

## The Deep Mind System

So now it's time to dive into the practical part of the course and teach you one of the most useful tools that you will learn in your life. And this part really is fun, you're going to enjoy it. I still use this tool regularly to this day. I call it the Deep Mind System because it allows you to access deep into your subconscious mind. I will explain further in these lectures why positive thinking and affirmations on their own are not enough to change your biology or attract what you want into your life. You may have used affirmations or visualisation in the past and found them not to work, or not worked as well as you'd hoped. This is because the subconscious mind is strictly habitual it will play the same pre-programmed tapes to life's conditions over and over again. The subconscious mind always trumps the conscious mind, if the desires of the conscious mind conflict with the programs in the subconscious mind. Remember how all those New Year's resolutions have fallen by the wayside so quickly. This is because it is only the conscious mind which makes the New Year's resolutions and it is the powerful subconscious mind which keeps replaying old limiting programs and stops things from changing. So with the aid of self-hypnosis we will be able to reprogram the subconscious mind to more positive and beneficial new programs.

Meditation and self-hypnosis on its own has many benefits for health and well-being particularly by reducing harmful stress and tension. But the most powerful benefit that self-hypnosis has, is the ability to access your subconscious mind and change limiting beliefs. Then with the law of attraction this will change your perception of reality and allow you to manifest what you want.

The self-hypnosis system that I will teach you utilises the Yoga Nidra a 2000 year old technique which will enable you to enter an altered state of consciousness, created by encouraging the rational and critical part of your mind to relax. In this state you have direct access to your deep mind which is the subconscious and has the ability to heal your body of illness, release past negative conditioning and ultimately create your experience however you desire. You will learn firsthand that it is a very simple and natural process to achieve.

First, a relaxed state of mind needs to be induced. This is usually accomplished during the Self hypnotic induction where suggestions are given to relax the body and the mind. The simple act of following the given suggestions helps to focus the mind and relax the body. Once a deep state of relaxation and focus is achieved, the subconscious mind is ready to accept affirmations and positive imagery

Self-Hypnosis works by first achieving an altered state of consciousness. The best brain wave patterns for self-hypnosis are the alpha and Theta brainwaves. In this

course, you'll learn how to generate alpha and Theta brainwave states which opens the bridge to the subconscious mind where powerful changes can be made.

Meditation also allows you to access alpha and Theta brainwave patterns. Which also means you can use this self-hypnosis deep mind system as a meditation on its own.

Self-hypnosis induces a natural, relaxed state of mind and awareness of the body and the emotions. It's a simple, natural state of mind we are in every day. Usually just as we are waking up and when we are going to sleep, and also sometimes when we zone out watching television.