

HOW TO USE THE DEEP MIND SYSTEM

The next step is to learn and practice the deep mind system self-hypnosis. You can use the Deep Mind System in two very simple and effective ways:

Firstly, you can use it as a guided relaxation/meditation which you can listen to on a MP3 player and when you have about half an hour free.

Secondly, and the main purpose of the MP3 audio is that you can learn this Deep Mind System to use completely on your own, so you can use it anywhere and anytime you feel it would be useful to relax, reduce stress or implant your positive affirmation and imagery into the subconscious mind.

Once you have practised the Deep Mind System full version for a while you will then be able to speed up the process in the short version. Before you attempt the short version please make sure you have practised the full version for at least a week, so that your mind and body has been trained into the level of relaxation required. You will eventually be able to relax in the time it takes you to countdown from 5 to 0.

I will explain everything as we go.

This is also a powerful tool in helping you release resistance so that the law of attraction can work for you in a more positive way.

To use this amazingly simple and profoundly effective tool on your own;

- Start by listening to the recording a number of times so you become familiar with the process.
- Then begin to practise it on your own using the PDF supplied in the resources section to help you remember the steps. Do this at least once a day for a week. It will get easier to remember as you do it regularly. (Please print the PDF so you can access it easily).
- Then after you have practised the full version for **at least a week** and you feel comfortable with the process, you can begin to speed it up if you wish so you can get the same depth of relaxation in a much quicker time.
- To do this, using the PDF for the short version to assist you, relax the whole part of your body which relates to each number. So, for example you would imagine the number five in your mind and then relax your whole head and face, then imagining the number four you would relax your whole neck and then repeat that process. The number three would relate to your chest and arms. The number two with your entire spine and up into your abdomen. Then finally the number one with both your legs from your hips to your toes. Then move down to 0. Once you have practised the short version on your own for a while, it is most useful to use one deep slow breath in and out with each number you count down.

Using the Deep Mind System for 20 minutes has been proven in research to be the equivalent of two hours of relaxing health-giving sleep.

The Deep Mind System is also the missing piece which allows affirmations and visualisation to work to their full potential. Once you get to Zero you are in a very powerful

place where the critical mind no longer exists and any affirmation or visualisation that you use when you are in this place works much more powerfully to bring about your dreams and desires.

In the next video I have given you an audio of the Deep Mind System full version that you can listen to and begin to learn the process. Download the MP3 in the resources section to play it whenever you desire. When you are using the Deep Mind System sit comfortably with your feet flat on the floor and your spine upright. After you have listened to the audio a few times come back to this PDF to practice it on your own. Enjoy!

The Deep Mind System (Full version)

Gently close your eyes and take three slow deep breaths. As you breathe out just allow your body to relax.

Now just imagine the number *five* in any way you can... Then place your awareness in your forehead... Allow your forehead to relax... feel the gentle warmth in your forehead. Now move this relaxed warm feeling to your eyes, feel them relax and sit comfortably in their sockets. Then move this wave of relaxation to the

► nose ► cheeks ► upper lip ► lower lip ► chin ► back of the head

Feel the relaxing wave of energy moving over your face and head.

Now imagine the number *four* and place your awareness at the back of your neck, feel the back of your neck relax

► right side of the neck ► front ► left side

Then because we hold quite a bit of tension in our neck we must repeat this process.

back of your neck ► right side of the neck ► front ► left side

Now imagine the number *three* and move your relaxed awareness into your chest

► shoulders ► upper arms ► lower arms ► hands ► fingers

Now imagine the number *two* and move the relaxing feeling into the top of the back

► middle back ► lower back ► buttocks ► between the legs ► abdomen

Now imagine the number *one* and place your awareness in your hips allow them to relax

► thighs ► knees ► calf muscles ► feet ► toes

Now imagine a *zero* in your mind you are completely relaxed and calm now.

In this state of complete relaxation there is nothing to think about and nothing to do
You are completely in control with nothing to decide.

Totally safe and secure.

This is where you would state your affirmation three times or do any visualisations

When you are ready slowly count yourself back from 1 to 5 expanding your awareness with each count and by the time you reach five your awareness will be totally back in this room and you will open your eyes and feel completely refreshed and revitalised.

The Deep Mind System (Short version)

Gently close your eyes and take three slow deep breaths. As you breathe out just allow your body to relax.

Now just imagine the **number five** in any way you can... Then place your awareness in your whole head... Allow your whole head to relax... feel the gentle warmth in your head, skull and face.

Feel the relaxing wave of energy moving over your face and head.

Now imagine the **number four** and place your awareness in your neck, feel your whole neck relax

Then because we hold quite a bit of tension in our neck we must repeat this process.

Focusing on the **number four** in your mind place your awareness again in your neck, let the whole neck relax.

Now imagine the **number three** and move your relaxed awareness into your chest and arms, allowing your chest and arms to relax completely.

Now moving down to the **number two** and allowing the relaxing feeling to move down the entire back and spine then up between the legs and into your abdomen while still focusing on the **number two** in your mind

Now imagine the **number one** and place your awareness in your legs from your hips to the tips of your toes and just allow them to relax

Now imagine a **zero** in your mind you are completely relaxed and calm now.

In this state of complete relaxation there is nothing to think about and nothing to do

You are completely in control with nothing to decide.

Totally safe and secure.

This is where you would state your affirmation three times or do any visualisations

When you are ready slowly count yourself back from 1 to 5 expanding your awareness with each count and by the time you reach five your awareness will be totally back in this room and you will open your eyes and feel completely refreshed and revitalised.