

Course Overview and Benefits

G'day and welcome to Law of Attraction and Self Hypnosis: Changing Limiting Beliefs. My name is Chris Spink and I will be your facilitator. In this video I want to introduce you to what you will learn in this course. The objectives of this course are to help you to learn and practice a number of powerful and practical tools which when applied correctly they will enable you to create all that you dream and desire. You will learn a step-by-step process which will teach you the tools and techniques to get the law of attraction to finally work for you, rather than working against you. You will learn these tools and techniques so that you can use them continuously throughout your life. They will always be a benefit to you and they are simple and easy to learn.

Before we go any further I'd like to acknowledge you for being here and choosing to do this course. As the saying goes, '80% of success is simply just showing up'. So congratulations for showing up. I am really pleased and excited that you're here

Now I would like to ask you a couple of questions:

Would you like more money, better Relationships or to improve your Health?

Or do you want to finally learn how to master the Law of Attraction so you can manifest whatever you dream and desire?

If you answered yes to either of these questions which I'm sure you did, then this training was especially designed for you.

So first let me tell you some of the benefits of what you will learn and explain the overall framework of the course. This will help you understand why this is a very special and unique course.

The key benefits you will walk away with at the end of the course are:

- Gain a deeper understanding of how the Law of Attraction works in your life. This will enable you to live the life you choose with more financial freedom, the relationships you seek, and vibrant health.
- Learn how to confidently use self-hypnosis to reduce stress and replace your limiting beliefs and thoughts with positive empowering beliefs and thoughts, thereby changing your point of attraction. Also the self-hypnosis technique taught within this course can be used as a meditation, allowing you to train your mind into a deep meditative state quickly and easily
- Receive instruction in an ingenious and fun way to create your own unique personal affirmation/suggestion which will be inclusive of all your dreams and desires and which you will use in conjunction with the powerful self-hypnosis technique taught here to help you manifest anything you desire.

- Change your limiting beliefs, be guided through a technique specifically designed to change your stubborn subconscious limiting beliefs that just won't budge and replace them with positive empowering beliefs.
- Appreciation and understanding of how important your feelings are in knowing what you will be attracting next, and how important feeling good is if you wish to become magnetic to your heart's desire

In this course, you will learn a number of very powerful processes and tools to access your subconscious mind and change its limited programming, and therefore with help from the law of attraction, which is, what you think and feel about the most is what you get, you will be able to attract everything you desire.

To begin with in Section 2 Feeling Good and the Law of Attraction. I will explain how the law of attraction is the only universal law that you really need to be aware of, and how it powerfully works with your thoughts and feelings to create your reality.

Then in Section 3 The Deep Mind System, you will understand why and how connecting with the subconscious mind via self-hypnosis is so useful in changing your limiting thoughts and beliefs.

Section 4 is where the real fun starts. This is the beginning of the practical part of the course. Here you will learn a powerful self-hypnosis technique called the Yoga Nidra which will enable you to connect with your subconscious mind, this is the only place you can really change those habits of thought which have become beliefs that no longer serve you.

Section 5 is where the magic begins. It is called Manifest Your Desires because here you will create a master list of all your big dreams and desires, which in section 7: Creating Your Personal Power Affirmation you will, through a fun process of alchemy, transmute your list of dreams and desires into your unique Personal Power Affirmation, a short positive suggestion you will use with your self-hypnosis to help you create whatever you desire. This is also called hypnotherapy, which is hypnosis plus positive suggestion or affirmation. The difference here is you are always in complete control of this hypnotherapy, which makes it even more powerful.

In Section 6 the Bonus Empowerment Exercise I will give you a taste of how powerful hypnosis plus Suggestion/Affirmation can be, before you have completed your own Personal Power Affirmation. Have you ever used affirmations and not got the results you were after? This process of self-hypnosis plus affirmation will help you solve that problem.

Section 8 the Changing Your Limiting Beliefs Exercise is where you will be guided through a powerful meditation utilising your self-hypnosis technique and a deepening technique which will enable you to have a deeper and stronger connection with your subconscious mind. This exercise is specifically designed to help you change any limiting beliefs you may have and replace them with positive empowering beliefs.

You are going to have a great time in this course and you are going to learn how to consciously and deliberately create your reality the way you choose. It's going to be fun and simple to understand. I know these techniques work as I have used them in my own life for many years, and helped many others discover the power of their own mind. These techniques also become more powerful and simple to use the more that you practice them and use them regularly.

I also want to let you know that the transcripts of every lecture will be available as a downloadable PDF, because I want you to really understand all of the information I give you and not have to worry about taking notes.

Just sit back and relax and allow the course to change your life. If you have any questions about anything along the way please don't hesitate to reach out to me and contact me via email or post here in the discussion board, this course is about you and I absolutely want you to be completely successful at changing your limiting beliefs to be do and have anything you desire.

So next I'd like to introduce myself, I am so excited that you will be coming with me on this amazing journey of creating your life the way that you desire.