

# Welcome to the Peak Power Hypnosis Conscious Mind Primer



By John Vincent

This Blueprint is designed to be a companion piece for the Conscious Mind Primer Audio session. The ideas in this Blueprint are for your conscious mind.

This short blueprint contains tools you can use to change your life. These techniques also seed ideas and concepts in your subconscious mind, ready for the Peak Power Hypnosis sessions that are designed to effortlessly transform all areas of your life.

The first idea we want you be aware of is that you can deliberately attach good feelings to ideas. You do it all the time without thinking about it, it's why you feel good thinking about the things you have good feelings about.

Deliberately attaching good feelings to the thoughts of an activity that you want to do is going to make you feel those good feelings when you do that activity, or even when you simply think about doing that activity.

The more you have motivated feelings and thoughts of an activity the more the two are going to be connected. As you connect the images in your minds eyes to the congruent motivating voice tone in your head, the more you will motivate yourself and make life more interesting.

An excited voice in your head is perfect for a motivated image in your mind's eye and will help you to create a motivated state of mind and body. But an excited voice in your head, when you are trying to go to sleep will keep you awake.

We attach meaning to things depending upon the circumstance. An excited voice in your mind motivating you to do an activity along with the thoughts in your mind of completing that activity will create the feelings of motivation in your body. That same voice tone inside your mind when you are trying to meditate will distract you and keep you from going into that trance state.

Phobias are an example of patterns of behaviour that are out of control. The stimulus from the outside world causes the person to create stress. Neurotoxins are released into the body as a response to the perceived danger and this causes the muscles to tense and the desire to run away.

A phobia is an automatic program in the mind, one that the conscious mind has no control over.

Some of these automatic patterns of behaviour keep us safe. Some of these automatic patterns help us to enjoy life more. While others limit our experience.

Someone with a phobia of dogs, feels bad when they see a dog, the person next to them may feel happy to see a dog. It's not the dog that is scary, it's the thought about the dog. The thought creates a physical experience, either: happy to see the dog, or scared seeing the dog.

So it's time to control your brain. Rather than let negative programs run your brain, it's time to take control of your own thinking.

The next thing is to reprogram your mind with new habits. A Habit of success that support you and makes your life better.

I am sure you have heard or seen someone say something thing like: *“he was half an hour late the last time we met. If he's half an hour late this time I will be really annoyed.”*

When the person is ten minutes late they reconfirm to themselves just how annoyed they are going to be when he is half an hour late. Then again a few minute later, and so on. This is planning to be annoyed.

People do this all the time. A much better activity is plan ahead of time how you would rather be in a situation that you know tests your patience. The Neuro-Linguistic Programming (NLP) Swish Pattern included in the Empowering Habits component of Peak Power Hypnosis is perfect for this.

Thoughts in your mind are the images and the movies (or sequence of images) that you have either seen before and remembered or imagined. As well as imagery, there is the self-talk. The internal dialogue that you use to remember what you've heard

and imagine things that you haven't heard. These images and sounds create the feelings that you feel in your body. - The things you smell and taste also create feelings as well as cause you to think with images or internal dialogue about your experience of tasting or smelling.

The responses you have to the things from the outside world and of the people in the world are for you to choose, rather than simply respond too. The situations that trigger responses that you dislike, you can choose to change. Change the way you choose to respond to the situation. This involves changing the way you think about the situation and the way you feel about it will change.

It's just that simple, change the way you think and it changes the way you feel.

An obvious and rather simple example of this is if someone's talking to you in a way you dislike and you imagine them dressed as a clown or naked, it changes the way you feel about what they are saying.

The thoughts you have, change your brain chemistry, the neurotransmitters and neuroinhibitors that regulate your thinking. The thoughts in your head are controllable by you, they are your thoughts.

Stress for example, comes from the images and sounds (thoughts) about a situation. They happen because the brain chemistry changes and the feelings you feel change your physiology to an unpleasant state.

If you wake up and find that you have a flat tire, you have to first realize that the negative response to the flat tire is because the image(s) in your mind didn't match the images in reality. There was a plan in your mind, maybe the same daily routine that you do every day, getting up, breakfast, shower and so on. It becomes so habitual that you no longer have to think about it and the image(s) in your mind are not readily visible. But you do have that representation in your mind's eye. Even though it is imagery that is below the threshold of conscious awareness. You have a flat tire, do you want to have a bad mood as well? You can have a flat tire and a bad mood or a flat tire and a good mood, it's up to you how you respond.

The easiest image to change is the image in your mind. Then set about changing the image that comes into your eyes, the flat tire, to match the goal in your mind of a working vehicle.

If you believe that *'his shouting makes me angry.'* You're stuck. If you think 'he' has to change before you can become calm, 'he' has the control and you have given away your power to change. If you believe *'I choose to become angry when he shouts'* You can change your response to his shouting, you then have the power to take control of your life and make your own decision and take responsibility for your life.

Defining it clearly is important. A plan, getting clear on what you want to succeed at, creates a crystal clear understanding of what you need to do to achieve it and most importantly what 'it', your success, is.

Success can be anything from going to the gym twice a week to becoming a millionaire. Start the day strong with a 'win' first thing, creating new habits that serve you in a more beneficial way. Creating habits that make you more than you are and aim for even more. More abundance, more health, more creativity and life to be lived is the increasing of life.

Now the more you focus your life on what you want, the more you set a direction, the more you can work towards it.

If you look for what's wrong? You will find it. If you focus on what's wrong with you, you will notice it. It's time for you and your unconscious mind to start to focus on the positive and on what you 'do' want.

Quite simply, the feelings that you feel in your body come from the thoughts you have. Excited thoughts produce excited feeling and anxious thoughts produce anxious feeling. Excited thought are seldom ever thought with a really slow internal dialogue and sleepy thoughts are rarely said with an excited, fast, high pitch tone. Although a problem that many of the clients I see have is an internal dialogue so fast and anxious in their mind at night that it keeps them awake. And the people that I used to see who were depressed never had an excited tone of voice in their mind!

**They're two ways that you can think negative thoughts and two ways that you can think positive thoughts.** It's time to take control of the thoughts in your head that are the sounds, the internal dialogue that you use to think with as well as taking control of the images in your mind's eyes.

And the thoughts (images) that you have that you don't want, it's time to shrink them down, small and black and white, push them off into the distance and let them disappear. Then start to think about what you 'do' want, big, bright, bold and vivid... Simple though this is, it's very affective when done fast and repeated ten times. So with feeling. Simple right? So simple that my son (when he was seven) understood how to erase the scary images from the nightmare that had awoken him. I explained to him to white-out the haunting images in his mind and then deliberately fill his mind with the thoughts of the things that he wanted to do the next day.

When you find yourself giving too much time to thoughts that don't empower you, it's time to change. It's time to change the thoughts that you picture in your mind (the thoughts that you spend your time looking at in your mind's eye) that are not supporting you, it's time to white them out. Simply close your eyes and bring to mind the thought (the image in your mind that's limiting you) and in an instant make the image in your mind go white, bright white. White-out the image and open your eyes. Close them again and try to bring to mind the thought and then in a fraction of a second turn the brightness right up, completely bright white. Repeat again and again, ten times or so until the image becomes difficult or impossible to see anymore.

Then deliberately focus your mind on thoughts that are important to you. This technique (of Dr Richard Bandler, the co-creator of Neuro-Linguistic Programming) is simple but has a profound effect on the patterning of your mind. The more that you re-pattern, or reprogram your mind for success, the more success you will have in your life.

The other type of 'thinking' that people engage in, is auditory. Some people have the ability to replay an argument over and over in their mind, to hear every word again and become annoyed by them. The worrying internal self-talk or nagging doubts that

hold you back are another example of your brain running you. Automatic patterns of behaviour controlling you, rather than you consciously choosing your actions. The feelings that hold you back that stem from your internal dialogue need to change.

As we have explored, sometimes you have a motivated, excited internal dialogue, while other times you may have anxious or worried self-talk inside your mind. Both of these types of self-talk make you feel different. A couple of simple, easy things to do to take control, are to change the tonality and the location of your internal dialogue. Any negative whining internal dialogue you have, imagine changing the location it, imagine it coming from your big toe, how different does that make you feel? Then imagine it sounding like Mickey Mouse, talking high pitched and squeaky, how different does that make you feel? Then imagine it coming from your big toe, high pitched and squeaky.

As you change the voice tonality of your internal dialogue and the location, it sounds different and makes you feel different. While it may sound silly it's not stupid, in fact it's empowering to gain control over the thought processes that left unchecked create habits that limit you. Once you have control over them you can empower yourself and create the habits you do want.

The voice inside your head is 'your' voice even if it sounds like your parents, children or partner and because it's your voice, you can change it. Simply imagining any critical internal dialogue as a squeaky high pitched sounding voice means it loses its power over you and the feelings change. If you notice another voice another coming in saying 'well this is silly'. Mickey Mouse it and if another voice comes in, Mickey Mouse that one too until the negative internal dialogue that is not supporting you (in fact limiting you) no longer has any affect over you. Then you have the opportunity to replace it with a voice that is confident, motivated sure-of-itself and positively focused.

Another example of this: if you are trying to get back to sleep and can't because you have an internal dialogue/running commentary about all the things you need to do and the problems that need solving. Then you need to simply make the internal

dialogue quieter, sleepy sounding and slower. Again, if another voice comes in saying 'this isn't working' do the same to that internal dialogue.

Many people wake up each morning, look in the mirror and criticize every blemish or spot, every hair out of place and every tiny little detail about themselves, then they go out in the world. What a way to start your day!

The critical negative dialogue in your mind acts like a hypnotist, continually suggesting and reinforcing bad and disempowering beliefs. It's time to change the way you talk to yourself. If a stranger came up to you in the streets and said to you the same kind of criticism that you say to yourself, would you stand for it? Would you take it from another person? No! So why take it from yourself?

You can't change the things that have happen in the past but you can change the way you think about them and this changes the effect that your memories have over you.

Good memories imaging being there, in them, big bright bold and powerful. Bad memories see them from a third person perspective, problems and issues shrink them down quickly and drain the colour out of them, repeat until they disappear and then replace with more positive thoughts. Turn down the volume of your critical internal dialogue or Mickey Mouse it and replace it with excited, sleepy, confident or any other voice tone that you desire to accompany the positive train of thoughts. Bad picture gone, replaced with good pictures, bad sound gone, replaced with positive audio. Get good at noticing that 'you' are thinking disempowering thoughts and take charge of your thinking, direct it with these tools for your mind.

Before you make a change to a habit, you need to know what that habit is. And more importantly how you would rather be in that situation? The powerful impact of deliberately taking charge of your mind and making a change coupled with the hypnosis recordings of Peak Power Hypnosis will help you effortlessly change any habit and will allow you to enjoy deeper the other seasons. Once you have identified a habit, it's time to create a new behaviour. Creating a new habit, traditionally we are told requires twenty one days, twenty eight days, forty days or even longer! Continually repeating the action before the new habit is created. Repetition as we all



know creates habits and patterns of behaviour. Everyone has had many experience of practicing activities, from driving a car to play an instrument, over and over again until they can do it. The first new patterns of behaviour we learn, like walking and talking, require a lot of dedication and every baby has that effortless, action-taking enjoyable skill learning ability. Repetition works but what if you could create a new habit in minutes? That would be truly amazing but can it be done? The short answer is yes! This kind of reprogramming can be achieved with the Neuro-Linguistic Programming (NLP) Swish pattern, another technique of Dr Richard Bandler's that helps you create new behaviours. Before listening to the *Creating New Habits Peak Power Hypnosis* session, for you really benefit to the maximum, we recommend that you use the Swish pattern to make a change to your way of thinking with regard to the new behaviour that you want to create.

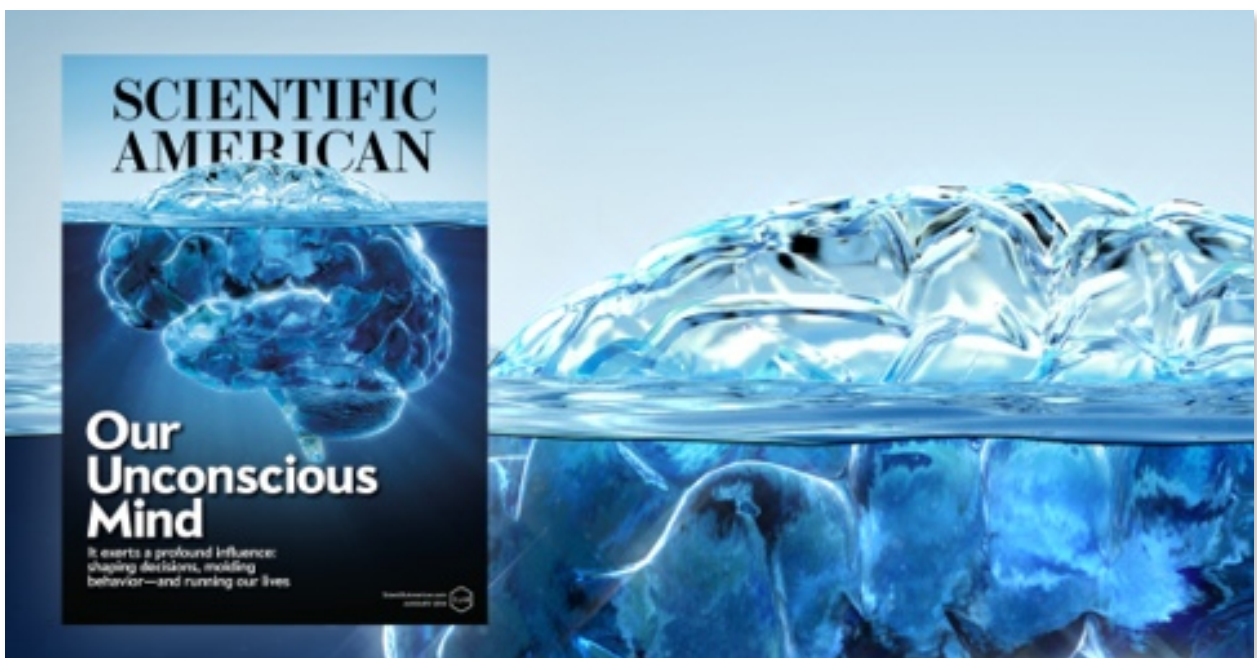
The simple truth is that it's the thought's (pictures and the sounds) in your mind that create the feelings in your body. You can either be a victim of the feelings you create or take charge of the thoughts and have new feelings. It's time to ask yourself "how much pleasure I can stand?" You can change the feelings you have and many people do this through shopping, conferencing, drink and drugs, gambling, a myriad of other different external stimulus, or you can change the feelings that you have by changing the thoughts you're having.

The sounds and the images in your mind's eye create the feelings you have. As you progress through the Peak Power Hypnosis sessions, you will be making changes to your confidence, motivation, creativity, ability to rest and sleep as well as creating new positive habits of success.

We wish you every success with this system and know that as you progress massive changes will happen for you.

# Have you Got The Peak Power Hypnosis Conscious Mind Primer Audio Session?

Introducing a new audio technology called Trypnosis™. It's a fast, safe, & effective way to reprogram your mind and remove the subconscious "static" that gets in your way.



## The Key is in Your Unconscious Mind

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