- I seem to have this sense of peace that remains with me throughout my day
- I take time everyday to calm myself and increase the sense of peace within me
- I setup my life in a way that empowers me and makes me stronger and more efficient while feeling totally calm and at peace
- Every day in every way I feel more calm and more peace
- I continuously learn new ways of constructively incorporating a peace and calm in my life
- I enjoy the company of calm and peaceful people
- I take time every day to empower myself with positive thoughts on how calm and peaceful I am

**Following are statements that are your own on being centred and in the moment. You will listen intently and say them in your mind and believe them like they are your own thoughts:**

- I live every day as it comes and every moment as it happens
- I feel a sense of connectedness to earth and I feel comfortable in my body

- Every day in every way I feel more and more centred
- Every day in every way I feel more and more present and in the moment
- I continuously look for more ways of being centred and present in the moment
- I prefer being in the moment as it allows me to use all my energy on what's important
- I take time every day to empower myself with positive thoughts about being centred and the value of living in the moment

**Following are statements that are your own on having certainty about life. You will listen intently and say them in your mind and believe them like they are your own thoughts:**

- I know things will be ok because they always have been
- I have always managed in the past and will manage perfectly whenever I need
- I deal with things as they come as I have that ability with past experiences
- I save my focus and determination for important things in order to do them in the best possible way
- Every day in every way I am more confident in my ability to handle life as it comes
- I take time everyday to empower myself with positive thoughts about my ability to handle life in the best possible way

**Following are statements that are your own on being empowered and having inner strength. You will listen intently and say them in your mind and believe them like they are your own thoughts:**

- My life till this day has made me a stronger and more resilient individual
- I take time every day to empower myself with positive thoughts
- I feed my mind with positive thoughts that give me empowerment and inner strength
- I have all the resources and capability within me to deal with life in a strong and empowered way
- Every day in every way I feel more and more empowered

## Suggestions for Study and Exams

**Brief Description:** This script will put you in the right state of mind to achieve excellent results in your study.

### {Suggestions}

**Following are statements that are your own on how calm and relaxed you are. You will listen intently and say them in your mind and believe them like they are your own thoughts:**

- I feel a sense of surprising peace and solitude
- I am now calmer than I've ever been
- Every day in every way I am calmer and more relaxed
- I seek and develop many techniques to remain calm and centred
- I feel calm knowing that great things are achieved by taking consistent small steps
- I associate better with calm and relaxed friends, colleagues and fellow students
- I am inspired by calm and relaxed role models in my life
- I constantly look for more ways to bring peace in my life
- When I'm delivering my test, I feel calm and relaxed
- When I'm preparing for my exam, I feel calm and relaxed

**Following are statements that are your own on how you take responsibility for your action. You will listen intently and say them in your mind and believe them like they are your own thoughts:**

- I believe that great things can be achieved by consistently performing smaller steps towards those great things
- I realise that great results come from dedication and consistent commitment and working towards academic excellence
- I know that to achieve great results, good preparation, dedication and utilising effective learning techniques are the key
- I prefer to do a little bit every day or regularly and consistently to achieve high and consistent results
- I choose to prepare well, and take the necessary steps to be ready and able to perform well.

**Following are statements that are your own on your positive attitude to learning. You will listen intently and say them in your mind and believe them like they are your own thoughts:**

- Learning keeps my mind active and allows me to expand my horizons for better growth and expansion
- Through learning, I am able to achieve higher heights that are only possible with learning
- Learning opens up new doors and opportunities
- Through learning I am able to keep my mind healthy and be ahead of the game
- I will continue learning for the rest of my life because the value is too great

- I enjoy the process of learning as it expands my mind and improves my mental well being

**Following are statements that are your own on your focus and Self-Discipline. You will listen intently and say them in your mind and believe them like they are your own thoughts:**

- I remain focused on being well prepared and ready
- I commit daily or regularly to remaining up to date and one step ahead
- I surround myself with learning material and develop a system for myself where learning because automatic
- I continuously look for new learning techniques and maximise my absorption of the material and improve my memory
- I am disciplined and committed to mastering my subjects
- I am focused on learning and my subjects

**Following are statements that are your own on your confidence in your preparation. You will listen intently and say them in your mind and believe them like they are your own thoughts:**

- I remember everything I study, even if I read it once
- My memory is photographic and captures everything I see
- Everything I studied is available to me when I need it
- I present my knowledge with strength and clarify
- I have all the resources I need to exceed expectations

**Following are statements that are your own on your positive state of mind. You will listen intently and say them in your mind and believe them like they are your own thoughts:**

- I have made it so far and will continue to make it and get better and better
- I am on the way to becoming a better human being
- I will make it in the best possible way
- I have what it takes to achieve the highest and best results
- I have always achieved what I put my mind into and I will do it again and again

**Following are statements that are your own on your great memory. You will listen intently and say them in your mind and believe them like they are your own thoughts:**

- I have a photographic memory that is available to me when I need it
- I can remember everything I study even if I read it once
- My mind has many resources and can help me construct an answer even if I have no idea initially
- New information comes to my mind and is available for me when I need it

## Suggestions for Trading

**Brief Description:** This script will set your mindset towards becoming a successful and effective trader.

### {Suggestions}

**Following are statements that are your own on how you are consistently working on yourself. You will listen intently and say them in your mind and believe them like they are your own thoughts.**

- I am committed to constantly develop and improve myself
- I am constantly working on improving myself as a trader
- I do what is required on a daily basis to improve my trading skills
- I have a strong enough money mindset to trade with
- I have a business plan to guide my trading
- I have at least two or three good trading systems
- I use good risk management for trading
- I love trading because it empowers me to achieve my dreams
- I take personal responsibility for my results as a trader
- I immediately learn from my trading experience and correct my behaviour accordingly
- In trading there is an opportunity to learn and an opportunity to make money
- I have a contingency plan in not-so-good case scenarios
- I have several positive expectancy systems that are well tested for market climate I am trading
- I pay attention to the type of market while I am trading and try to identify it
- I regularly work on myself as the core of my trading results
- I have something that will work if the market type changes
- I know with absolute certainty that I will make it in my trading
- I know that I will become a successful trader
- I take trades that have a high chance of working
- I will be able to fulfil my dreams through trading
- I am constantly feeling empowered and successful
- I will always be in the win at the end of the year or month or week
- I have absolute faith that I will make it as a successful trader
- I feel positive about my potential
- I'm very observant about the markets
- I'm very patient and wait for the right opportunity
- I'm constantly watching for any disempowering beliefs and removing them
- I trade through mindfulness
- I create new categories for markets and trades and constantly refining my categorisation and what I can or cannot do in each category of market behaviour
- I follow my system regardless
- I welcome new information
- I look at things from multiple perspectives

- I see how the market works and understand the psychology of the traders
- I put priority on the process of trading before the outcome
- I am friends with my inner interpreter
- I rewrite beliefs about the market to become empowering and supportive
- I learn to dissociate emotionally while I am trading
- I achieve a healthy balance in my trading
- I am always able to overcome and liberate states of mind that are not useful
- I am constantly motivated to keep going and growing
- I give my success and positive outcomes of trading to God
- I meditate and listen to my inner voice
- I am disciplined in meeting my goals
- I divide my general goal into specific steps, that are measurable, like sticking to my plan for 5 days at a time
- I keep a diary on whatever I'm working on
- I look at the positive side of my new goals
- I make it ok to give in occasionally
- I reward myself through the process
- I constantly check my trading plan to see if the rules serve and protect me
- I constantly watch my beliefs and reframe them to support me

**Following are statements that are your own on how you develop a working business plan. You will listen intently and say them in your mind and believe them like they are your own thoughts.**

- I have a mission statement and know the real motivation behind my trading
- I know my goals and objectives very clearly
- I'm aware of my trading and market beliefs
- I'm aware of the big picture that affects the world markets and my trading plan fits the big picture
- I have a plan for position sizing of my trades that I am clear about
- I have a daily procedure and ritual that supports and empowers me
- I have an education plan and I'm constantly working on improving myself
- I have a plan for when things don't go well
- I invest in good planning and good systems
- My plan includes not repeating what doesn't serve me and how to avoid that
- I have a system that meets my objectives
- The markets will always be there for me to benefit financially from and learn
- Making it as a trader not only benefits me financially, but makes me a better person
- I keep in mind the big picture such as US financial situation, globalisation of the economy, changes in rules and regulations
- I understand the different types of markets, bear, bull, sideways in volatile and quiet markets
- My three strategies cover the six major market types
- I know how much profit and how much I might give back for my three strategies
- I have a daily procedure that I follow to ensure a successful trading day
- I check my results on a fixed basis and review what I need to improve

- I have an education plan to serve my trading success
- My education plan includes what skills I need to improve my trading
- My plan includes dealing with situations that protecting myself from unserving situations
- I ensure I've mentally or physically rehearsed my plan before I start trading until it becomes second nature
- I'm constantly researching on how to do things better
- I'm constantly reading on new things that improve my trading

**Following are statements that are your own on how you develop trading strategies that work in different markets. You will listen intently and say them in your mind and believe them like they are your own thoughts.**

- I know my personality, and who I am, and I am constantly working on what fits my trading style and needs
- I trade my beliefs about the markets, and my beliefs are that it is a source of infinite possibilities for me to become wealthy financially, mentally and spiritually.
- My systems work for the type of trader that I am
- I only adapt a system that suits my personality and fits my beliefs
- I only adapt a system that I feel good about
- I understand when a market is in a trend, when it is volatile and when it is quiet and have systems to deal with each
- Trading exits are the key to making money and I'm constantly checking if I am making the right exits
- My thinking is in terms of reward and risk
- I recognise that the keys to a great trading system is reliability, the relative size of my profits compared with learnings, the cost of my trading, trading opportunity and my position sizes.
- My trading systems fit my personality and beliefs
- I totally understand the concept that I am trading and how this concept is good value
- I understand when I get into a trade and when I need to get out
- I recognise when things don't work and correct them
- I'm always performing reality checks
- I am constantly working on my confidence as a person and a trader

**Following are statements that are your own on Successful position sizing. You will listen intently and say them in your mind and believe them like they are your own thoughts.**

- I choose a position sizing that suits my personality, meets my objectives and works with my trades
- I am constantly watching for what position sizing I should use to create optimal results

**Following are statements that are your own on Producing optimal trading performance. You will listen intently and say them in your mind and believe them like they are your own thoughts.**

- I understand the holy grail of trading, and recognise that it is a constant learning and improvement
- I recognise that I am constantly working on my attitude as a person and how to better myself
- I have excellent management of my health and well being
- I constantly maintain a state of calm and peace
- I always look for developing new and improved trading systems
- I always look for more markets that I can apply my system in
- I share my strategies with other successful traders
- I utilise all the means possible to make me a better trader
- I optimise my position sizing to meet my objectives
- The markets are going to do what they always do, and I take advantage of that through developing efficient systems
- I follow the signals generated by my system
- I get out when the market shows me it's not going with me
- I allow my profits to run as much as possible
- There is a greater chance of my realising a positive expectancy in any particular month
- I understand position sizing well enough that I can continue to remain in the game when the markets are teaching me a lesson and make it big when I am making profit
- My emotions teach me valuable lessons
- My trading is dissociated from emotions
- I correct myself efficiently and quickly
- I ensure my corrections are permanent and take effect immediately