

## How to Get the Most Benefit from This Course

This course is a practical course. It has inside, all the tools you need to be successful with the law of attraction. The only thing missing is how you apply them in your life.

The informational videos in sections 2 and 3 will give you a great foundation of understanding why the practical techniques taught in the following sections are so useful and powerful, when you want the law of attraction to help you create all your dreams and desires. If you already have a good understanding of the law of attraction and what hypnosis and hypnotherapy can do for you, I will leave it up to you whether you want to watch these first or jump straight to the practical exercises starting in Section 4 Learn the Yoga Nidra Self Hypnosis Technique. I also give you a taste of the relaxation and self-hypnosis process at the beginning of Section 2 as I want you to get a sense of the practical nature of this course and help get you into the correct mindset to enable you to learn quickly and easily.

**Don't worry if this lecture doesn't make complete sense to you right now, because you don't have all the information yet, but it will make more sense once you get into each of the exercises I am talking about, and you can come back to it or the PDF anytime you want clarification. I suggest doing the course this way so that you will get the most benefit from the practical exercises.**

When you get to the Yoga Nidra self-hypnosis in Section 4, (this is the beginning of the practical part of the course and so I will call it **Week One**). Download the audio so you can play it on your computer or any MP3 player whenever you choose. Then listen to it a number of times as a guided meditation to get comfortable with it before beginning to practice it on your own.

Next still in **Week One**, I want you to practice the Yoga Nidra long version on your own for at least a week until you are comfortable with the process.

In **Week Two** you can practice doing the Yoga Nidra quick version (the quick version is where you can use one deep breath for each number you count down, and relax the whole part of the body which the number relates to. For example number five would cover the whole head and number four the whole neck etc.). Before you attempt the quick version please make sure you have practised the longer version for at least a week, so that your mind has been trained into the level of relaxation required. Also in **Week Two** you will complete your master list for the Manifest Your Desires exercise. So you can

either watch the video, listen to the audio or read the PDF in section 5 to explain this process. Take as long as you need to write your list (at least one week) and be as complete and thorough as you can.

In **Week Three** once you have finished your list and practised the Yoga Nidra quick version please download and listen to the bonus Empowerment Exercise which will strengthen your subconscious mind to accept your new Personal Power Affirmation after you complete it. This will also give you a good understanding of hypnotherapy, which is hypnosis plus suggestion or affirmation.

Also in **Week Three** you will create your Personal Power Affirmation by following along with the lectures and PDFs I have provided in Section 7.

In **Week Four** you will practice your Personal Power Affirmation with the Yoga Nidra self-hypnosis technique, either the slow or the quick version. Continue to practice the Yoga Nidra with your Personal Power Affirmation at least daily for two weeks in **Week Four** and **Week Five**. This will help you become completely proficient and confident with this process.

Then after you feel comfortable using your Personal Power Affirmation with your Yoga Nidra on your own, in **Week Six** you can begin to work on the Changing Your Limiting Beliefs exercise in Section 8. For the Changing Your Limiting Beliefs exercise, first write your personal list of beliefs as explained in Section 8, then choose the one that stands out to you the most. You will be using this belief in the guided meditation Changing Your Limiting Beliefs. Then download and listen to the guided meditation provided bringing your chosen belief into the meditation.

You can continue to use any of these tools and exercises whenever you choose. Use the Yoga Nidra on its own or with the Personal Power Affirmation as often as you like and as long as it continues to feel good. You can also continue using the Changing Your Limiting Beliefs exercise for as many of your beliefs that you wish to change. It is all up to you and what feels good for you.

Come back to this lecture whenever you like, to clarify the amount of time you need to take on each exercise.

I really want you to master these practical tools, because I know how much they can change your life, so please email me or message me if you have any problems or queries.

If the course helps you even a little, then I would really appreciate if you leave a positive review and star rating so that more people can find out about it. This will help me continue my teaching career on this amazing platform.

The most important thing you need to remember is have fun and enjoy the process!