

**PAUL  
HEALINGOD**

**HEALER'S**

**BIBLE**

**Techniques That Save Lives**



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# Who Is Paul Healingod?



- The king of healers, millionaire and philanthropist, who has transformed the lives of thousands of people worldwide.
- The healer to billionaires and elites, who pioneers the therapeutic use of entheogenic mushrooms and plants.
- Creator of MycoMysticism, a new religion set to seed spiritual awakening and personal transformation globally.
- Author of the legendary “Hypno-Coaching.”
- Founder of the American Academy of Hypnosis and the American Academy of Business.
- Founder of the Immortality Research Institute Inc.
- Personal hypnotherapist, trusted by prominent American politicians and Hollywood celebrities.
- A visionary who confronts the ultimate frontier of human existence: healing death itself.
- Author of 19 best-selling books. Editions available in both English and Spanish.

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# INTRODUCTION



**H** *Healer's Bible*: Is this too pretentious a title? Not at all. I have been teaching classical hypnotherapy since 2005. I could have simply continued to grow professionally in this direction and still be successful in life. But, it was never enough for me. Day by day, year by year, I conquered new areas of knowledge and achieved success. I consider continuous self-improvement and reaching the top of increasingly ambitious peaks as real life. Everything else is mere existence.

As I moved toward increasingly ambitious goals, one day I realized that I wanted nothing less than to change the world. Some people do this on their own. But how many futures can I save personally? Several hundred? A thousand? I realized that to achieve my mission, I needed a team. But not just a team, an entire army of like-minded people, many of whom will not only heal themselves but also help others in the process. I will save a thousand people, and each of them will save another thousand. A million people, who are both physically and mentally healthy, is a force that can make this world better. That's why I've been actively continuing to create my team for several years now.

I have become a mentor for hundreds of people. These people either had knowledge of or were just learning the art of: hypnotherapy, psychology, esotericism, theta-healing, NLP, coaching, and healing in any of its manifestations. I have helped each of them: to cope with mental problems; to become a master of their craft; and to appreciate their own work and accomplishments. Today, these former students earn from \$10,000 a month, helping people change their lives for the better. I am proud that I had a hand in every single one of these success stories.

Of course, coaching has not just brought me moral satisfaction. Today, I have a seven-figure bank balance, and the

greater part of this money came through hypnotherapy and coaching. This wealth, which most people on our planet can only dream of, is actually very modest remuneration for my efforts. After all, even in monetary terms, my students have received a much greater benefit—not to mention the true life I gave them in exchange for a gray existence.

Yes, you may ask: why do you need this book if you don't plan to be a healer? Well, to heal yourself. Trust me. This is already of major significance. You cannot even imagine the colossal amount of intellectual detritus that clogs your mind and hinders your path to: psychological comfort, physical health, harmonious relationships, financial success, and recognition from others. Whatever you think of yourself and your lifestyle now, I am willing to bet that if you join me on the journey I take my students on, you will realize by the end that you have never really lived.

The fact that you don't intend to become a healer in the full sense of the word doesn't mean you won't become one. After all, by putting things in order mentally, you will understand not only a lot about yourself, but also about human nature in general. You will acquire knowledge and skills that allow you to influence others subtly but effectively. And this means it won't be difficult to correct the behavioral patterns of those close to you as well. Moreover, it's not just bad examples that are contagious. Good ones are, too. Close friends and relatives will notice significant changes and will inevitably begin to mentally heal also.

The wisdom in this book is the culmination of my many years of experience as a healer. This includes all the techniques, methods, and little tricks one needs to transform their life for the better. Behind each technique lies at least one saved life; behind each chapter are hundreds more. It is the perfect balance of theory and practice that allows you to immediately

start working on yourself. No, you don't need experience or any special skills: I wrote this book for everyone who wants to help themselves and others.

Read this book, and you will: fully master the methods of holistic mind therapy; experience the full power of hypnotic influence; learn numerous NLP tools; address issues on the edge of mysticism; and acquaint yourself with the majesty of Ayahuasca. It will be a deep dive into the amazing world of previously inaccessible opportunities. At the end of this book will be a new you: healthy, free from mental blocks, confident, self-sufficient, and successful. Your loved ones will like this person. And you will too.

Now, get ready to open a new chapter in your life. *Let's go!*

CHAPTER 1.

**HOLISTIC MIND  
THERAPY: BE YOUR  
OWN HEALER**

**W**ho, in your opinion, is the greatest doctor in history? The founder of all medicine, Hippocrates? Or the incomparable Ibn Sina, whom we call “Avicenna” in the West? Or perhaps the bold reformer Paracelsus? However, why am I talking about Greeks, Persians, and the Swiss? If you are English or American, you may prefer compatriots: Jonas Salk, Charles R. Drew, or Alexander Fleming. This is plenty. Because whoever you name, the answer will be wrong. The greatest healer in the world is the human body.

But most of us don't bother to notice this. Millions of people have ignored the fantastic possibilities of self-healing for millennia. Most people support the tired centuries-old tradition of running to hospitals for the slightest ailments, wasting shocking amounts of money at the pharmacy, and stuffing yourself with medications recommended by impersonal medical specialists. You may trust these doctors to care for your health, but dig deeper and you immediately see that in such a system you are only helping to finance corrupt pharmaceutical companies who couldn't care less about your well-being.

Think and give yourself an honest answer. Are you satisfied with your health? Does the effectiveness of pharmaceuticals meet your expectations? Do you consider your attending physician an outstanding specialist whose opinion can be trusted unconditionally? I highly doubt it. You are grateful to modern medicine for its help, but you feel that sometimes it contradicts your body's needs.

When was the last time you listened to your own body? And I don't just mean acknowledging a pulled muscle or a nagging pain somewhere, but seriously trying to sense your actual physical needs and analyze possibilities. I'm willing to bet it's been a long time. Maybe you have never done it. So, you invade your own body's plans and destroy the fruits of its

methodical work. By creating a conflict with yourself, first and foremost, you naturally harm yourself.

Not interfering with the body is already a good start. I will teach you how to help it in this difficult mission. You will understand the potential you possess and how to implement it most effectively. You will realize that the best treatment is the one that does not involve medication.

But enough with the preliminaries: it's time to delve into the science of healing!

## **Consciousness: The Most Powerful Healer**

Most of us need an incredible amount of effort and a huge reserve of willpower to cope with our daily routine. We have to make a living. We can't sleep, distracted by the constant noises in our heads. Tired of a meaningless existence, we strive for something, anything, to nullify our pain. Exhausted and powerless, we wonder: "Where did I go wrong?" Instead of feeling better, we feel worse than ever. As our lives become increasingly complex, we gradually distance ourselves from our emotions, closing off this extremely important part of who we are. We discover that we are turning into thoughtless robots, forcing ourselves to continue, barely paying attention to what we actually feel. Struggling with all our might to keep moving, we may soon vaguely realize that this is an unhealthy lifestyle. And yet, the possibility of changing anything seems impossible. Not having a connection with who we really want to be, we feel unsatisfied and unfulfilled. Without a strong link between mind, body, and spirit, our ability to care for our health is lost.

Now imagine if it were possible to regain your health. Imagine all your bodily ailments disappearing forever—stress and anxiety gone. Think about how great it would be if we could

learn to heal ourselves. Well, this is not only possible, but it is also the natural way for your body to optimally function.

## The Technological Trap

Modern society, with its focus on technology, teaches children from an early age to ignore their feelings and instead concentrate on school. As we reach adulthood, we experience more pressure than ever before. We try to fit more tasks into our already overloaded schedules. Modern technologies not only prevent us from enjoying life but also increase our workload. It is no wonder that many of us feel so exhausted and disconnected from ourselves.

Unfortunately, such a detachment from one's feelings has serious health consequences. Chronic diseases have become widespread, as stress and anxiety have become the norm in modern life. We pay for a high standard of living with our happiness and desperately search for solutions to fix our emotional instability.

Over time, it becomes clear that things are not improving. Empty, exhausted, and ready to give up, we look for answers that will help us overcome pain and discomfort. Trying to cope with the additional pressure of emotional experiences and poor health, some people resort to destructive measures like drugs and alcohol, further distancing themselves from their true feelings. This reluctance to address the real causes of their suffering offers little long-term relief.

## The Solution Lies Within

The tendency to avoid connecting with our feelings, and to seek answers outside ourselves, is a significant part of the problem. We have separated ourselves from a wealth of valuable

knowledge of healing: an enormous reservoir of wisdom that offers incredible yet effective ways to use the mind to heal the body. Holistic healing methods provide a safe, natural, and effective solution that helps us cope with the challenges of modern life. By focusing on ourselves, we can rethink our situation and break the destructive cycle of suffering. Using self-healing abilities, we regain control over our lives and significantly improve our health.

First and foremost, we are human beings. By focusing solely on the symptoms of illnesses, we lose touch with our true essence. No external intervention will ever improve the situation. Only by reconnecting with our deepest thoughts can we free ourselves from the damaging flow of negative energy and truly begin to heal our broken selves.

As you will soon discover, a different perspective can make a huge difference. Instead of just treating the symptoms of illness, imagine the benefits of self-healing the body. The mind is a powerful healer; and under the right conditions, it will prepare the body for healing from within. Essentially, thousands of proven cases of spontaneous healing go unnoticed simply because of our lack of awareness.

To start, let's look at some of the causes of our current epidemic of chronic diseases and find out why the usual methods we use to improve our well-being do not work.

### Pills for All Ills

Unlike natural holistic healing methods, traditional medicine promotes the idea of healing from the outside. When treating the symptoms of illness, doctors prescribe various medications and perform procedures, which have varying effects on the body. The doctor considers himself an expert and expects the patient to adhere to the recommended treatment



plan. In other words, modern medicine heals by approaching the human body externally.

Medications play an important role in traditional treatment. We are programmed to believe that our doctor will eliminate unpleasant symptoms and solve problems with potent drugs. Doctors are trained to diagnose a patient's illness and then prescribe pills to eliminate symptoms. A person is considered healed when they no longer experience external signs of illness—regardless of whether the disease has been eliminated or not.

Companies that develop and manufacture drugs make up a multibillion-dollar industry. According to experts, the global pharmaceutical packaging market—the way drugs are created and packaged for sale—grew from \$59 billion in 2014 to \$91 billion in 2022. Desperate people are constantly demanding new drugs to alleviate ever-intensifying symptoms.

One of the alarming consequences of the pharmaceutical industry's success is that it relies on people remaining sick. If we began to heal ourselves using natural healing methods, we would no longer need to rely on pills, and pharmaceutical companies would lose revenue. We know the healthcare industry is highly susceptible to the influence of corporate lobbyists who want everything to remain unchanged. In addition, few are interested in changing this highly lucrative arrangement, because of the alliance between our doctors and influential pharmaceutical companies.

## A Broken Healthcare System

Traditional medicine has evolved to treat the symptoms of diseases. Doctors are paid based on the flow of patients they see, with quantity prevailing over quality. Desperate to cope with the workload, doctors mindlessly hurry to prescribe

medications, hoping that the prescribed drug will at least temporarily satisfy the patient. Many of us feel disappointed and isolated from this impersonal system: it is more interested in taking our money than helping us maintain or regain our health. No wonder people are looking for a more effective and more personalized solution to their health problems: one that genuinely provides quick and reliable results.

Healthcare systems around the world are broken. Prices are rising exponentially. Doctors have more patients than ever and less time to see them. The primary focus is on relieving symptoms and reducing pain. By using external aids, doctors only mask the problem. When debilitating symptoms return, people lose faith in the medical system. They begin to wonder why doctors are trying to keep them alive: for personal gain or for the good of the patient? Instead of fighting the source of the problem, doctors advise patients to go home and rest. As a result, we feel helpless, confused, and sicker than ever.

### Elena's Visit to the Doctor

Traditional medicine almost always ignores the root cause of diseases. Let's consider the case of Elena, a young woman in her early twenties, who went to see her family doctor because she was feeling depressed. She works part-time but finds her job dull and her boss domineering. She has few close friends but wishes she had a boyfriend. Elena rarely interacts with other family members, who live many kilometers away from her. Money is scarce, and she has nothing to do in her free time.

On this particular day, Elena's doctor had not been in the best mood, and desperately wanted to go to lunch. The doctor checked Elena's vital signs and briefly reviewed her medical history. Finding nothing wrong, he suggested that she start taking antidepressants to help with her depression.

Elena left the doctor's office feeling that no one understood her problems.

However, had the doctor practiced holistic healing methods, he wouldn't have rushed to prescribe pills to alter Elena's emotional state. Instead, he would have focused on helping her understand why she feels the way she does. Although Elena was going through some difficulties at the time, it is also possible that her depression stemmed from something much deeper, perhaps something that happened in her childhood. If a doctor doesn't focus treatment on the trauma caused by those past events, Elena's depression will not go away. Medication in this case can do little to help with the healing process.

### Who Is the Expert Here?

Many of us still consider our doctor to be an expert when it comes to medical treatment. This stems from the ancient times when patients were under the care of their doctor and had no control over their personal health and well-being. In addition, consider that our healthcare system produces medical professionals who specialize in a very small area of the body. For example, a doctor specializing in heart diseases will have very little experience in treating ailments affecting a person's feet (an area of the body controlled by an orthopedist), and vice versa. This is the opposite of natural holistic healing, where equal attention is given to the entire body and the interactions between all its parts.

In traditional medicine, doctors virtually ignore consciousness unless they have psychiatric training. But even in psychiatry, the main focus is on drugs, as physicians prescribe powerful and potentially dangerous drugs with the intention of helping their patients. If this doesn't work, more invasive methods are sometimes used, such as electroconvulsive therapy

to relieve anxiety symptoms. As you can see, doctors are willing to do anything to eliminate our body's natural way of telling us that something is wrong.

Trying to talk to a doctor who is reluctant to communicate with you can be an unpleasant experience. We are constantly reminded that doctors spend years in medical school and that the rest of us do not have the medical education to understand the rationale behind their decisions. Some doctors go to great lengths to avoid interacting with their patients, preferring to focus on the anatomical aspect of the problem. This can lead to unfortunate outcomes.

We desperately want to believe that a doctor will have our best interest at heart. Although there are plenty of wonderful specialists, not all of them are equipped to help us. And some doctors can indeed cause us a lot of harm, with malpractice lawsuits related to misdiagnoses, unfortunately remaining a common occurrence.

It is frightening to think about how much faith we put in traditional medicine, often without a clear understanding of its affects on our bodies. In fact, most of us would never choose to undergo such invasive and potentially dangerous treatment recommended by our doctor. We must take responsibility for our lives and stop relying on someone else to solve our problems.

## The Root of Our Problems

Although patients often experience relief from symptoms after taking prescribed medications, in most cases, the initial problem eventually returns. Often, patients turn to their doctor, again and again, with the same complaints—only to be given more and more medication. Since the root cause of the disease has not been addressed, the unpleasant symptoms soon return.

Diseases affecting the mind, like depression or anxiety, are not the only ones that respond poorly to treatment with pills and traditional pharmaceuticals. You might be surprised to learn that physical illnesses are also triggered by disturbances that originate deep within one's consciousness. Without addressing the root cause of these disturbances, it is virtually impossible to overcome the problem itself.

## Medicine Is Not the Answer

We have become so accustomed to quick fixes for our health problems that the idea of connecting with our emotions may seem like a waste of time. This is nothing further from the truth. In the rush to eliminate unpleasant symptoms, one can inadvertently worsen them—and that is not the result we want!

For example, many medications become less effective over time as a person develops a tolerance to them. This means that more and more of the same drug is needed to control unpleasant symptoms. Since drugs often have unpleasant and sometimes dangerous side effects, there is an additional burden on the body. It is no wonder that patients feel physically and mentally overwhelmed.

Over time, as microorganisms become resistant to their active components, some medications will become increasingly ineffective. You probably know that this happens with antibiotics and other drugs that have been overused for many years. Today, stronger antibiotics in larger-than-average doses are required to combat serious infections. These same antibiotics can even be found in animal feed—not to mention they are often incorrectly prescribed for treating the common cold. These are striking examples that demonstrate how widespread the abuse of potent pharmaceutical drugs really is.

## Vital Messages

Doctors are so eager to eradicate symptoms in our body. In reality, symptoms are signals indicating that we have become unbalanced and need to pay attention to what is happening in our bodies. By eliminating this vital communication exchange—while also not doing anything to address the problem—we are actually distancing ourselves from our natural ability to heal.

Usually when we experience pain, we associate this feeling with something unpleasant. The problem with that is that we are actually misinterpreting the purpose of these symptoms, which are messages from our own body. Instead of recognizing them as signals directing us to areas that need attention, we work against our body and try to alleviate the symptoms.

Emotional upheavals work in the same way. Nobody likes tension, anxiety, or feelings of sadness and fatigue associated with depression; yet, we experience these sensations for a good reason. We must welcome these symptoms because they are an important indicator that we need to take better care of ourselves.

## Avoiding the Slippery Slope and Healing with the Mind

If all of this is starting to sound rather grim, take heart. In the following few chapters, you will be introduced to some wonderfully effective strategies that will allow you to regain control over your health and personal well-being. You will have the opportunity to heal yourself without relying on a broken healthcare system that rarely produces optimal health results.

Holistic mind therapy offers a solution that is accessible to everyone. The simple techniques you will find in this book can be applied to a multitude of different psychological and physiological problems that people face every day. These include:

- ☑ Emotional disorders causing anxiety;
- ☑ Chronic diseases that are difficult to treat;
- ☑ Acute forms of potentially life-threatening ailments.

Instead of feeling powerless, holistic mind therapy offers you the opportunity to regain control over your life and health.

## **Holistic Mind Therapy**

What is healing? Many of you will answer by saying that healing is: repairing damage to the body, curing diseases, and restoring strong health and normal life. In fact, healing can mean different things to different people. Some focus on physical fitness, while others are more interested in cultivating a sense of emotional peace and well-being.

Did you know that the literal definition of healing is "to achieve wholeness"? Instead of isolating the affected part of the body, holistic healing methods work with the physical, emotional, and spiritual issues that can affect a person's health. Positive energy is used to restore the natural balance between the body, mind, and soul, meeting the person's needs comprehensively. Of course, a healthy mind, body, and spirit are key to ensuring one's quality of life. Regardless of how much money you make or how much property you own, poor health will make you unhappy. Nothing is more important than your well-being.

### **We Are All Healers**

You may be surprised to learn that we are all healers. But if you have ever helped someone in need, you are a healer, too. Some of you may associate this word with something mystical

or religious. However, healing is a perfectly natural phenomenon, and we all have the ability to master these skills.

As we increasingly distance ourselves from our natural essence, we have fewer and fewer chances to take advantage of our ability to heal. Part of the problem is that many of us don't really believe in our own healing abilities and must rely on others when it comes to our health and well-being. Instead of looking within ourselves, we want to believe that someone else who is more qualified can offer solutions to our problems.

In modern society, healing is strongly associated with doctors and hospitals. Non-traditional methods are often met with suspicion or outright contempt. But lately, there has been a surge of interest in holistic medicine. Innovative alternative treatment methods are gradually gaining recognition as people lose faith in a traditional medical system that can no longer meet their needs.

## Alternative Treatment

Remember that within us is the power to heal our body using our own mind. There is no reason to follow a treatment plan that not only doesn't work but is also potentially harmful. Healing should take place in a warm and comfortable environment, not a sterile and impersonal one. We can and should be the stewards of our own health. I will show you how it is done.

True healing works by restoring the balance between the mind, soul, and physical body. The human body does not exist in a fixed state; it is a living, breathing organism made up of interconnected parts. A problem in one part of the system negatively affects the other parts, creating a burden on the organism and affecting its basic functioning. Every part of the body is involved in the work of the entire system: from tiny



neurons and cells to large organs like the heart and lungs, which provide the body with vital oxygen.

## Our Window to the World

Our brain is an incredible machine—a message center for the body, capable of processing information and controlling our worldview. Brain receptors and neurotransmitters receive messages from other parts of the body and subconsciously send commands in a fraction of a second. From the moment of conception, we absorb our surroundings like sponges and form our own messaging network that reflects our environment.

The idea that emotions and traumas can affect the functioning of the human body is still relatively new for many of us—although this has been understood in other cultures since ancient times. The fact that a person cannot see or perceive emotions does not mean these emotions are nonexistent. It is quite evident that everything that changes or uses energy in the human body affects its functioning. Your mind and body are always working at a subconscious level, even when you sleep. Changes are happening constantly, and your organism makes the necessary adjustments to cope with them.

## Fight or Flight

Emotions—such as stress, anxiety, and fear—cause the body to defend itself, instantly changing the natural balance that exists between the body's systems. The following example will be familiar to most of you.

We all know the feeling of fear. Now, imagine that you have just come face to face with a huge grizzly bear. You can see its massive teeth and claws as it approaches you. A pounding heart, rapid breathing, and cold, clammy skin are signals from

the body that there is a serious threat in front of you. These signals prepare you for a fight for your life or to flee in the opposite direction.

Now imagine that your fear comes from something much smaller and less threatening than a menacing grizzly bear, but is just as frightening. Tomorrow morning, your grumpy mother-in-law is coming to visit, and you want to make a good impression. Believe it or not, your body experiences the same physical and emotional reaction to the dreaded mother-in-law as it would when confronted with a ferocious wild animal. You may not feel the same sense of mortal terror that the bear provoked. But make no mistake: your body is preparing for battle.

## Stressful Situations Happen

When we constantly find ourselves in stressful situations—especially ones we cannot control—our body begins to feel tired. This cannot help but affect the immune system, which, in turn, increases the likelihood of disease attacking the body. Not only does our health suffer due to the problems in our conscious mind, but we also begin to form a behavior model in our brain that may adversely affect how we feel and react to the world around us. For example, we break out in a cold sweat every time we imagine a stressful event, even if it's not happening to us immediately. The brain responds to the perceived threat, mobilizing our body to take defensive measures. As our natural energy reserves become depleted, we experience other symptoms, like chronic and fatigue. These symptoms hamper our ability to cope with tasks that would otherwise be routine.

Our consciousness is often so preoccupied with minor problems that it leaves no room for anything else. We get caught in a rat race and prioritize things that have nothing to do with who we truly are and what we really want. Such

disconnection from ourselves is neither healthy nor productive. It leads to a multitude of other issues, including emotional tension and mood swings. It's as if we're on a roller coaster, worrying about a multitude of things that are often beyond our control.

It is no wonder that any connection between our mind and body quickly becomes lost. Have you ever consciously ignored your feelings just to get through the day? Symptoms such as muscle pain, upset stomach, headache, and insomnia indicate a serious imbalance. Instead of being proud of our ability to ignore our body and carry on with life, we should be horrified by how poorly we treat ourselves.

### Vladimir's Worst Days

Vladimir came to me after he had lost everything. Several failed business decisions and a series of unforeseen events led him into a severe financial crisis, and eventually to bankruptcy. He had seen a psychologist who recommended my hypnotherapy practice. Nothing else was working, and Vladimir desperately needed help.

When I first saw him, I was immediately struck by how sad he looked. Every wrinkle on his face stood out, and tears welled up in his eyes. Vladimir's head hung low, and he hardly moved when he spoke. In fact, at that moment, I was very concerned about his condition.

Vladimir told me that he didn't want to live. "I have nothing left!" he exclaimed. "What's the point?" Vladimir continued, explaining that he felt like a complete failure. He was devastated by what had happened and hadn't slept properly for several months. "There's nothing you can do for me," he said, shaking his head. "I've ruined everything... everything!" Vladimir had convinced himself that his entire self-worth was based on

money and possessions. Nothing else mattered. “It’s all gone,” he moaned. “There’s nothing of mine left at all!”

It took more than ten sessions to clear up all the misconceptions that Vladimir’s subconscious had accepted as truth. He clung tightly to his beliefs. At the same time, he tried his best to understand that his personal value encompassed much more than just material wealth. Eventually, we began to make some progress, and Vladimir gradually came to a deep understanding that there is much more to life than just possessions. He didn’t need to be financially successful to be a happy and well-adjusted person.

Vladimir realized that he needed to let go of everything he couldn’t control. He needed to rid himself of the pain and stress of his financial troubles and start fresh. Only then would he be free from fear and able to move forward.

After our sessions, Vladimir left happy and excited. His anxiety and worries were a thing of the past, as he was no longer held captive by fear. He could now use his knowledge and experience to make something good happen in his life again.

Now, Vladimir is a successful developer. He has everything he’s ever wanted, and his days are filled with joy and satisfaction. Vladimir’s zest for life is contagious, and everyone who knows him comments on his optimistic outlook and positive energy.

If Vladimir ever faces serious financial problems again, he will be able to live his life just fine. Even if he loses absolutely everything, he will be just as happy. Vladimir takes responsibility for himself and is no longer vulnerable to life events that are beyond his control.

## Our Amazing Mind and Body

If you stop and think about it, the human body is truly amazing. Information is transmitted from the brain to every

---

cell in the body, creating an incredible information network. As we go about our day, messages are continuously exchanged between mind and body. Small adjustments regulate how we react, down to the smallest cells. Essentially, tiny signals that alter our own inner energy are responsible for the different ways we adapt to our ever-changing environment.

That's exactly how our body is supposed to function. It's a natural law that acknowledges the interconnectedness of all things. It's a very effective system—most of the time. Unfortunately, as our dependence on technology grows and further distances us from nature, we lose the skills needed for healing and restoring balance.

Our body has a built-in self-healing system. However, our twenty-first-century lifestyles are doing tremendous damage. By ignoring our well-being, we are not giving our bodies the chance to recover. Slowly but surely, we are becoming less balanced and more susceptible to illness. The blockage caused by toxic negative energy makes it difficult to utilize the body's natural healing ability. We have essentially deprived ourselves of the ability to self-heal with our own minds.

When something extremely shocking and upsetting happens to us, the damage accumulates over time, eventually creating negative energy that makes us sick. Even when we cannot remember what happened to us, the damage still remains.

A traumatic event can fundamentally change the way our body works and damage our health. We will never feel truly healthy unless we first take steps to correct past traumas, using the healing power of consciousness.

## The Essence of Holistic Mind Therapy

I have already mentioned holistic mind therapy, and now I will discuss it in more detail. Holistic mind therapy introduces

a profound idea: the smallest amount of energy imaginable can be used for our benefit. If we learn to connect with this energy, we can direct powerful healing signals to the ailing parts of our body.

When holistic mind therapy first emerged, it was a radical concept. The idea of using the power of the mind to heal the body was met with skepticism and distrust—especially by doctors who disliked a healing method based on alternative medicine rather than science. Now we understand that it is impossible to separate the workings of the mind from our physical state: after all, a healthy mind means a healthy body. Unlike science-based medicine, holistic mind therapy has nothing to do with advanced technology. On the contrary, it is a method of accessing the deepest part of the mind, allowing us to connect with the very core of our consciousness: the subconscious. By doing this, we can bypass the physiology that doctors are fixated on and focus on mobilizing the healing power of the mind.

According to holistic mind therapy, a broken bone heals because a person's consciousness—the inner workings of the mind—creates the conditions for it to happen. This concept applies to all kinds of illnesses: from colds to serious ailments, like cancer. Instead of considering healing as a complex process influenced by advanced scientific research, holistic mind therapy offers a completely different perspective: healing occurs when the mind and body are ready for it.

As soon as the mind is ready for healing, our body can use the resources needed to address a particular health issue. It doesn't take long; in less than a fraction of a second, the mind releases the energy needed to solve health problems that have been causing distressing symptoms for years. The body literally heals itself from within.

Even the complex human brain retains the ability to self-repair, which was considered impossible just a few years ago. No

disease is too serious for healing by the mind, and parts of the body that are difficult to treat with conventional medicine can be healed when that healing occurs from within. Although this process is still not well understood, it is clear that our body is much more complex than previously thought, and that each person has untapped resources and abilities for self-healing.

## Our Thoughts Are Energy

In holistic mind therapy a person directs mental energy to the area of the body where the malady is occurring and healing is needed. Our conscious thoughts contain vital energy that has a measurable effect on physical substance. By projecting this energy onto a physical problem, we can use our thoughts to create a new reality: powerful healing energy attacks the source of the problem and heals the disease.

We must think of this energy as a powerful vibrating force that can be consciously controlled. Considering that each thought emits powerful energy, you can begin to understand how to use your inner thoughts to unlock important energy pathways and promote healing.

## Discovering the Mind for Healing the Body

We need to remove the veil that covers objective reality. In cases where doctors give up, you can help yourself. After all, your mind is stronger than any medicine. It knows how to solve the problem, acts quickly, and does not cause side effects. Open your mind to new possibilities, and you will get results you never dreamed of before.

If all of this is hard to believe, remember that since birth, we have been accustomed to rejecting everything that does not fit into the scientific way of thinking that has taken a hold on

modern society. The following cases will prompt you to open your mind to an entirely different world where spontaneous healing happens every day. Miraculous cases of self-healing, otherwise confusing to medical institutions, give hope to people desperate to improve their health.

## Arina and Her Skin Problems

Arina is a fifteen-year-old girl who has suffered from chronic skin diseases since childhood. Acne and psoriasis robbed her of her self-confidence, despite her being very attractive, intelligent, and talented. None of this mattered: she had self-esteem issues, and she rarely felt good.

It turns out that when Arina was very young, her mother told her she was an ugly child. Of course, her mother later said that she didn't mean it, but it was already too late. The damage was done. Arina's subconscious took this harmful message and made sure it came true.

During a hypnosis session, Arina was able to delve into this childhood incident that had been stored deep in her subconscious for so long. The girl realized how destructive and unfair her mother's comments had been. And she even managed to turn the original negative insult into something positive, focusing on the moment her mother told her she was not ugly at all.

We worked with Arina for three hours, and after that, everything was fine. She started drinking special herbs in a decoction to help her body recover and help her skin heal from the damage from psoriasis and acne. These skin diseases never returned, and Arina became a confident young woman who was able to love herself.



## Counteracting Diseases

Did you know that there are many cases of spontaneous self-healing from serious and even life-threatening diseases? This phenomenon is often underestimated by medical institutions for fear of promoting false hope. Spontaneous healing does indeed occur, although the phenomenon has not been sufficiently studied. Spontaneous healing should be further explored, as it truly offers the opportunity to manage one's health and improve one's quality of life.

### Dmitry and His Fear of Hypertension

At age sixty-six, Dmitry was at the peak of his life. The recently retired man enjoyed the opportunity to devote time to his hobbies: tennis and traveling. So he was shocked when he received an unexpected diagnosis from his family doctor during a routine check-up: hypertension. The doctor told him that it was a serious illness that could lead to thrombosis or stroke. Dmitry knew that if he did not do something about his high blood pressure, he risked facing irreversible damage and life-threatening complications.

Dmitry was not going to give up the good life, but he understood that something must change. He was about seventy-five pounds overweight, and he also liked to eat well and drink occasionally. Dmitry was scared. For the first time in his life, he realized that he was sick and could actually die. Hypertension has been nicknamed the “silent killer” because people often have no noticeable symptoms until it's too late. Dmitry found that he could not sleep at night, worrying about whether he would wake up in the morning.

The doctor advised him to start taking medication so that his heart wouldn't have to work so hard to pump blood

throughout the body. Dmitry expected the worst when he returned to the medical clinic where his blood pressure was closely monitored. Imagine his surprise when the doctor told him that his blood pressure had normalized. What's even more amazing is that, as it turned out, Dmitry's hypertension had completely disappeared.

If this were an isolated case, it could be explained by human factors, misdiagnosis, or simple luck. However, there are literally thousands of cases like that of Dmitry: cases where doctors cannot explain how or why spontaneous healing has occurred. In fact, there are so many cases where a person's serious illness has miraculously disappeared that doctors are often forced to admit they may not have all the answers.

### Personal Qualities of Self-Healers

Although we do not know exactly how spontaneous healing works, people who experience it seem to have certain personal qualities. The first of these is faith: a firm belief that they are connected to a healing power greater than themselves.

The next characteristic of healers is understanding the relationships between mind and body. They are keenly aware of how destructive the influence of negative thinking is and how the destructive energy of emotional disorders can actually cause illness in a person.

The third characteristic is openness to change. Healers are willing to reinvent themselves in order to fulfill the desire to do or achieve something extremely important and significant to them. Spontaneous healers often seek their purpose, identifying those that, in their opinion, are part of their destiny.

Finally, spontaneous healers are known to easily lose track of time! The ability to deeply focus on a task—especially one

that is of great importance to a person—is not an unproductive function. It allows positive energy to flow, balancing and healing the mind, body, and spirit. You may have even experienced this, yourself, when you were so immersed in a joyful activity that time flew by unnoticed, and hours turned into minutes!

Let's take a look at how these characteristics can affect healing by examining the case described above. Dmitry was told that he had high blood pressure: for him, the news was a wake-up call. He promised himself that he would do everything in his power to prioritize his health.

Dmitry spent time reflecting on his life and decided that he would no longer waste time on meaningless activities. He also understood that he was too easily annoyed by little things that didn't really matter, such as rude drivers or slow service at a store. Dmitry decided to take some positive steps to cope with his anxiety and irritability.

He already knew about the many available holistic healing methods that helped him relax and connect with a powerful source of healing energy. Dmitry decided to start each day with meditation and spend more time outdoors, reconnecting with the things he truly valued. He underwent hypnotherapy to learn more about himself and how to calmly deal with whatever annoyed him. Dmitry also found that his passion for tennis could be put to good use by volunteering to teach the sport to young people who previously hadn't had the opportunity to play. Dmitry's life was suddenly full, and his days were filled with joy and satisfaction.

Although we cannot precisely pinpoint the moment when healing occurs—or identify the scientific mechanisms that come into play—we have a pretty good idea of how to create the right environment for spontaneous healing. There is nothing supernatural or magical about it.

It is a natural course of events. By discovering the healing energy you already possess, you can heal yourself from within. The mind is a powerful healer!

## **Journey into the Conscious Mind**

You are probably wondering how to activate the amazing power within you to heal your body with the help of your mind. How can we help ourselves become healers? What steps can be taken right now to begin this amazing process and discover the benefits of natural healing from within?

First, it's important to understand that it is impossible to separate the mind, body, and soul. They are all interconnected and have a strong and lasting influence on one another. Our mood and personality also effect the healing process, and those of us with a strong will to live have a much better chance of recovering from a serious illness. Remember: we are all unique. So what works for one person may not work for another.

To give yourself a chance to heal, it is important to establish a connection with your true self. Without the readiness to access the inner workings of consciousness, it is impossible to achieve a state of well-being and prompt healing energy into action. There are several, simple techniques that you can use to restore connection with your emotional and spiritual sides. These techniques are all part of what is known as holistic mind therapy. True healing is a deeply personal experience that cannot be replicated in a hospital or doctor's office. Essentially, before any self-healing can occur, it is necessary to prepare the mind and body by entering a so-called "healing state." In this way, you prepare yourself to receive the healing energy of your body.

## Spiritual Transformation

People who practice self-healing often find that they undergo spiritual, physical, and emotional transformation. This process changes lives and offers many additional benefits alongside curing physical ailments. For example, many people report being happier. Close relationships become more meaningful, and there is a genuine understanding of what life can offer. A serious illness can be considered a blessing rather than a curse, as it provides an opportunity to change one's worldview and derive more pleasure from life.

People who heal on this level also tend to reevaluate their entire lives, making significant changes. Proper nutrition and a healthy lifestyle are part of this, as well as the pursuit of new and interesting goals. No drugs, alcohol, or other harmful addictions are needed to achieve this: unhealthy activities are replaced by natural means of protection from life's hardships.

## Encourage Your Inner Healer

The fact that your body is actively trying to heal itself is hugely important. Perhaps the best gift we can give ourselves is to allow healing to occur naturally.

We can help our inner healer succeed in several ways. First and foremost, it is necessary to sincerely believe that it is possible to heal from within. There will be people who will try to dissuade you from this method, but don't let doubt interfere with your inner well-being. It is your decision to put your health first, and by giving yourself time to take care of your mind, body, and soul, you are giving yourself the best chance for achieving robust health.

The ideal way to start helping yourself is to stop and reconsider that life is happening right now. Disconnecting from

your own life is extremely detrimental to your health. If we do not realize the significance of this, we will continue to be ill and miss out on all that life has to offer.

### Lisa's Tense Morning

Lisa is a middle-aged woman who works at an accounting firm in St. Petersburg. Her boss is a domineering man who loves to flirt with young female employees. The workload at the office is intense, with tight deadlines and far more tasks than can be completed in a single working day. During one particularly stressful day, Lisa realized that she had forgotten to eat lunch. She vaguely noticed the presence of a new employee—an attractive young secretary who seemed to spend all morning talking on the phone.

Suddenly, her boss bursts into the office and yells at her that he needs a report for a meeting in an hour. Lisa feels the tension building up and her face turning red, but she says nothing. Instead, she finds herself idiotically smiling at her boss and muttering something about trying to get it done as soon as possible.

At that moment, the boss spots the young secretary sitting at the other end of the room and waves at her. “Would you like to have lunch with me?” he asks. “I can tell you a lot about this company!” Lisa’s smile now resembles a grimace. She feels disappointed and exhausted, wondering how she will make it through the rest of the day.

Most of us have faked a smile at some point in our lives. But if it happens regularly, something is definitely wrong. Lisa needs to find time in her busy schedule to take care of her own needs.

If she did, she would realize that her workload is unreasonable and that by continuing at this hectic pace, she is exacerbating the problem. If Lisa persistently ignores her feelings and pretends to please her boss, her chances of falling ill increase. Her body simply cannot withstand the immense

stress of constantly hiding her unhappy emotional state from her own consciousness.

Mindfulness is a huge part of connecting with our inner healer. Without it, our ability to heal the body with the mind is lost. By living in the present moment, we can avoid traps related to someone else's problems, suppressing disappointment, or surges of anger. By stepping away from a situation, we allow ourselves to recognize the heavy burden we put on our minds and bodies.

That day, Lisa was so focused on her enormous workload that she had no idea how exhausted she really was. By ignoring her emotions and suppressing her anger, Lisa was seriously undermining her health.

When we pay little or no attention to our emotions, our body often sends us signals about health problems, begging us to stop and take care of ourselves. But we often easily ignore it. A crushing chest pain, however, is much harder to ignore!

### Lisa's Success Story

Now let's see how Lisa could have reacted differently if she had been aware of her true feelings. First and foremost, she should have taken a lunch break to provide her body with essential nutrients. Low blood sugar levels and a growling stomach can hamper anyone's ability to handle stress. Lisa should also have taken the time to monitor her physical state, periodically relaxing her tense shoulder muscles and taking a few deep cleansing breaths.

By simply acknowledging and accepting the flow of events at work, Lisa could have avoided triggering a massive emotional response, releasing harmful negative energy. Instead of feeling oppressed, she could have looked at the situation from a different perspective and responded to it from a position of strength.

When Lisa's boss approached her with an unreasonable request, she could have stepped back and assessed the situation. She could have realized that her boss was asking her to take on additional tasks that no one else wanted. By calmly explaining that she was already swamped with work, Lisa would have demonstrated that she was willing to take responsibility for her own well-being and would not risk her emotional and physical health simply to please her boss.

When her boss "pounced" on the attractive young secretary, Lisa could have stood up to him, calling him out on another instance of power abuse. Later, she could have found time to talk to the new girl, who almost certainly knew already about her new boss's reputation among the ladies.

By staying true to herself and promoting awareness of the situation, Lisa would have freed her mind to take control of the challenging work situation. Refusing to suppress harmful emotions, fake a smile, and ignore her feelings, Lisa would have taken several important steps to end the disconnect between her true feelings and her outward behavior. This simple technique would have allowed her to use self-awareness to balance herself, and to release toxic energy from her body, fostering a sense of inner peace and well-being.

## Become Aware of Yourself

Let's talk about mindfulness techniques and how you can also learn this simple awareness technique, which can help evoke the same sense of inner peace that Lisa experienced in the second half of the story. Don't worry if it's difficult at first. We are so used to our minds being constantly distracted by white noise that it may seem strange when you stop everything and focus on your immediate surroundings instead.



Try to find a quiet, peaceful place to relax. For some people, this may be a specific room where they feel safe. For others, it might be a restorative walk in the fresh air. Regardless of where you decide to start practicing mindfulness, make sure you won't be disturbed. This is your special time to take care of yourself.

Get comfortable and take a few deep cleansing breaths. Be aware of your breath as you inhale through your nose and exhale through your mouth. Slowly relax your muscles and feel the tension dissipate. Close your eyes and focus on where you are at the moment. You are safe, and everything is okay.

Allow yourself to acknowledge any strong feelings that arise. There is nothing wrong with them. It's your consciousness signaling that you need to relax and restore your inner balance. Welcome these feelings, as they are the first sign of healing.

Now visualize yourself going through your daily routine and calmly reflect on what is happening as an outsider would. Simply observe what you see without judgment or emotions. Avoid trying to solve any emerging problems. That's not your job right now. You are a good and capable person, and everything is wonderful. Feel the release of energy from the deep awareness that life is good.

Don't worry if it takes time to focus on the innermost part of yourself. At first, this is completely normal. You may need to bring your attention back to the moment when your mind starts to wander, as it often does initially. We are so used to the endless stream of thoughts that it's easy to become distracted. Relax and concentrate on what you are feeling right at this moment.

## The Benefits of Mindfulness

Learning to “calm the mind” is a skill that anyone can master and achieve significant results with. Some people prefer

to practice mindfulness as part of their daily routine. Others use this technique when they feel overwhelmed and need a break. In any case, connecting with your inner self through self-awareness is an important way to combat stress and bring peace and tranquility back into your life.

Did you know that mindfulness is an important key to one's happiness? Some of the benefits of mindfulness include regaining inner balance, reduced emotional reactivity, and increased compassion for oneself and others. Instead of feeling like the world is a dark and dangerous place, those who practice mindfulness learn to cope with unpleasant thoughts, experiences, and reactions to events without feeling out of control. People who practice mindfulness are also resilient and much better prepared to overcome life's challenges.

### Step-by-Step Plan for Self-Healing

Now let's focus on several extremely important points that will help you achieve robust health. These points will provide an opportunity for you to concentrate on your healing needs and prioritize them, possibly for the first time in your life. I cannot stress enough how important it is to find time to take care of yourself. In this way, you will gain knowledge and understanding of how to use your own inherent abilities inherent to heal yourself.

#### ***Step One: First, Free Yourself***

To begin true healing, you must change your reality. Essentially, the first step is to change your actual environment. Your home is not the best place for changes. You need to go to a place where you are not reminded of the person you once were. This process can last for several days, weeks, or months.

You need to disconnect from your current environment and focus entirely on yourself.

At this stage, you may be hesitant or uncertain. This is a result of all the distractions that not only keep us from focusing on what is most important but also keep us sick. You will soon realize how powerful these distractions are and how easily society can keep us chained to our old unhealthy ways. These chains must be broken. The reward will be the freedom to achieve stable physical and emotional health and well-being.

You may think this is difficult; but in reality, you can simply start by visiting a local park or a similar natural environment. Find a few hours and immerse yourself in nature away from all the usual distractions that command your attention. Just be alone: no phones, no friends—just you.

### ***Step Two: Get Away from Society's Distractions***

I repeat: the best way to work on yourself is to leave your home environment and go someplace where you won't be tempted to even look at your phone. This is an ideal opportunity to get in touch with your past and restore your life. We are so used to being distracted that it's difficult to imagine losing all connection with the outside world. However, at some point, you will have to prioritize yourself. Will it be you or your phone? Believe it or not, some people would rather die than part with their phones, even if it's just for an afternoon. Don't be one of them.

Now let's talk a little about how you can disconnect from society and experience the amazing freedom that comes with focusing exclusively on yourself. The most effective way to achieve this is to go on a retreat for a week or two, where you can physically and emotionally detach from everything and

everyone. It's amazing how much progress can be made if you decide to break away from your old environment and put yourself first. Trust me, miracles will happen!

### ***Step Three: Participate in Healing Rituals***

Some countries offer free medical services, where the focus becomes caring for the mind, body, and spirit. There, people are allowed to heal in special hospitals, even if it takes a month or two. In order to create the best conditions for the patients to attain true health and well-being, some very strict rules are put into place. The use of phones, television, or other distracting devices are not allowed. Healthy food is provided, and visits are limited to certain days and hours. Such an environment is specifically designed for health recovery.

Another important part of this process involves special healing rituals designed to cleanse the body. There are many ways to eliminate toxins and restore health. Fasting, colon cleansing, and liver detox therapy are just a few of the many available treatment methods aimed at maintaining the physical body and restoring its natural balance.

For my students, I now hold special retreats in Ecuador, which follow similarly strict rules to create optimal conditions for health restoration. We consider them as an opportunity to achieve true healing.

### ***Step Four: Change the Environment***

If you do not have the opportunity to go on a retreat, you should at least change the atmosphere at home to facilitate healing. Your home constantly reminds you of everything traumatic from your past. Every wall you look at somehow prompts you to remember a story about something that

happened in the home. To disconnect from these distracting reminders, you need to completely change your domestic atmosphere. This should be done at least once a year—or more often if you're troubled by obsessive thoughts associated with a particular room.

### ***Step Five: Cleanse Your Consciousness***

Cleansing the physical body is much easier than cleansing the mind. We have become addicted psychological violence that occurs from the constant flow of information, most of which is insignificant. Most of us do not even realize that wherever we go, we are forced to see and hear messages that affect our ability to function. Most of the time we are not even aware that our minds are constantly trying to filter out the necessary information. It's like wandering through a maze filled with hidden traps that you must avoid. You experience constant stress from never knowing what will happen next. Make no mistake: your mind was not created to cope with such violence against itself.

### ***Step Six: The Healer Will Surely Appear***

It is only after you prioritize your own needs and allow yourself this type of deep cleansing that the healing process can begin. You need to convince yourself that you are valuable and deserving of change. Your mind, body, and spirit belong to you, as does your life energy. You need to make changes that allow you to immerse yourself in an environment that is cleansing, and invite your powerful healer back into your life to restore wholeness.

## The Story of Michael

Now I want to tell you about Michael, who healed his type 2 diabetes with hypnosis and other holistic mind therapy techniques.

Michael was a workaholic and led a very stressful lifestyle. He could never find the time to take care of himself and ignored all the warning signals from his mind and body. As a result, the consequences of an unhealthy lifestyle caught up with him, and Michael began to feel very unwell: experiencing dizziness, fatigue, and neuralgia in the legs and hands. Only then did he realize it was time to take care of himself.

First, Michael freed himself from the usual distractions caused by a heavy workload. Using holistic therapy to open his consciousness, release healing energy, and restore balance, Michael was able to calm his anxiety and realize why he had ignored his own needs for so long. He underwent several sessions of hypnosis and rejuvenation (methods we will discuss in the following chapters). He then decided to travel to Peru. During his stay at the retreat center, Michael lost around thirty pounds by maintaining a healthy diet. He underwent several specialized healing procedures and participated in meditations, which helped him learn to focus on his own needs and properly take care of himself. Michael discovered that his obsession with work was making him sick. He took important steps to make some long-term personal changes, including quitting his stressful job and finding one that was less demanding.

Michael's investment in himself paid off. He lost weight, got rid of diabetes, and became generally healthier and more energetic than he had been twenty years ago. He maintains his health with a balanced lifestyle and swears he will never go back to his old unhealthy ways. By keeping this vow, Michael has managed to maintain his newfound health.

## Information Fasting

I'm sure you are familiar with fasting as a way to cleanse the body. Well, now I'm going to show you how to cleanse your mind by avoiding the vast amount of information that clogs our minds every day. We have become so accustomed to constantly receiving information that we have become dependent on this constant deluge of data coming our way. We regularly use distracting information to relax and lose ourselves. Some people cannot even imagine a day without media. Even old-fashioned sources of information—like newspapers and books—can clutter the mind, distracting us from the important task of connecting with your inner self.

Take a break from newspapers, magazines, television, radio, and the internet. Avoid all forms of advertising and stay away from known sources where you can be manipulated and misled. This is especially true for the internet. Put your mobile phone away and disconnect from all sources of information that can clog your mind with toxic thoughts and negative energy. Do this for thirty days.

You may think this is impossible. However, your level of resistance is just another signal from your subconscious that this is what you need! If you have an urgent need to communicate something, do it in person. Some people find information fasting so uncomfortable and disorienting that it's like trying to kick a drug habit. Remember: everything is fine. If you don't watch the news, unpleasant world events cannot effect you—and your mind and body will gradually adapt.

### Olga's News Addiction

Olga suffered from panic attacks and anxiety for many years. Desperate to get rid of the unpleasant symptoms

(sweating, nausea, and rapid heartbeat), she sought a holistic method that would ease her discomfort.

Olga tried meditation, breathing exercises, and guided visualization: all of these are holistic, mind-therapy methods designed to help a person relax. Although she did feel a bit calmer, she noticed that her panic disorder often returned, especially after a stressful day when she tried to soothe herself by watching the evening news.

A good friend recommended information fasting to Olga. At first, she resisted—she considered it extremely important to stay informed about what was happening in the world. However, after another particularly unpleasant bout of anxiety, she was ready to try anything. Olga began the practice of long-term information fasting to fully cleanse her mind.

After two months of fasting, the panic attacks completely disappeared. She had never felt better. It turns out that Olga watched the news so compulsively that what she saw had a significant and personal impact on her. What she saw on the news hit her on such a deep, personal level that she became emotionally involved in the world events she was seeing on the screen. Seeing hunger, floods, war, or just a serious conflict, Olga empathized with the victims she saw on TV. Unable to separate herself from the global events she witnessed on the news every night, she literally traumatized herself before going to sleep.

If you recognize yourself in Olga, information fasting may be just what you need to cleanse your mind and open it up for healing. Turn off all electronic devices for a while. Disconnect from social networks. Let your brain rest. You will feel much better.

## **A Guide to the Brain**

In this section, we will take an in-depth look at how the brain works from the inside. The brain is usually considered the

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most complex and important organ of the body. After all, the brain is the body's message center, controlling every process from conscious thoughts to our movements to an automatic heartbeat. Without the brain, the body cannot sustain life and a person dies.

Although science is approaching an extremely basic understanding of the physical and chemical reactions that occur between the brain and the nervous system, the work of consciousness is largely ignored. This strange division—known as the duality of mind and body—is one of the main reasons why modern medicine is struggling to find effective solutions to our health problems and often finds it an insurmountable task. Remember, *mind and body are one*.

By ignoring consciousness, we are cutting ourselves off from the most important part of the brain: the part responsible for our physical and emotional well-being. The fact that we have separated ourselves from this vital source of healing may seem incredible, but it's true. Without a proper understanding of how consciousness works, self-healing is not possible. However, by studying the innerworkings of consciousness and applying the healing power available to each of us, we can move forward toward achieving a robust and healthy lifestyle.

## A Simple Model of Consciousness

In the next few pages, we will delve deep into consciousness, using a simple model to understand how it works. First, I want you to imagine a pyramid: a triangle divided into three parts, with consciousness at the top and the subconscious at the bottom. The mind contains a very important mechanism known as the “critical factor,” which protects the subconscious from change. If this starts to sound complicated, don't worry. We will discuss all these parts in detail a bit later so that you

have a complete understanding of how the mind interacts with our body to naturally support our health.

Imagine an iceberg and your consciousness at the top. Now, if you know anything about icebergs, you understand that the top of the iceberg is relatively small compared to the hidden part under the water. The bigger “underwater” part is your subconscious. Even if you can’t see the part of the iceberg that is underwater, you still know it’s there.

## An Introduction to Consciousness

Most people have some understanding of how consciousness works. With its help, we think, analyze, and make logical decisions. The mind is very good at reasoning and understanding things. We can also use it to rationalize our behavior. For example, the decision to skip work and go to the beach on a gorgeous sunny day can be justified if your colleagues missed a workday during the previous week.

Another part of the mind is willpower. With its help, we develop discipline and self-control but it has nothing to do with emotions. To stimulate willpower, you need to disconnect from the emotional side and act with a detached determination. No matter how determined people are, they can never force themselves to make internal changes.

Have you ever tried to force yourself to fall asleep? This is difficult because our sleep mode is controlled by the subconscious. We also set ourselves up for failure when we believe that willpower alone will help us quit smoking, gambling, or engaging in something else harmful to the body and mind. Most people cannot simply say “no” without first addressing their emotional attachment to such destructive behavior.

## The Critical Factor

Our short-term memory is also encompassed by consciousness. This is the “weak” memory, which has limited capacity for storage and retrieval of material. However, the mind has another role: to stand guard and block access to long-term memory, located deep in the subconscious. This is done through a part of consciousness known as the “critical factor.” It is so named because it acts as a critic, passing judgment on any incoming information and plays an extremely important role in protecting against threats in the form of programming changes in our nervous system.

When we encounter an incoming suggestion that does not match an existing mindset, the critical factor’s task is to analyze and reject it, keeping the subconscious unchanged. You can imagine that every thought and perception that penetrates our senses is systematically evaluated by the critical factor, which is then compared to the information that is already in the subconscious. This happens at lightning speed and is imperceptible to us.

Although the critical factor exists in consciousness, it is controlled by information already programmed in the subconscious. In other words, it is the information already present in the subconscious that determines whether new data will be allowed or rejected. Most of us are accustomed to believing that the ability to heal serious illnesses is beyond our personal control. That’s why it’s so hard to admit that we can indeed heal ourselves!

## The Law of Complication

Our critical factor not only rejects proposals that contradict information stored in the subconscious memory but also accepts input data considered harmonious. Thanks to this protective

function, any new information deemed consistent with previously existing ideas will merge with them, creating an even stronger belief system embedded in the subconscious.

As you can see, this system protects the subconscious from unfamiliar ideas that can disrupt established programming. In the same way, the critical factor strengthens subconscious memory by adding new information.

The following story is a wonderful example of how a complex connection can not only reinforce an established belief, but also make one even stronger. Karina's youngest son, George, loved music. From an early age, it was clear that he had talent, so his mother enrolled him in music lessons to learn to play the piano. George loved playing, and he enjoyed performing in front of an audience. It didn't matter that his listeners were usually family, friends, or neighbors. George simply loved sharing his music.

Karina made sure her son knew how talented he was. Every time George played the piano, she would exclaim the word "amazing." The woman pronounced it syllable by syllable: "A-ma-zing." George already knew that his mother loved his piano playing. Her constant praise firmly anchored this fact in his subconscious.

As he grew older, he joined a group and began playing his piano at local concerts. Once again, he received numerous positive reviews, further confirming that he was an amazing pianist. If someone happened to tell George that he was a terrible musician, he probably wouldn't take the criticism seriously. In George's opinion, this comment absolutely does not correspond to reality, because in fact, he knows he's an amazing musician!

## Filling the Blank Slate

You are probably wondering what happens when nothing is stored in the subconscious and when the critical factor has

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no prior information to compare with new data or suggestions. This is an excellent question. Essentially, this is the key to understanding how our consciousness is programmed and how important this process is for the harmonious development of a person from childhood to adulthood.

When it comes to the “blank slate” of any infant child, any incoming information goes directly into their subconscious memory, bypassing the critical factor. Since previous information is not available for comparison, the new proposal immediately enters the subconscious unchecked. It doesn’t matter whether this new proposal is correct or not. It is accepted as a fact. Once anchored in the subconscious memory, this data will be used by the critical factor to evaluate any incoming information.

As you can see, when the subconscious memory (permanent memory) is initially filled with information, this is a decisive event. This initial data and suggestions form an information base that will be used by the critical factor to evaluate future incoming proposals, and decide whether to accept or reject them. That’s why the first few years of a child’s life are so important.

Let’s return to the story of George, the magnificent pianist. His mother made sure that her little son had many positive experiences with music even before he was old enough to learn to play a musical instrument. When George was a baby, he banged on pots and pans in the kitchen with a big wooden spoon. Guess what his mother said at such moments? “Amazing!”

Unfortunately, not all children have such a positive upbringing. Victoria was very young when she received a devastating message that she could not draw. One day, her mother took one of the little girl’s drawings and laughed at it. “What a mess!” she exclaimed. “Any animal could have drawn this better!”

Victoria was so humiliated that she did not paint another picture for forty years. Even as an adult, she struggled with intense anxiety over her supposed lack of artistic talent. Victoria was absolutely convinced that she was a terrible artist. Fortunately, she happened to meet a wonderful drawing teacher who understood that she was deeply upset by her mother's unkind comments. The teacher was determined to change the negative beliefs that had been deeply rooted in Victoria's subconscious. Encouraged by her teacher's support and positive feedback, she began to draw; she even started doing it regularly. Victoria, in fact, turned out to be extremely talented and even won a contest with her incredible painting of a glacier.

## Exploring the Subconscious

We have already talked quite a bit about the conscious part of the mind. Now let's take a deeper look and explore the subconscious. What you need to first know is that the subconscious is much more powerful than the conscious mind. It is believed that the conscious mind accounts for only twelve percent of all our mental capabilities, while the subconscious accounts for eighty-eight percent. The subconscious stores not only our memory but also our habits, beliefs, personality, and self-esteem. The subconscious also controls the functions that maintain our body, which are performed without our knowledge. For example, if we are afraid, our body makes the necessary adjustments, increasing our heart rate and prompting us to flee from a dangerous situation. Of course, understanding how the subconscious works is the key to understanding how we react and act.

The imagination, which is closely related to our perception of reality, is also located in the subconscious. We use it when forming a worldview. This is achieved by using deeply rooted

beliefs stored in our subconscious memory. Based on this information, our critical factor will try to convince us that our point of view is true. It should be reiterated that our imagination does this, not our conscious ability to accurately assess the environment. That is why mindfulness is so incredibly valuable, and skills like attentiveness and meditation are key to a sense of well-being.

“Logic will take you from point A to point B. Imagination will take you anywhere.” This quote by Einstein hits the nail on the head, reminding us that the conscious, logical mind can help us to achieve only a certain level. To grow and develop, we really need to use our imagination or subconscious. However, our subconscious is just a subconscious.

We have a huge amount of untapped potential that will help us overcome difficulties. If we don't realize this, we develop tunnel vision and only hear what the conscious part of the brain tells us. Believing ourselves to be powerless, we begin to despair and release negative energy that harms our body.

Remember that the subconscious is also the place where our emotions reside. Feelings can be good or bad, useful or useless. It is this combination of imagination and emotions that makes us react to our perceived ideas of the world. In addition, our beliefs are closely protected by the critical factor, which further strengthens our convictions. If information is locked in the subconscious, it forms our truth and our reality.

Thus, two different people can have very different opinions about the same thing due to the unique information they have gathered from their subconscious memories. Both will sincerely believe they have done everything correctly, and will be ready to present convincing arguments in favor of their version of reality. In fact, it doesn't matter whether we are right or not. From our point of view, everyone else is ignorant, while we are truly intelligent and rational.

We not only use the information stored in our subconscious to understand the world around us, but we also define our own reality based on the programming that occurs from our permanent memory. Even if you connect to your consciousness and apply rational thinking and general logic to a problem, you are likely to be overwhelmed by strong feelings from your subconscious. If you noticed that you react very strongly to a situation but don't know why, it means you are being controlled by your subconscious—and this is well illustrated in the following example.

### The Story of the Furry Dog

Tatyana and Marina are walking in a local park. Suddenly, a large, furry dog runs up to them, wagging its tail and barking loudly. The owner is nowhere to be found. Tatyana immediately breaks into a wide smile, bends down, and greets the dog. “What a cute dog,” she says, petting the animal on the head. “Let’s try to find the owner!”

Meanwhile, Marina is paralyzed with fear at the sight of the uncontrollable dog running around and causing commotion. Her body stiffens, and she cannot move. Marina feels her heartbeat quicken, realizing that the dog has no owner. When the animal begins to approach her, Marina suddenly screams and runs in the opposite direction, causing the excited stray dog to chase after her.

Let’s take a journey into the past and see what led to these two different people reacting so differently to the same dog—the same dog, which behaved identically towards both of them. Tatyana clearly loves animals. She has always had at least one dog at home and is familiar with how they normally behave. The information stored deep in Tatyana’s subconscious memory associates these animals with feelings of pleasure and



joy. When the dog in the park runs toward her, she bends down, assuming a safe position that shows the dog there is nothing to be afraid of. Tatyana's calm body language and soft, gentle voice further enhance the signals that she is happy to see the furry friend. The dog feels safe and calms down, happily licking Tatyana's face. Meanwhile, the girl remembers once again how wonderful dogs are.

Unfortunately, Marina's experience with dogs is far from positive. When she was three years old, a dog escaped from its kennel and attacked her while she was playing outside. The animal began to maul Marina and bit her several times on her legs. It took more than a year for the bite marks to heal completely, and Marina received more than two hundred stitches.

Marina not only suffered physical injuries from the vicious dog but was also severely psychologically traumatized. This horrifying event was her first encounter with a dog. Since Marina's inner consciousness had no stored information about these animals, the critical factor could not censor the message from the outside world, instantly filling the girl's subconscious memory with information that all dogs are dangerous creatures that attack people for no reason.

What's worse is that this incident in the park reinforced Marina's deeply rooted belief that all dogs bite—consider the law of complication, which we discussed earlier—even though the animal in the park was actually playful and excited, and not vicious. The thought of being harmed—received from the depths of her subconscious memory—caused her to scream and run away. This, in turn, prompted the already excited animal to become even more agitated, further intensifying Marina's fear of dogs.

Once the message “all dogs are evil” is embedded in the subconscious memory, it becomes part of a person's reality. They will judge every member of the canine family by this message and automatically label them as vicious, regardless of

the animal's true nature. An unwavering perception becomes an unchangeable truth, which will turn into a fixed idea.

I would like to provide another example of the influence of the subconscious on the perception of reality. Consider how we view our personal abilities and potential. People with a strong self-image will continuously reinforce this belief simply because they know it's true. Similarly, those of us who struggle with low self-esteem, and have doubts that we will never achieve much, outwardly manifest this belief in our lives because it acts as an internal unwavering truth. The satisfaction and confidence a person gains from understanding that they are good at something further strengthens their self-esteem. On the other hand, a bad experience causes a person to doubt their abilities, reducing their chances of success.

You may be interested in what happened to Marina, who suffered psychological trauma as a child due to her negative experience with a dog. She was recommended to our practice to overcome the fear that was interfering with her daily life.

During hypnosis—a method extremely useful for getting rid of irrational fear—Marina was able to safely return to the initial incident that traumatized her so much. I helped her work through memories of this event until she could feel safer around dogs. After several sessions, Marina was free from the fear and panic that arose every time she saw these animals.

## The Protective Function of the Subconscious

The subconscious takes on the role of a protector. It works diligently to shield us from danger. You may wonder why this is so important. Remember when we talked about the traumatic experience of birth? From the moment of conception, we all felt safe while in the mother's womb.

This is the first imprint left on us, and it's remarkable because of its static nature—at least until the moment of birth. The idea that we feel familiar with the safety of the mother's womb creates an indelible impression that remains in our subconscious memory forever. Therefore, a familiar environment means safety for us.

This deep need for a familiar environment stays with us throughout our lives. In fact, dealing with changes can be very difficult because we are so used to the comforting sense of security we receive from familiar images and sounds.

Every time changes occur in our usual environment, we lose the feeling of safety and try to get everything back to normal. Our critical factor plays a significant role in this process, supporting familiar programs deeply embedded in the subconscious memory.

## Our Earliest Experience

From the moment of conception, we are exposed to messages coming through our senses, which we use to understand the world. Due to the nature of subconscious memory, our earliest experiences are the most significant because this information is accepted as fact, regardless of whether it actually is true or not. Any harm caused from birth until a child reaches school age is the most destructive because it is during this period that one's self-esteem forms. Children who have formed the opinion that they are unworthy of love will carry this message deep in their subconscious, where it is protected and reinforced by the critical factor. Every interaction with another person will be distorted by this belief in their unworthiness, leading to the breakdown of relationships.

The embryo of a mother who takes drugs will experience this effect and absorb the unpleasant consequences

of withdrawal after birth. As you can imagine, the child's world—due to the sensations after the abrupt withdrawal of drugs—will be neither familiar nor safe. They will expect the world to be filled with suffering and pain. As we already know, the infant's subconscious memory will tenaciously cling to this belief. Any new experience—even a good one that happens to contradict the initial data—will be rejected by the critical factor, supporting the child's belief in the harshness of the world.

Little children bombarded with negative messages that they are stupid, bad, or unlovable will undoubtedly believe that these things are true. That is why emotional violence is so harmful, especially to young children. They have nothing to compare the toxic judgments to, so they accept them as truth. If someone tries to disagree with their mistaken perception, the critical factor will kick in to support the established belief.

It is not enough to try to deal with deeply rooted beliefs using logic and rational explanation. Even though the explanation may be perfectly clear to someone else, our childhood experience has shaped a unique perspective on the world: one that we will stubbornly defend. Our perception of reality is formed in the first years of life, and we will carry the imprint of our childhood environment for the rest of our lives until something changes.

### Catherine's Weight Problem

Catherine believes she is overweight—despite being a slim young girl, who is five-foot-five, and weighing less than a hundred pounds. Looking in the mirror, she sees her “fat” reflection; when in reality, she is underweight. Catherine suffers from a mental illness known as “body dysmorphic disorder,” which causes patients to become fixated on imagined flaws in their appearance.

Although it is obvious to everyone else that she is underweight, Catherine's consciousness does not accept this. She is sure that she needs to lose weight and defends this belief with incredible determination—and no one can convince her otherwise.

Catherine's fixation on her weight causes her endless dissatisfaction because her subconscious is programmed to think she is fat. In other words, she will never see herself as slim and attractive because, in her mind's reality, she is a fat girl. Catherine is worried about her "excess weight problem" every minute of the day, even though she receives endless compliments from her peers about her appearance. "They are just trying to make me feel better," thinks Catherine, as she chooses some baggy clothes, which she hopes will hide her "huge" body.

It is this persistence of the mind that can cause us serious trouble when we don't realize, the often huge discrepancy, between one's personal truth and actual truth. Despite Catherine's ribs sticking out and her face appearing gaunt, her critical factor doesn't allow new and more accurate information to outweigh her established belief that she is overweight. Catherine's health will be at risk if she cannot change her deeply rooted belief that she is fat.

Since Catherine's insight is influenced by her subconscious, she is also emotionally distraught about her weight. The girl will remain emotionally vulnerable to feelings of low self-esteem and unhappiness. The resulting insecurity will also affect her interaction with other people, reinforcing her belief that she is unattractive because of her excess weight.

When Catherine contacted a surgeon about gastric bypass surgery, it was obvious that her ideas about her weight were becoming dangerously delusional. The surgeon suggested that instead of opting for surgery she should consult someone who could help her feel good inside. That's how Catherine discovered my hypnotherapy practice.

At first, Catherine was skeptical about hypnosis but agreed to try it. During age regression—when I hypnotized Catherine and then took her back to her childhood—she discovered that her overweight mother was overly concerned that her daughter would also face the same problem. Her mother’s obsession with being overweight led Catherine to believe that she herself had a weight problem. These messages, deeply embedded in the girl’s subconscious, affected her ability to objectively assess her appearance.

Three hours later, Catherine was freed from the false belief that she was fat. Now she could look in the mirror and see a beautiful, slender, young woman! Catherine was finally ready to live a full life, filled with joy and satisfaction.

## Accessing the Mind

We cannot afford to be disconnected from the important knowledge embedded in our minds. Nor, can we afford to be powerless to rewrite the script when something goes wrong. As we saw in Chapters 2 and 3, holistic psychotherapy can unlock powerful healing energy and make long-lasting positive changes in our lives.

Traditional medicine and therapy are rarely effective for people like Catherine because their critical factor resists any new messages—no matter how potentially helpful this information might prove to be. People like Catherine will go to great lengths to justify their beliefs. Teachers, friends, brothers, and sisters tried to convince her that she was too thin, not too fat. But Catherine simply didn’t believe them.

The reason Catherine was finally able to bypass her critical factor and access deep subconscious memories was revealed only through hypnosis. Understanding that her weight problem stemmed from her mother’s obsessive idea, Catherine was

able to heal and embrace a new and far more realistic view of herself. This is why hypnosis is such an effective method of holistic mind therapy.

Through this, we can explore the surprising role of happiness in ensuring our mental and physical well-being. We shall go to this next.

## **The Pursuit of Happiness**

How happy can you be? This is not a trick question. I ask this for a very important reason. We have all met people who seem to live with a constant smile on their faces and joy in their hearts. At the same time, there are plenty of unhappy people around us. Surprisingly, the people you sometimes expect to be happy turn out to be miserable, while those whose lives are incredibly difficult are optimistic and cheerful.

I know a young man named Roman who went to Europe after graduating from school. One night, he got drunk and fell off a cliff. The guy broke his back and was paralyzed below the waist. He would spend the rest of his life in a wheelchair. One would assume an event like this would be a devastating blow for anyone, especially for a young man in his prime. Roman was indeed very upset, but at the same time, he was filled with determination not to allow the trauma to destroy the rest of his life. Roman is one of the happiest and most positive people I have ever met.

Although everyone claims to value happiness, I do not know a single school that teaches happiness as a subject. If you ask parents what they want most for their children, they will answer, "To be happy, of course!" Happiness is one of the most important human rights that we all need and deserve. But despite all our technological achievements and know-how, we are lost when it comes to understanding how to be truly happy.

## The Rapid Growth of Sadness

Clinical depression is one of the most common mental disorders, affecting more than 121 million people worldwide. The treatment clinical depression has developed into an important branch of medicine over the years. Pharmaceutical companies make huge profits from drugs that are prescribed to seeking relief from unpleasant feelings.

Children are especially vulnerable to the negative consequences of pressure and stress, and the numbers of young people now being diagnosed with depression are higher than ever. A state of mental health that used to be associated with dissatisfied housewives and overworked businessmen, now affects young people who should not be concerned with the world's problems. The level of drug and alcohol abuse among young people is also at a record high. Young people are desperately seeking something that will help them feel better. Something is definitely wrong here.

### Lena's Story

Lena is a fifteen-year-old girl. Her parents want to give her nothing but the best in life, so they do everything in their power to treat her like a special child. As they are very wealthy, Lena's parents can afford expensive schools and many extra-curricular activities. Lena is constantly on the move. She has a private driver who takes her to tennis training, dance lessons, art classes, and math tutoring. Lena is always stressed due to her mandatory participation in all these activities, in addition to her regular school schedule. She has no time for fun and play.

The problem with our society today is that we have advanced so much in many areas that the amount of available



information is actually doubling every year. Children no longer have time to be children. The pleasant things we once considered ordinary—such as street games, bike riding, and tree climbing—are now deemed unnecessary for the modern child. However, these activities helped us relieve stress and tension, making them extremely valuable.

Children today are so overloaded and tense that they begin to subconsciously protest. Although they may not actually realize why they rebel or misbehave, children still show their parents that their bodies belong to them and that they can do whatever they want with them. This is one of the reasons why tattoos and piercings have become so popular among young people. Drug use often turns out to be the result of children's attempts to get rid of the pain they experience due to excess stress in their lives.

However, there is a catch. These children are still not free, even when they rebel. In the end, they only have two options:

1. Do what their parents say.
2. Do the opposite of what their parents say.

True freedom comes from having infinite choices. By remaining attached to their parents, these children are still under their control. They either submit to their parents or rebel; but either way they keep feeling unfulfilled and unhappy.

There is a third option available. Children need to be given the opportunity to separate themselves completely from their parents' desires and instead be encouraged to discover what inspires them and brings them happiness. If the parents are also experiencing difficulties, they should read this book to learn more about themselves and how to improve their relationships with others.

Remember what you felt when you were a teenager? If the age difference between you and other people was more than a few years, you couldn't understand them at all. Today's teenagers feel the same way.

Here are some ways to connect with your child:

1. Talk to them and ask what makes them happy.
2. Treat them like a friend, even on social media.
3. Learn about their interests and improve yourself.
4. Find out if you can appreciate your child for who they really are, including their likes, dislikes, and goals.

### A Desperate Search for Relief

The current trend of devaluing happiness should not shock anyone who has witnessed our society's steady departure from the natural world. We are losing the ability to nourish our souls and paying for it with our happiness. *We are not machines.*

By ignoring our feelings and disconnecting from the workings of our own minds, we cannot recognize when we are exhausted and in need of self-care. Continuing to push forward regardless, we risk accumulating negative energy reserves that we simply cannot release. Inevitably, something has to give, and it is usually our health.

The growing number of people struggling with addiction is a sure sign that we have become an unhappy society. Desperately needing relief from deep sorrow due to the imbalance between the mind and the body, people are willing to do anything just to feel better for a moment. Some turn to drugs and alcohol, while others gamble or play computer games to numb their minds. People are drawn to anything that can act as an escape from reality—even if it is only for a short time.

Of course, drugs and alcohol are *not* the path to lasting happiness. By chemically altering the messaging pathways in the brain, addicts further damage the body's natural healing system. As the body gets seriously imbalanced, signs emerge. Then, more and more of the substance is required just to maintain normal functioning. As most addicts admit, nothing can compare to the first high.

### Do You Deserve Happiness?

Some people believe they do not deserve happiness. When things go well, they are tormented by guilt, making them feel unworthy of joy. Those who have previously been subjected to abuse are especially vulnerable to this. Accustomed to a life full of pain and suffering, they feel uneasy when it all stops. Unfamiliar emotions of happiness and joy are unsettling, and if something is too good to be true, it is only a matter of time before pain rears its head again.

Others believe that happiness is something that other people can benefit from, but not themselves. Advocates of this idea are convinced that suffering will lead them to more generous rewards in life: no pain, no gain. But in reality, happiness and success are not mutually exclusive, but are interrelated. True inner happiness leads us to success, and success contributes to happiness. These people do not understand that happiness is not something external but rather energy that flows through our body when we are at peace with ourselves and our surroundings.

It never ceases to amaze me that achieving happiness is not a top priority for most people. Wouldn't it be wonderful if we could look back on our lives and say we knew true happiness every single day? You may be surprised to learn that this is not only possible but also how it should be. Open your heart and mind to the possibility of achieving true happiness in life.

## The Natural Path to True Happiness

It is important to understand that each of us has the right to experience joy and happiness. This does not mean that we will never feel pain and discomfort, or that everything will always go smoothly. By turning to natural solutions from within, we are not dependent on some external force that supposedly will make us happy.

Instead, we use our own natural healing abilities and personal awareness to release negative energy and restore balance. Of course, life often throws difficult challenges at us, and even the most prepared among us face unexpected obstacles that need to be overcome. However, how we approach solving the problem can have a significant impact on the outcome. We may not always be able to change our circumstances, but we can definitely control our reaction to them.

Happy, positive people are resilient. They recover more easily from adversity and seem naturally protected from issues like depression and low self-esteem. Having a positive outlook on life encourages openness and helps us connect with the natural source of powerful healing energy. A positive attitude is associated with a long life, and optimistic people have a much better chance of avoiding or overcoming chronic diseases. You can strengthen your immune system simply by hoping for a positive outcome. It is no wonder that happiness plays such an important role in our health and well-being!

## Open Your Mind to Happiness

It may seem too obvious, but to achieve happiness, we must first know what we want from life. Some people see happiness as a cloud floating above their heads, passively waiting to be showered by its live-giving bounty. Others see happiness as

unreliable as a bus that rarely arrives on time. In reality, happiness is neither. It's always close by. You just need to step off the familiar path. Open your mind to the idea of happiness and embrace the positive energy that begins to flow the moment you welcome it into your life.

How does one connect to the flow of positive energy that leads to true happiness? Our minds are so used to being bombarded with negativity that it is crucial to be able to tune out the noise and become self-aware. Let's return to an example we discussed earlier. Let go of the stress and tension that block the connection to your true self and relax. Pay attention to your surroundings, but do not judge. Everything is okay, just as it should be. You are in a good place. Natural positive energy can begin to flow and create healing magic.

After making the important decision to incorporate happiness into your life, it's time to make a plan. This will require self-analysis and reflection as you explore what you truly want from life. Now is not the time to focus on trivial ideas and worldly possessions. Lasting happiness cannot be bought. True peace and happiness always come from within.

## Maria: In Search of Happiness

Maria was incredibly unhappy. Nothing seemed to bring her joy. She constantly complained about her unfulfilling life. Maria was one of those people who believed that the grass is always greener on the other side. She hated her life and thought she was destined to be unhappy. The doctor prescribed her antidepressants; instead of helping, the pills only drained her energy. In short, she hit a dead end.

When Maria came to my office, I saw a slim, well-dressed woman sitting in the waiting room with a gloomy expression on her face. Therapy began with an exercise. We worked on it

together. First, Maria took a large sheet of paper and divided it into two halves. On the right side, she listed all the good things in her life; and on the left, she wrote down all the bad things. Then she took another large sheet of paper and wrote down everything she thought would lead to an absolutely perfect life. It was a long list!

As Maria continued to work with this enormous list, she suddenly had a revelation. She realized that her ideal list was impossible and that even if she achieved some of the items, her life would be simple and boring. Therefore, the presence of negative moments in her fate allowed her to appreciate how good life really was.

It turned out that the negative points on Maria's first list were quite ordinary occurrences. Her husband did not always pay attention to her. The children behaved like typical teenagers. She had to take care of a large house. The dog died. On the other hand, the good things in her life were far from ordinary. Maria lived in a \$6 million mansion in Miami. She was very wealthy and didn't have to work. Maria's husband was faithful and took great care of her. The whole family was caring and loving.

Maria turned to me with a funny expression on her face and said, "Only a crazy person in my position could feel unhappy, right?" She threw away her pills, because she no longer needed them now. Maria genuinely understood and appreciated that she already had a fulfilling and happy life. She decided to accept it with all its good and bad moments and then went home to celebrate with her family. They even had fireworks! A month later, Maria's satisfied husband came in and personally thanked me. I had returned his wife to him.

## Happiness Checklist

We've all heard the mantra: "Set yourself up for success." But it is especially relevant when striving for happiness. Unfortunately, most people simply don't know how to find true happiness and therefore feel confused. Others quickly find happiness but discover that this feeling is short-lived and disappears quickly. Life is like a roller coaster with steep climbs and drops. Of course, this is not the most comfortable way to go through life.

Let's continue and explore where exactly to find true happiness and how to make it an integral part of your life. You'll learn several amazing facts about happiness, including an important truth that will help you remain a happy person, regardless of what life throws at you.

People who live a happy life have a number of common traits. There are seven factors present in their lives: close relationships; a tendency to care for others; regular physical activity; competent goal setting; spiritual involvement; awareness of their unique strengths; and a positive perception of the world. Since we are all individuals, these factors have a different level of significance for different people. However, everyone sets personal goals based on one of these factors.

## What Really Matters?

The following short exercise will help you understand what is truly important to you so that you can define key life goals and create a plan. Suppose you were just told that you have one month left to live. What would you do during this time to make every day special? I bet you won't waste a minute doing something unnecessary. Life is so precious that you would likely feel the need to rethink everything and focus only on those tasks and people that are most valuable to you. Pay attention

to how you spend your last thirty days. This will give you important clues about what kind of life you really want.

Fortunately, most of us have much more time in this world to achieve our goals than just one month. However, shortening your life to thirty days will undoubtedly force you to focus and eliminate all the distractions that clutter your life. Perhaps you've been working overtime to save more money so you could make a down payment on a house. Imagine how you would feel and what you would do if you suddenly realized that traveling is what really matters to you. A house would only tie you down, so home ownership would not be something you should prioritize at that moment.

Jeanne was a nurse and took on many extra shifts at work—although she began to feel exhausted due to the frantic pace and endless responsibilities. In her growing depression, she blamed the overtime work that prevented her from relaxing. However, a sudden trauma forced her to rethink what was happening.

Jeanne had to put everything aside and rest. In the end, it wasn't so bad, as she was able to look at what was really happening in her life and make some changes for the better. Like many women, Jeanne found meaning in her life by taking care of others. However, she was so busy with work that she hardly had any time left for her family. What really did matter to Jeanne was taking care of her family: supporting her husband and raising two growing children. Depression and back pain became two messages from her body that her lifestyle was completely unbalanced.

Jeanne could not independently establish a connection between her physical well-being and her life experiences. Her back continued to bother her, and her sick leave was not over yet. So she decided to see a holistic therapist to figure out what was wrong. The specialist helped Jeanne connect with



her emotional experiences, rather than focusing on her life goals. Jeanne reported that she felt depleted and depressed most of the time spent at work. There, she just mechanically performed certain tasks to keep up with all her assigned duties. At home, Jeanne felt alive again and experienced genuine joy: she watched her two children play together and took care of everyone's health and well-being.

At a crucial moment, Jeanne immediately reevaluated her priorities and told her boss that she could no longer work overtime.

### Make a Plan

Not everyone can identify important life goals as quickly and easily as Jeanne. If this is true in your case, try to clear your mind and let your imagination wander. Remember: your subconscious already knows what is important to you. You just need to create a suitable environment to “hear” the message.

As soon as you have identified the goals that really matter to you, write them down and allow yourself to imagine living the life of your dreams. Later, you can include some of these goals in a ten-year plan. This will be your life plan for the future. Make sure you understand that this is just a plan and that you can adjust it at any time.

In reality, life changes constantly. That's where the complexity lies. You've made a plan for the future, everything is organized and ready to work, but suddenly something goes wrong. Does this mean you should give up on your plans altogether? Of course not! How can you achieve success in life if you don't know where you're going or how to get there?

Just don't forget to pay proper attention to your subconscious. The key lies deep within, not in some external force that we try to engage with to make everything work for us.

## Never Stop Growing

You may not believe it, but your life-plan for the future is the key to your true happiness. This is because people need to grow and move toward a goal to feel good. If, for some reason, we stop growing and become stagnant, we will experience a strong sense of dissatisfaction with life.

Each of us has an image of what we envision our life to be. And it is precisely those happy moments that we carefully store in our hearts. Most of us believe that we need to reach incredible heights to be successful. Everyone has their own personal notion of what a good life is. We measure our success by comparing reality with the life plan in our minds.

People who believe they are where they should be, according to their life plan, feel satisfaction. The more they progress in achieving their goals, the greater happiness a person experiences. Those whose life situation does not match the plan they have devised for themselves experience deep disappointment.

## When Everything Does Not Go According to Plan

As you know, life does not always work out the way we envision it. Often, this happens through no fault of our own. No matter how hard we try, there are times when we simply cannot achieve our life goals. Natural disasters, disabilities, health problems, financial troubles: sometimes we are powerless in the face of these circumstances and are unable to stick to our original plan.

When this happens, and our progress in achieving life goals is extremely slow, how can we prevent ourselves from falling into a deep depression provoked by failures brought on by unplanned life situations? Some blame the circumstances, events,

or people they consider responsible for their current misfortunes. Others fall into depression or get angry with themselves. Since both of these options will bring nothing but additional grief, it is better to choose a third: letting go of disappointment, anger, and denial. Instead of feeling trapped and powerless to implement the written script, rewrite your life plan and adjust your goals and behavior accordingly.

### Face Your Fear and Change Your Life Plan

When you are ready to confront your fear of the unknown and overcome existing circumstances, you are given the opportunity to change your life plan. You are no longer trapped because you are not keeping pace with the old goals you imagined were so important. Instead, you acknowledge that these goals no longer work for you and that you can move on to a new, improved life-plan. By freeing your mind and ending the struggle with outdated goals, you can move forward again and truly begin to experience the joy of life.

You may wonder why we don't automatically adjust our life plan as we move forward. The fact is that we are creatures of habit and stubbornly cling to familiar goals set in our old path. Even when it is already obvious to everyone around us that something is no longer working, we ignore the signs and continue to struggle. As we move further away from the place in life where we had planned to be, we become more desperate and unhappy. Yet we still resist change.

### Dana's Modeling Career

Dana was a beautiful child with a radiant smile and a cheerful disposition. Attractive, talented, and intelligent, she didn't seem to think too much about the real world. Dana's childhood

was a fantastic fairytale world filled with joy and laughter. Her parents had enough to give their beautiful daughter everything her heart desired. Dana went through life without knowing the typical problems most children face growing up.

As she reached her teenage years, a struggle began inside Dana. It was not something that could be noticed from the outside. Popular, sociable, and surrounded by good friends, Dana seemed to have everything. However, she was deeply unhappy. Her concerned parents turned to a private therapist to try to help their daughter with her “problem,” but nothing worked. When Dana sank even deeper into depression, the doctor prescribed antidepressants to alleviate the escalating symptoms. She felt dazed by the pills, and was not a bit happier. Life no longer made sense to her.

This went on for several months until finally, Dana’s parents turned to another therapist who practiced holistic mind therapy. Instead of encouraging the patient to be happy by telling her how good her life was, this specialist offered Dana several techniques that allowed her to connect with her emotions and understand what her mind and body were trying so hard to tell her.

It turned out that Dana had been holding on to the dream of becoming a model for many years. She associated this career with everything positive about her childhood: lots of money, joy, and glamour. She dreamed of being in the spotlight, surrounded by adoring fans and many hard-working managers who would take care of her needs. Dana set this goal within her life plan.

Dana was very attractive, but there was a serious obstacle to becoming a supermodel. She was barely five feet tall, and the modeling industry requires very tall women. As her teenage years came to an end, Dana realized that she would no longer grow. Although she didn’t always acknowledge her obsession

with height, her subconscious mind did an excellent job of reminding her that her modeling career wouldn't happen.

When Dana fully realized the difference between reality and her dream of becoming a model, she was able to take steps to do something about her unhappiness. First, Dana discovered that she was battling a strong sense of anger toward her body for not being taller, along with a sense of anger at herself for letting it effect her emotional state so much. Dana's therapist helped her recognize and accept these feelings and then move on. She needed a new life plan.

As soon as Dana genuinely started listening to her body and mind, she was able to move forward and make the necessary adjustments to her life plan. If a modeling career wasn't meant to be, she could instead try her hand at acting. After all, success as an actor doesn't necessarily depend on height, and the life of a movie star was certainly no less exciting than being a model. This option would allow Dana another chance at being in the spotlight and, more importantly, to move forward in life. She enrolled in a drama school to study acting and discovered, during her studies, that she had a real talent for communicating with others. She combined her acting education with radio broadcasting; and soon after that, she was hired by a local TV channel. Now, Dana is a well-known and respected reporter and TV host. She has a position she loves and that keeps her in the public eye. That's why Dana feels right at home!

## The Possibilities Are Endless

Sometimes changes in your life-plan lead to incredible results, far surpassing anything you could have imagined. The path to true happiness lies in our ability to adapt and grow as we journey through life. This is what I mean when I advise you to open your mind up to happiness.

If Dana had been able to continue her modeling career, she might have discovered after some time that everything wasn't as glamorous as it seemed. Doing the same thing every day can be boring. Remember: in order to feel good and experience true happiness, we need to constantly move forward toward new goals. That's why it's vital to use holistic mind therapy: to pay attention to our feelings and connect with our subconscious mind, which is trying to guide us.

As I mentioned before, you can use holistic mind therapy to: regularly check your emotional state; make sure everything is going according to plan; and check that you're not ignoring any warning signals. Something will inevitably come up, and changes will be necessary. This is an integral part of a successful life.

But if you're truly ready to listen to your subconscious and stay true to yourself, happiness and peace will become a permanent part of your life. Learn more about the natural way of healing your body. I want to teach you how to use this information effectively so you can heal from within. Get ready for an amazing journey full of discoveries!

## **Forgiveness**

Forgiveness is necessary for healing. It's important not only to forgive those who offend us but also to resolve the internal conflict we feel because we allowed someone or something to harm us.

Learning to forgive oneself is an essential part of this process. The pain of realizing that we couldn't protect our inner child—yet continued to hurt ourselves by reinforcing the damage—can be almost as destructive as the traumatic experience itself.

To begin moving from hurt to inner peace, it's necessary to acknowledge the damage done, work through what happened,

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and then find a new approach to achieving inner peace and understanding. This isn't as easy as it seems.

People are proud creatures. We tend to resist admitting our faults—and that puts us in a bad light. Acknowledging that we made a mistake, and that we allowed an event to influence something that happened many years ago, becomes both humiliating and sobering. This is one reason why the mind works so hard to maintain the status quo, even if it's counterproductive. It's also true that we are creatures of habit. The brain works overtime to keep us in familiar territory, even when that place is filled with pain and suffering. You can become aware of the flow of anxious messages that suggest you are wrong, and everything isn't that bad. By breaking free from safe, established patterns of behavior and thought, you can discover genuine growth and give a deeper personal meaning to your past experiences.

### What Does True Forgiveness Mean?

True forgiveness means much more than just letting go of bad feelings: it is an action you intentionally take to make a change. In the process of forgiveness, a person makes a conscious decision to heal from the pain of the past, identifying and acknowledging their feelings, refusing to be a victim of the past, and responding with empathy and understanding to the person or event that caused the pain.

Our minds are experts at finding ways to punish ourselves—both for what we didn't do and what we did wrong. Unfortunately, such attacks only reinforce the negative message that we are inadequate. Our emotional health depends on the ability to disconnect from such destructive messages and instead turn to ourselves and others in a compassionate and healing way.

## Detaching from Toxic Thoughts

We need to be more mindful of our immediate surroundings and turn off the noise in our heads—thoughts which seem to constantly berate us for not measuring up. Take a moment to relax and breathe deeply. Focus on your breath and allow your mind to clear. Everything is okay. You are safe right now, in this moment. Some people experience a sense of warmth and well-being. This is good. See yourself as you are in the present moment. Avoid the temptation to dwell.

You are not here to pass judgment. Instead, focus on your breath and become aware of every part of your body: from the top of your head to the tips of your toes. You are complete and whole. Enjoy the feeling of self-acceptance that comes with this realization. You are complete and whole!

## Forgive and Let Go

The exercise you just completed is actually a form of meditation that anyone can engage in to relax and distract themselves from negativity. Some people choose to set aside special time and space for their meditative practice. Others incorporate it into their daily lives, taking breaks in their busy schedules to restore balance and peace in their inner world.

Developing mindfulness through meditation is just one way to attune yourself to forgiveness and healing. By focusing on the present, you can develop empathy for yourself as a child. Free yourself from the binding chains of suffering that hold you back and release your pain. You are no longer a victim of the past. From this moment on, you will treat yourself with love and compassion. You are worthy of respect and love. By achieving true self-acceptance, we are able to let go of the past and practice a healing forgiveness. There is no longer a



need to berate ourselves for what we had no power over in the past. Instead, we must move forward, freeing ourselves from the grip of unhealthy past traumas. Sometimes this leads to a new realization of how strong we had to be to, in order to survive such difficult circumstances. Often, we are filled with gratitude as we discover the amazing opportunities life can offer. Positive energy begins to flow, and the health of the mind and body is restored.

As soon as you forgive yourself, you can forgive those who hurt you. Holding on to toxic emotions, on the other hand, will prevent you from experiencing the deep sense of inner peace that can heal your body and mind. You have already acknowledged that what happened to you once was wrong and should never have occurred. It's time to move forward, realizing that the past no longer affects you. By refusing to play the role of a victim, you can see your offender for who they truly are—a miserable person trying to feel better by hurting others. Allow yourself to forgive them for what they have done, and make the decision to move forward toward your health and new opportunities.

## The Power of Positive Suggestion

You may be wondering why we tend to stay in such a dark place of pain and suffering instead of automatically letting go and moving on to forgiveness. This is where our desire to maintain the status quo comes into play, regardless of whether it is positive for us or not. We associate the familiar with safety, which is essential for our sense of well-being. Unfortunately, everything becomes unbalanced when our entire lives are still based on messages from the past that have nothing to do with the present.

We need a way to turn the negative messages we receive into positive ones! You'll be glad to learn that there is indeed

a technique that can help you with this. I'm talking about affirmations: positive statements consciously repeated to convey positive messages to the subconscious.

## Truly Freeing Yourself

While positive affirmations are a very useful technique for tuning the subconscious—this way, the subconscious is receptive to positive suggestions about the world—it is not enough to just repeat optimistic words and phrases: this has to be done while feeling relaxed and emotionally balanced. If you repeat the words “My mind is calm” while your mind is actually wandering and you are mentally compiling a list of things to do tomorrow, the affirmations will have no effect.

This technique works best when you are focused and mindful, and your consciousness is open to receiving information. Immersed in the positive state that arises from these constructive and supportive statements, you impress upon your subconscious that everything you say is true.

Language and words can be very powerful tools, capable of changing a person's life. When you combine positive affirmations with a deep belief in what you are doing, the subconscious accepts the new message and makes it true.

Positive affirmations are incredibly useful when it comes to achieving challenging goals. You can also use them as powerful healing tools. Let's practice by using a few simple positive affirmations to open up our subconscious to healing energy!

1. I control my life.
2. I am filled with positive energy.
3. My body is healthy and strong.
4. I am brave and resilient.

5. I deserve love.
6. My mind is calm, and I am at peace.
7. I am respected for my talents and abilities.
8. I am creative and able to solve problems.
9. I believe in myself and my abilities.
10. I am unique and wonderful.
11. I release unhealthy emotions from my past.
12. I am ready to forgive those who have hurt me.

You don't have to stick to the positive affirmations listed just now. Feel free to modify them to fit your personal story and situation. Just remember that the phrases should be short and meaningful, making it easier to focus on the message.

### Does It Really Work?

How effective can positive affirmations be? Rest assured, this is a very successful method. When you repeat an affirmation, your subconscious is left with one of two choices: to accept the message or reject it. The subconscious works very hard to avoid new information that does not match what it considers to be true. That's why you may experience strong negative emotions when you first begin to use positive affirmations. However, if you continue to repeat positive statements with confidence and persistence, you will gradually reprogram your subconscious to accept the new information as truth.

For example, you may struggle with feelings of depression and helplessness in overcoming difficult moments in your life. Using positive affirmation No. 1 ("I control my life"), you can present your subconscious with a new reality in which you are a strong and competent person, ready to deal with any problem. But sometimes the subconscious offers significant

resistance. When this happens, you may feel that positive affirmations are not as effective as they should be. At this stage, you may consider seeking help from a professional. A therapist practicing holistic mind therapy is ideal for guiding you toward forgiveness, especially when it is related to trauma. Do not hesitate to seek professional help to address complex issues that have caused you immense pain and suffering in the past.

### A Holistic Mind Therapy Scenario

Guided visualization is another helpful method for releasing past pain and forgiving those who have hurt you. The scenarios described below have proven to be powerful tools for thousands of clients who have found the inner strength to forgive others.

You are only human, which means you make mistakes. Some mistakes have caused you pain in the past. People you have trusted have also caused you pain. This should not have happened. Allow yourself to focus on your feelings and acknowledge the pain you feel. Listen to it and let your anger flow. You can cope with this. You are strong. You have survived. You don't need to remain captive to resentment and anger. You may never forget what happened, but you can release your anger. You can let it go and forgive those who have hurt you. Be kind to yourself. Welcome the healing that comes from releasing pain.

Feel the deep peace in your heart and soul that comes from true forgiveness. Open your heart to it. Yes, mistakes were made, but now you are safe and everything is okay. Release the anger and bitterness—the feelings that keep you trapped in the past. Now, embrace the warmth of healing energy washing over you. You are open to all possibilities and free from past pain that has held you back for so long.

## Visualization

This visualization can also be used as part of the forgiveness and healing process. Imagine you are walking along a winding path toward the beach, with lush vegetation gently swaying in the wind on both sides. You can smell the salty air and see the water shimmering in the distance. Your path is well-trodden and smooth. You have been here before. As you continue walking, you notice how blue the sky is today. Feel the warm sun caressing your back. Look up and see birds effortlessly gliding between the trees. Insects buzz in the wildflowers growing along the road. It is a beautiful summer day!

As you continue, you notice a small, narrow trail. You keep walking and notice several weathered, wooden steps that are bleached by the sun. You carefully descend the steps, treading softly so as not to disturb any nearby grazing deer. Now you are standing on a beautiful beach. You take off your shoes and sink your toes into the sand. You are in paradise!

The babbling water invites you to come closer. You can hear the waves lapping at the sand. Watch the foamy surf of blue-green color. Step from the warm sand into the cool ocean. The water flows between your toes and reaches your ankles. You feel refreshed.

Step out of the water onto the warm, damp sand. You notice a small gray pebble on the beach. It is polished to a shine. You bend down and pick it up, rubbing it with your fingers to feel how smooth it is. The pebble is warm from the sun's rays. You take it and throw it with all your strength into the ocean. You hear a pleasant splash as it hits the water and disappears from sight.

You are completely at peace.

## Revenge

If you have tried your best to forgive someone who has wronged you but could not, then you are not alone. Most people find it hard to forgive. If you feel you have not been able to forgive those who have deeply hurt you, don't worry. It just means that you need to take a slightly different approach—one that will work on a different level.

This is called unconscious revenge. (“Unconscious”—remember this word.) Perhaps you have heard of stress therapy, where people are encouraged to release their pain by imagining their parents or someone else they hate. During such a session, a person screams as loudly as possible; or, for example, they tear pillows with their teeth, releasing the negative energy holding them back. Although the theory underlying such therapy is correct, the end results are often unsatisfactory and do not actually lead to any long-term changes.

### Some Important Truths

I am going to reveal the truth about you. You are a human being. And you will remain so for the rest of your life. As we mentioned earlier, our body is designed to efficiently deal with life-threatening situations such as attacks by bears, tigers, or sharks. This vital part of our brain—known as the reptilian brain—is responsible for our response to danger. This is how we choose: fight or flight. Fight or flight is built into the nervous system to protect us from serious injuries. You cannot remove this function because you would lose the ability to avoid harm.

Despite the fact that relatively few bears, tigers, and sharks are lurking around nowadays trying to eat us, other threats exist. Wars, crime, and natural disasters remain a sad reality

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of the our world today. That is why the “reptilian” part of our brain is so important. Unfortunately, the instinctive danger response system can cause trouble as well, especially when it comes to forgiveness and revenge. We are programmed to resist as if our very survival depends on it—and it does!

## The Real Problem with Forgiveness

In trying to cope with resentments, our old reptilian brain produces a mobilizing physical reaction to deal with any problems we may encounter. The strongest emotions usually involve anger, rage, or hatred—precisely the feelings we work so hard to prevent or curtail. The situation is complicated by the fact that these physical reactions happen in an instant. Disappointed and confused, we blame ourselves, wondering why we cannot simply let go of resentments and forgive those who have hurt us.

It’s strange that everyone talks about forgiveness, but nobody teaches anyone how to forgive. Without guidance, we spiral out of control. At the mercy of our own emotional state, we desperately seek something to fill the void. We expect forgiveness to come naturally, while in reality—without preliminary actions aimed at correcting past mistakes—the effect will be fleeting at best.

## Another Plan for Forgiveness

You won’t believe it, but the very first step to forgiveness is *revenge*. However—and this is extremely important—you must only seek this revenge mentally (otherwise, you will be responsible for the consequences). The recipe is simple.

1. You punish the people who have hurt you.
2. You continue to punish them until you feel satisfied.

If you are considering actual revenge, remember the possible legal consequences. Do not succumb to the temptation to carry out your revenge in real life. Not even for a second. By doing it in your mind, you get one hundred percent creative freedom. You can also go back in time and punish the deceased retroactively. This extremely powerful forgiveness technique works every time. You must go through these steps to get rid of the pain. And to play out this revenge from the depths of your consciousness, you will need help. The most effective method is a private session with a therapist who will guide you through the process. As you progress through the therapy, you will transform from a victim to someone with agency and power.

Next, we will discuss the technique used within holistic mind therapy. This method is safe and highly effective. People who have struggled with bitterness and indignation for years can quickly and easily cope with strong emotions and finally experience relief after overcoming anger and rage. For them, true forgiveness can only come when the offenders are duly punished and justice triumphs.

### Irene's story

Let's imagine a situation: a young woman named Irene sought help in dealing with her anger issues. For many years, she tried her best to cope with the anger and hatred she felt toward her mother for always favoring her younger sister, Julia. The mere mention of her mother's name evoked disgust and hatred in Irene. This not only affected her relationship with her mother but also caused problems between her and Julia.

Irene would like to be closer to her younger sister, but their different childhood experiences always get in the way. Julia

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feels she was powerless to do anything about their mother's preferences, while Irene blames both of them for the cruel and unfair treatment she received.

And so Irene enters her therapist's office, ready to revisit the devastating emotional turmoil that has become all too familiar in her life. The therapist greets her, and the session begins.

## Two Chairs

Irene sits on one of two chairs, and the therapist suggests she relax. The room is dark, and she feels herself drifting off to sleep. Although Irene is in a deeply relaxed state, she is open to her therapist's suggestions. In this trance-like state, Irene is asked to look at the chair placed in front of her. She sees her mother sitting across from her and immediately feels a wave of emotions. Trembling with rage, Irene looks at her and begins to cry.

Irene then hears the soothing voice of the therapist and knows she is safe. "Your mother cannot harm you," she hears. "She is bound by thick ropes and metal shackles attached to the chair. At this moment, you are strong and in control of the situation. And your mother is weak and powerless to do anything. She can't even move. All she can do is listen to your words."

—"What do you feel, Irene?" asks the therapist.

—"Anger, rage, hatred! My mother was so cruel and vile! She hated me!" Irene firmly replies.

—"What did she do?" the therapist continues.

—"She loved my sister the most! My mom didn't love me! She was a disgusting, terrible mother who always made fun of me! No one could help me, and I was so scared and lonely!" Irene spat these words out as if they were poison.

—"Do you want to say something to your mother?"

—“I hate you!” Irene says and sighs softly. “You were supposed to protect me. Instead, you made fun of me. More than anything in the world, I wanted to hear you say you loved me, but you never loved me. Never!”

### Irene’s Mother’s Response

One of the remarkable features of this type of therapy is that it allows victims not only to express their opinions to the offender but also to “hear” their arguments.

Meanwhile, Irene’s session continues, and the therapist encourages her to have a conversation with her mother.

—“I didn’t mean to hurt you so much. I don’t know why I took my anger out on you!” her mother replies anxiously.

—“But you really hurt me! Now you’ll know what it’s like to hear nasty, mean words!” Irene yells angrily.

—“I’m sorry! I truly regret causing you pain!” her mother sobs. “My own mother treated me the same way, and it was awful! I know I let you down, Irene, but every time I tried to fix things, I felt guilty. It only got worse for me, realizing that I was a bad mother. Instead of addressing the problem, I blamed you for my bad mood. I was wrong!”

This emotional dialogue can continue for quite some time. The therapist will offer recommendations to help guide the conversation in the right direction and ensure that Irene feels safe.

Depending on the situation, the victim may need to express strong feelings and even subconsciously embody their desire to punish the offender. In the situation above, Irene’s mother needed to experience the pain her cruel words had caused her own child. Meanwhile, the patient came to the conclusion that her mother should be pitied rather than hated, and that the emotional abuse she experienced as a child in no way reflected

her mother's true feelings toward her and should not affect her self-esteem.

## Forgiveness

Once both parties have had the opportunity to express their feelings, the therapist will suggest that Irene's mother express her regret and ask for forgiveness. It is important to understand that this forgiveness is not for the offender's benefit, but rather a way for the victim to free themselves and move on from the past.

As the session comes to an end, Irene emerges from her deep state of relaxation, experiencing a new sense of understanding and serenity. "I don't like how my mom treated me when I was little," she says calmly, "but I don't hate her anymore. I definitely won't let her influence my life any further. She has no power over me!" At this moment, Irene is ready to move on with her life and, possibly, start rebuilding her relationship with her sister Julia.

## Sometimes You Don't Understand Why You Get Angry

Some people may not associate their accumulated anger and rage with a specific person or event, as was the case with Irene. These individuals can greatly benefit from going back in time to determine the specific origin of their strong emotions. Once this happens, holistic mind therapy can be used to exact revenge and release destructive negative emotions, including strong anger and feelings of guilt.

Revenge—enacted as part of holistic mind therapy—can free a person from years of repressed disappointment and distress. Each of us has a tremendous ability to forgive. This

method is best used to allow one to move forward when pain and resentment will seemingly not subside. It allows you to finally forgive and experience inner peace.

If you have tried this method on your own and have been able to release some of your deep emotional experiences, that's great. But if you feel that an individual session with one of our practitioners would be beneficial, you can always visit our website: [mushroomfoundation.org](http://mushroomfoundation.org)

## **Free Yourself from Your Karma**

We all want to believe that life is fair and just, so when something goes wrong, we try to find a logical explanation. Often this takes the form of blaming someone or something for what has happened. Excessive reliance on a formula of “cause and effect” can lead us to various difficulties in life.

Relying too much on karma, we essentially dismiss any personal responsibility for our life choices and put too much emphasis on events outside our current situation. This also encourages us to lean heavily on our past, which prevents us from moving forward.

If everything that happened in life was the result of karma alone, it would be pointless to try to connect with your consciousness to heal yourself. If karma determined that you should get cancer, then it would happen. You have convinced yourself that you are powerless against cancer, which means you are destined to suffer and die, so why fight it?

Fortunately, it doesn't have to be like that.

### Karma in Action

True karma calls for good energy. You are not destined for a predetermined fate. Instead, you can learn from your past

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experiences and use this knowledge to walk the right path in the future.

Unfortunately, people tend to cling to the past. Even when we realize that this is not helpful, we still allow the past to define our present and future. This approach to life is very limiting.

I'm sure you've met people who seem to be boiling with anger and ready to explode at any moment. These tormented individuals have allowed someone or something to effect their entire existence. They will be the first to blame their past for any current difficulties. They are full of regrets for what they allegedly missed. They constantly reinforce their negative worldview with phrases that start with "If only...": "If only my childhood was better..."; "If only I went to university..."; "If only I listened to my mom..."; and so on. I think you get the point.

## Nostalgia

Blaming the past for present ills is not the only problem people have. Some are so nostalgic for their youth that they spend all their time in a state of reverie about the past. Unfortunately, this kind of intense longing for the past leaves very little energy for managing the present and future.

No matter how good the past was, one should never lose sight of the present. People who are intensely nostalgic often say things like: "When I was young, I made big money, but now it's impossible to find a high-paying job"; or "I just can't be as happy as I was in childhood. Everything has changed."

## Memory

It is essential to understand that our memory merely encompasses what we recall from a specific time. Everything we

remember is filtered through our personal experience and shaped by our views of the surrounding world. Although we may believe our memory is accurate, in reality, the ability to remember is very subjective and unreliable.

Take, for example, a serious car accident. You will hear many different accounts from witnesses about the same event. One person may blame the driver of the white car crossing the intersection, while another may swear that the collision was the fault of the driver in the blue car turning left without using caution. A third witness may further confuse the situation, recalling that the driver of the third vehicle—a red sports car—distracted everyone by making a sharp turn to let a black cat cross the road just before the accident. Meanwhile, a fourth witness may be adamant that the cat was ginger, not black.

The good news about our highly subjective experience? It is not actual reality but merely our version of it. If the course of life is severely disrupted by anxious memories, we have the power to fix it because memories exist only in our minds.

## Letting Go Is Difficult

Letting go of the past—both good and bad memories—can be especially challenging because our memory forms a strong emotional attachment to people and events that have had an affect on us. Since our subconscious is so focused on feelings, it operates on the basis of emotional associations, providing a persistent and often intrusive sensation that simply won't go away.

The following scenario may be familiar to you. You walk down a busy street in a large, unfamiliar city when suddenly you smell the aroma of freshly baked bread coming from a local bakery. In an instant, you are transported back to your mother's kitchen, where she is pulling fresh bread from the oven.

You almost cry, remembering how delicious that bread was and how safe and comfortable you felt back then. However, at this moment, you are still walking down a noisy street in a big city hundreds of kilometers away from your childhood home.

Smells can evoke a lot of memories. Realtors and car salespeople understand this well. Aromatic candles and muffins baking in the oven can often convince potential buyers that the home they are considering is cozy and welcoming. Of course, the opposite can also happen when an unpleasant odor quickly and decisively drives potential buyers away from the house.

## Age Regression

Age regression has nothing to do with looking younger. It refers to the ways we can access childhood memories, thoughts, feelings, and beliefs. It is used as a way to connect with past problems that cause difficulties in a person's current life. During age regression, lost or forgotten feelings are extracted from the depths of the subconscious memory. The person transports themselves back to the age when they experienced the trauma. Once there, one can evoke emotions related to the painful event that occurred at an earlier age and is the cause of the person's current suffering. Age regression allows one to directly address the source of the problem and deal with the emotions that prevent us from living a fulfilling life.

Age regression is particularly useful for treating severe traumas related to events that a person doesn't remember at all. When something particularly distressing happens, the mind offers us protection by removing the incident from our conscious memory. The subconscious still retains this information, even if it seems inaccessible at first; still, the emotional consequences of the trauma continues to have a daily effect. That's why it's so important to work with traumas from the past.

Often people who have been in a serious car accident don't remember the incident. Even if they were conscious and talking when medical professionals pulled them from the wrecked car, later the injured person can't recall what actually happened. Some people blame the strong medications doctors often prescribe to accident victims, but this is only part of the problem. Other emotional traumas effect a person in the same way. There are many cases where people have been subjected to horrific violence and abuse but had no idea that it happened to them. Victims of traumatic events often turn out to be very poor witnesses.

### Past-Life Regression

When talking about age regression, one cannot avoid the topic of past lives. Although it is still a somewhat controversial area, many people have benefited from this type of therapy.

Since it's impossible to prove that someone's soul existed before this life, it's better to focus on the positive aspects of past-life regression. What we can be certain about is that this regression can be extremely useful for some people, especially those who resist more traditional treatment.

So what is past-life regression? Sometimes a person learns about problems that have roots going back not just to their own past but to a period before their conception. They recognize somewhere in their spiritual existence a past life. Perhaps within this past-life experience, important events took place that can help unravel the surface of complex issues causing them suffering today.

In other cases, problems resolved in a past life can provide valuable lessons and recommendations to help a person cope with current issues. By the way, it is not necessary to know for sure that you had another life before this one. For some



people, the mere possibility of this scenario can form the basis for further exploration.

For example, a few years ago, I had a client who suffered from severe chest pain. He had seen numerous doctors. After checking his heart, lungs, stomach, and other organs, they found nothing. But the client was genuinely experiencing excruciating pain. I could tell by his clenched teeth and defensive posture that it was true.

I began treatment using the holistic mind therapy technique to take him back to the past. While in a hypnotic trance, the client could explore experiences that were deeply embedded in his subconscious. He went back so far that he saw his entire life from conception to the present day, but still found nothing that explained the chest pain.

At this stage, I suggested that the client go back even further—to his past life—to see his own soul in another body and at a completely different time. During the session, the client sat relaxed at a table in my office. But then he suddenly arched his back and screamed. He was being tortured. He was seeing a sacrificial ritual from a primitive culture that occurred thousands of years ago. My client was stabbed in the chest, precisely where he felt the pain. Did it really happen? Who knows? The main thing to remember is that the experience is completely real for the client, coming from within the subconscious. As a result, he was able to use the information he gained during the past-life regression and apply it to his current life. After this experience, his chest pain completely disappeared.

### Life Between Lives

The term “life between lives” was initially used by psychotherapist Michael Newton, a pioneer in the field of spiritual regression. During sessions like the one described above, people

can visit previous lives and incarnations to better understand themselves. Many looking at their past lives for solutions to current problems may return to the experience of their souls or spirits when they exist in a transitional state. The soul doesn't leave when there is no other body for it to live in. Instead, it's believed that the soul is in a transitional state between past physical lives. Clients who have connected with the soul in a transitional state during hypnosis describe the experience as life-changing, incredibly touching, liberating, and revealing of one's true nature.

During a hypnotherapy session, sometimes a client spontaneously returns to the soul state between lives. I remember one person who was instantly able to find solutions to his problems because, in the soul state, he was completely detached from who he was, and he could see an entirely different truth. Sometimes this is called the "death of the ego." It is extremely difficult to achieve, even when in a meditative state. Clients who have experienced understanding at such a level can completely change their views on life and achieve universal wholeness.

## Flashbacks

"I hate remembering things I don't want to remember!" This short phrase—which was once very popular on social media—perfectly summarizes the problem. Flashbacks occur when a person relives a past traumatic incident.

They involve much more than just memory. A person experiencing a flashback will perceive the event as if it were happening to them right now. Flashbacks can involve multiple senses or only one of them. It is known that people who experience such things see images, feel sounds, smell scents, and also experience strong emotions—and all this happens

without warning. Sometimes a person has no real memories that explain the intense feelings of fear and panic. Moreover, flashbacks can also occur in dreams.

Sometimes they are triggered by current events that evoke emotions similar to those the person experienced in the past. Even the sight or smell of something seemingly unrelated to traumatic events can trigger memories—for example, when a person whose childhood home burned to the ground feels impending doom just from smelling burnt toast. Flashbacks can make a person feel insane because their emotional reaction is disproportionate to reality. They can also cause feelings of shame and lead to isolation from the world, as the person tries hard to avoid any situation that might trigger the reappearance of unpleasant sensations.

You may not even realize that you have experienced a flashback. For example, a person who constantly feels insignificant for no apparent reason may be experiencing flashbacks related to childhood neglect.

Flashbacks may seem terrifying. But in reality, it is a normal bodily reaction to any extreme event that took place in the past. Like pain, flashbacks are a symptom—an indicator that treatment is needed. Although the emotions during a flashback are very intense, you are safe.

Recovering from the disorienting effects of flashbacks involves reconnecting with your consciousness from a grounded position of strength and maturity. You are no longer helpless and trapped. Take a moment to honor your experience, then let go of the intense feelings that have held you captive for so long; allow yourself to breathe. Calm down and realize that you have already dealt with the past traumatic events.

## Grounding

We all strive to open our minds to positive energy, moving forward toward inner peace and well-being. This technique can be used by anyone who wants to practice self-care and healing.

If you experience a flashback, be sure to remind yourself that the symptoms you are experiencing are the result of something that happened in your past. And now, you are safe. Take a moment to slow your breathing and focus on the “here and now.” Ground yourself in the present by reaching out and touching objects around you. If necessary, start stomping your feet. You are not trapped. You can escape.

Focus on your breath, inhaling slowly and exhaling again. As you exhale, allow the tension to leave your body. Be aware of your body right now. As you focus on each individual part, tense the muscles, and then relax them. Everything is under your control.

Place your hand on your diaphragm and watch as your hand moves up and down with each inhale and exhale. Calmly slow your breathing and observe as your hand slows in its rhythmic upward and downward movement. Take a deep, cleansing breath.

If you feel your mind wandering, return to the present. Engage all your senses to feel what surrounds you in the present. Absorb the colors with your eyes and listen to the sounds nearby. Allow yourself to enjoy a true connection with the sensual environment that surrounds you.

Restore boundaries. This time, you have nothing to fear. If you still feel anxiety, establishing a connection with something familiar and comforting may help. Try sitting in your favorite chair or holding on to an item that is special to you. Free yourself from the pain and remind yourself that right now, at this very moment, you are completely safe.

## Solving Problems from Your Past

As mentioned earlier in this chapter, age regression and past-life regression are two useful methods used to address issues that affect a person's present life. During either of these regressions, the holistic therapist helps the individual enter a state of deep relaxation to establish a strong connection with the subconscious. They then encourage the patient to explore past memories and identify the source of the problem.

The entire process can take anywhere from half an hour to several hours. Once we become aware of what is troubling us, we can begin to address the issues by reenacting them in our subconscious; we can apply new ideas and understanding to our situations. Forgiving ourselves and others is often an important part of this technique, as it is the only way to completely rid ourselves of pain and suffering, and allow ourselves to move forward in life.

### Svetlana's Journey to the Past

Svetlana had been suffering from debilitating migraines for a year and a half. Lately, the pain had become unbearable and prevented her from living life to the fullest. She went to her doctor, who prescribed painkillers that were only partly effective. Svetlana decided to visit a holistic mind therapist to determine if the cause of the problem lay in her past.

The therapist convinced Svetlana to enter a trance, allowing her to use her subconscious memory to travel back in time. Svetlana's conscious mind was unaware of what had happened many years ago, but her subconscious knew! Let's find out what happened.

—“Where are you now?” asked the therapist.

—“I'm not sure. I hear voices, loud voices. They scare me!” replied Svetlana.

—“Describe what you see,” advised the therapist.

—“It’s dark, very dark and warm here. I can’t see anything, but I know I’m safe here,” whispered Svetlana.

This continued for several minutes. Then Svetlana suddenly screamed at the top of her lungs. Think for a moment about how you would feel if you were being tortured. That’s precisely what Svetlana was experiencing through her subconscious. Of course, she wasn’t actually being tortured. She was safe in the therapist’s office. Yet, her pain and anguish manifested loudly and clearly.

Svetlana’s unconscious memory of torture was the result of something horrifying that had happened to her before she was even born. Her biological mother died in a terrible car accident while eight months pregnant. Although the pregnant mother’s life could not be saved, Svetlana survived. She was then adopted by an elderly couple who never told her what had happened. Svetlana heard the voices of the doctors at the scene of the accident. The pain she felt was caused by the pain of losing her mother at such an incredibly vulnerable stage of her development.

The story doesn’t end there. The therapist helped Svetlana reconnect with the spirit of her biological mother and reconcile the feelings and emotions she experienced during that terrible incident. After several intensive sessions of holistic mind therapy, Svetlana felt her weight begin to normalize, and her migraines gradually subsided. She was no longer held captive by unexplained headaches. Svetlana had freed herself from her karma.

## **Are You Afraid of Your Own Mind?**

This may surprise you, but being afraid of your own mind is normal. For many of us, the workings of the subconscious are

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strange and mysterious. We may even decide that it's better to stay in a familiar place where the noise in our heads is at least recognizable. Even when we struggle with feelings that make us unhappy, the idea of connecting to our subconscious fills us with fear. You think: "What if I find out something about myself that I don't want to know? What will I do if I discover that I am actually inadequate?"

This fear of the unknown can trap people in a very dark place. Afraid that their subconscious may reveal something shocking, they prefer to remain ignorant. However, you can't escape your true self, as subconscious memory already influences how a person interprets reality. By realizing this, you develop the ability to better understand yourself. In doing so, you can stop unhealthy behavior that holds you back. By disconnecting, you hand control of your life over to fate, which can be a very thorny path.

Some people hear the word "mindfulness" and immediately assume that it has to do with becoming a monk and believing in some incomprehensible Eastern philosophy. They worry that connecting with the subconscious will take away all their fun and freedom. "I just don't have time for meditation. It's easier to just stay away from my problems!" said an acquaintance of mine. Are you afraid of your own mind? At the same time, he couldn't understand why the same problems kept coming back to haunt him over and over, limiting his ability to enjoy life. The most important freedom we can ever have is to become who we truly want to be, and to free ourselves from thoughts, feelings, and behavior that prevent us from feeling fulfilled. By running away, we disconnect from our subconscious "self." We pretend, hoping that everything will work out on its own. We submit to limitations imposed by external forces that we consider insurmountable. We desperately want to follow the our hearts' calling, but don't know where to start. It would be

much better to take the time instead to heal from within and reap the benefits of our amazing subconscious. And as a result, we will understand ourselves well enough to move forward to new and exciting opportunities!

## Mind Innovations

Our minds have evolved to develop several very interesting techniques that help us in life. Let's discuss some of the most fascinating ones. Those of us who consider ourselves highly logical people will be amazed at how inventive our minds are. It convinces us that we accurately assess reality, even when that's not the case. As you will discover, no one is immune to such distortions.

Certain situations require deeper analysis and more effort than the conscious mind can handle. When this happens, the mind quickly uses "shortcuts" to cope with what is overloading the system. Bypassing logical consciousness, we directly connect to the subconscious, but we do not understand that this is happening. Often, such situations lead to strange and very emotional reactions that make sense at the moment but later seem confusing and out of character.

## Getting Lost in the Crowd

If you have ever encountered a mob, you have observed the phenomenon when citizens—who are normal, reserved, and law-abiding—suddenly become loud and disobedient. This can often be seen at sporting events when everyone energetically cheers for their team. It doesn't take much time for this mass of emotions to suddenly become destructive, as vandalism and aggression replace the pleasure people should get from supporting "their own."



However, there are more serious situations when a large group of people becomes overly engrossed in something, leading to disorder and mass chaos. This tendency to unite with other people in support of a popular belief is part of human existence, although not always a constructive part of it. This is also known as “herd” mentality: it can easily make us do something just because everyone else is doing it, regardless of the end result.

## Denial

Our brains are also capable of denial, even when the truth is painfully obvious to everyone else. It’s easy to laugh at the adorable little boy who swears he didn’t eat the chocolate chip cookie, even though his face and hands are smeared with chocolate. However, denial can create serious problems for an adult if not controlled. Have you ever noticed that you minimize the impact of unhealthy behavior? Addictive habits like smoking cigarettes, gambling, and overeating are very difficult to overcome precisely because of the mindset that “one more time won’t hurt.”

People who avoid feelings of guilt or sadness often deny that such behavior is harmful at all. They become numb to the warning signals of pain that arise from making wrong decisions. Essentially, the brain essentially deceives itself, making us believe that everything is fine, even when it is not.

It is not just small children that struggle with responsibility. Most of us have tried to avoid personal responsibility for something we have done at one time or another, justifying our behavior or minimizing the problem. Blaming someone else is another tactic our minds use to feel better, while the person falsely accused feels insulted.

## What about Expert Advice?

When it comes to making important decisions, we are more likely to believe someone who is considered an expert rather than rely on our own judgment. It's as if we are in awe of anyone who is considered an authority on a subject, even if their knowledge is limited or dubious. For example, so-called investment experts—who deceitfully and unapologetically gamble away people's life savings—skillfully fuel this tendency and convince us that they know all the answers to our financial problems. When we accept information from experts without any preliminary reflection or due diligence, we literally entrust ourselves to the whims of unscrupulous people. That's how these scammers deceive their trusting clients out of hundreds of thousands of dollars.

## How to Use the Brain for Good

The brain is capable of amazing things. Sometimes it gets us into trouble, but sometimes it brings enormous benefits—especially when we need to work with our consciousness to analyze and solve complex problems that effect our existence. The holistic mind therapy techniques outlined below are extremely effective. After all, the brain is designed to accept suggestions and change a person's behavior accordingly. This is a natural way to cope with life's difficulties and heal yourself from within.

## Meditation

Most of us are familiar with meditation, although not everyone feels comfortable practicing it. Meditation is a highly effective way to: restore the balance of the mind, body, and

soul; relieve tension and stress; and restore feelings of peace and tranquility. It's a direct path to developing mindfulness. In the process, you can focus on your own sensations, inner images, and emotions. Meditation can often be combined with breathing exercises.

## Hypnosis

Hypnosis is a powerful therapeutic method that can be used to identify and change unhealthy or unproductive behavior. During hypnosis, a person is put into a state of deep relaxation to promote concentration and increased responsiveness to suggestion. The suggestions used during hypnosis guide the person toward a deeper understanding of themselves.

Unfortunately, for many, hypnosis is still associated with fanciful stage performances in which rational people are turned into zombies and subjected to a series of awkward tests for the audience's amusement. Although this side of hypnosis cannot be ignored, the therapeutic benefits of hypnotherapy are well documented and widely recognized today.

Hypnosis is usually practiced by experienced and well-trained therapists. However, you can learn these methods yourself and practice self-hypnosis at home in a secluded and comfortable atmosphere. But remember: you cannot hypnotize someone who does not want to be under hypnosis, just as you cannot force people to do what they genuinely do not want to do.

## NLP

NLP (Neuro-Linguistic Programming) can perhaps best be understood by breaking the term down into three main components. "Neuro" relates to our nervous system, which

transmits information to and from our brain. “Linguistic” refers to the actual content of the transmitted information. And “programming” describes how our brain uses and processes this information.

NLP is a different type of therapy than hypnosis—although sometimes the two terms are mistakenly conflated. The idea behind NLP is that the words we use in everyday life reflect the feelings and perceptions stored deep in our subconscious. By continuing to use these words, we reinforce these feelings and perceptions regardless of whether they are true or not. Since our brain filters all new information according to past events, an identical event can often be interpreted by two people in completely different ways.

NLP therapists not only pay attention to the words themselves but also look for inconsistencies between body language, facial expressions, and tone of voice. It is nonverbal communication that provides the best understanding of what a person truly thinks and feels. By helping their clients replace unhealthy communication patterns with positive thoughts and feelings, NLP therapists give them the opportunity to make healthy changes in their lives.

## EFT

EFT (Emotional Freedom Technique) is a simple but effective tool for reducing stress and anxiety. It can be practiced anywhere since it is so easy to learn.

EFT involves acknowledging any concerns a person may have and then addressing these issues by tapping various energy points on the body. This tapping is accompanied by repeating positive affirmations about forgiveness and self-acceptance.

It is important not to get carried away with the tapping it-self. The value of EFT lies in becoming aware of hidden feelings that may be disrupting a person's emotional balance, causing problems such as anxiety, depression, low self-esteem, etc.

## Aromatherapy

In aromatherapy, natural remedies like essential oils are used to enhance relaxation and heal the body. This technique affects the mind, body, and spirit, and can be used for both preventative and therapeutic purposes. As with all holistic healing methods, the interaction between therapist and client plays a crucial role.

In aromatherapy, essential oils are usually diluted and then used to improve a person's well-being. They can be applied in various ways, depending on personal preferences or the most effective treatment method. Essential oils can be: inhaled through diffusers; applied to the skin with hot compresses; or added to bathwater.

## Acupressure

Less invasive than acupuncture, acupressure involves pressing on blood vessels at specific points on the body. This enhances the flow of healing energy and facilitates the healing of the body. Anyone can learn this technique.

Sometimes the similarities between EFT and acupressure can cause confusion. However, in EFT, the primary focus is on the person's emotional state, whereas in acupressure, physical energy is stimulated to improve health and a sense of personal well-being.

## Reflexology

Reflexology is another natural healing method that has been practiced for thousands of years. In this method, pressure is applied to specific points on the human body, particularly on the hands, feet, or ears. Practicing reflexologists can treat various areas of the body by acting on corresponding points. Reflexology can be especially beneficial for people who need help dealing with stress. It can also be used to maintain optimal performance of all body functions.

## Reiki

Reiki is a Japanese therapy that allows directing and increasing the flow of life-supporting energy throughout the body. This creates a deep sense of well-being that positively affects the mind, body, and spirit. Reiki is often used in combination with other healing techniques as a means of improving health. This holistic method is safe, non-invasive, and highly conducive to relaxation.

## In Conclusion

We began this chapter by demonstrating the amazing flexibility of the brain. We learned that nothing is static and that our minds have immense potential but are also prone to deception. Instead of fearing the mind, we must learn to better understand it and use this colossal power to improve our lives.

The review of the many available holistic therapy methods for consciousness provides clear evidence that alternative healing methods are increasingly popular and effective. There is no single answer for everyone: many of us will choose the right combination of holistic techniques to achieve healing from within.

CHAPTER 2.

**HYPNOTHERAPY:  
TAKE CONTROL  
OF YOUR LIFE**

**W**hat associations does the word “hypnosis” evoke for you? A gold-plated medallion swinging on a chain? A spinning circle with a black-and-white spiral depicted on it? Or perhaps a showman making the audience engage in a number of funny onstage antics? If so, then you have succumbed to cheap prejudices. It’s time to say goodbye to them.

Hypnosis is one of the most powerful healing tools available—both mentally and physically. Without false modesty, I can rightfully say I am a self-made man. But it was hypnosis that helped me become who I always dreamed of being. I learned this art from the best of the best: Gerald Kein, a student of Dave Elman himself. He showed me how powerful this technique is and that it is possible to change human destinies. This is exactly what I have been successfully doing for years now.

Most people on our planet carry a lot of prejudices about hypnosis. On the one hand, some say “it’s all nonsense”; while others say, “it can be very dangerous.” Some believe they are completely immune to “this magic,” while others fear they will be ripped off by some fraudulent fakir just out to make a buck. I hope that by this point, you don’t belong to either of these groups. However, doubts may still linger in the back of your mind. Don’t worry, we’ll deal with all the myths, too.

Prepare to get acquainted with His Majesty: Hypnosis. Believe me when I say that the ancient Greeks made a big mistake by calling it “sleep.” On the contrary, this is your chance to wake up from a state of perpetual drowsiness and feel true life force!

## **The Mind Model**

Here’s a simple formula:

- ☑ the conscious mind;
- ☑ the subconscious mind;
- ☑ the unconscious mind, or higher “self.”



If you try to visualize all of this, the conscious mind is the tip of the iceberg, and everything underwater represents our subconscious mind. The difference between them is colossal. The subconscious mind performs six billion operations per second. It is responsible for the division of body cells, hair growth, and many other processes. The conscious mind, on the other hand, can perform only one operation at a time, perceiving seven (plus or minus two) sources of information simultaneously: for example, listening to a lecturer, looking at a lamp, feeling the hardness of a chair and the temperature of the air, as well as hearing surrounding sounds. Then, there is usually an overload, where you can no longer track each source of information. This is the part of the mind that psychologists and psychoanalysts work with.

## The Conscious Mind

What does the conscious mind do? It performs several vital functions.

### ***1. Analytical Thinking***

“Analytical” thinking is a person’s ability to identify problems, understand them, and then find solutions. In addition, this kind of thinking is behind the hundreds of necessary decisions needed to get through an ordinary day. We think these decisions come naturally, but they don’t. We’re talking about questions like: “Should I open the door?”; “Do I need to turn on the water?”; and “Do I need to tie my shoelaces?” Yes, it seems to us that these answers come automatically, but in fact, we need to make a decision each time—whether we want to do something or not.

Imagine you are driving down the road in a car. Suddenly, you hear a familiar sound. What happens in your brain?

Situation analysis: you realize the tire is flat. Action analysis: you decide to get out of the car to replace it. You have several options, and your brain chooses the optimal one.

## ***2. Rational Thinking***

This is an orderly thinking process that follows certain rules, specifically the rules of logic. This is the most interesting and important part of our work. Rational thinking provides an explanation for why we commit certain actions. As soon as this part of thinking fails, a person ends up in a special institution where both nerves and soul are treated. A person thinks he is Napoleon and cannot distinguish reality from fiction. Therefore, to feel confident, we need to know whether what is happening to us is true or not.

The rational part must justify why we act the way we do. After all, if we cannot find a reason for performing certain actions, we become anxious, nervous, and lose ourselves in the situation. Being in this state for too long leads to mental disorders. For example, psychiatric patients cannot justify their actions and do not understand the reasons for their behavior. The only problem with rational thinking is that the reasons provided for our actions are not the root causes.

For example, a smoker justifies smoking by saying it calms them down, relaxes them, and helps them collect their thoughts. A person with obesity will claim they are overweight because they eat when bored or nervous, or sometimes they point to a slow metabolism as the cause. The problem with such reasoning is that these causes are not primary. Before a smoker developed the habit of smoking, they heard other smokers say, “I smoke because it calms and relaxes me,” and another heard an overweight person say, “I eat when I’m nervous.”

The problem is that we know and understand why some people smoke or suffer from excess weight. For example, in most cases, a person starts smoking because they need to feel safe. They want to belong to a group of friends, especially in their youth, between the ages of twelve and twenty.

A sense of security is one of the basic needs for all people on the planet. Usually, if a person grows up in a good family, this need is fully satisfied. But often, at the age of twelve or thirteen, parents no longer seem to have all the answers and no longer make us feel safe. So, we try to achieve this feeling by becoming part of a group of classmates, where some smoke and some do not. If we don't feel a sense of belonging to the group, we don't get the necessary sense of security to face problems.

The subconscious is a very interesting part of our mind; it's designed to protect us from danger in whatever way it can. If it decides that smokers are "our people" and therefore you are safe, in most cases, if you are offered a cigarette, you will undoubtedly accept it. You will feel a part of the group, and from this, the sense of security will become stronger. That is why people start smoking—not because smoking calms and relaxes them.

This once again proves that the reasons given to us by the rational mind—for why we act one way and not another—are never primary and almost always incorrect!

### ***3. Willpower***

Willpower is the ability to subordinate one's personality to oneself, which many people confuse with the subconscious mind. But these two have nothing in common. The subconscious mind consists of our emotions and feelings. Willpower is something else. For example, a person decides to quit smoking. They crush a pack of cigarettes in their hand and throw it out

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the window. A wonderful feeling of liberation arises in their soul. But time passes, and their hands automatically search for something. Familiar thoughts return about needing to smoke. The habit returns. The person reassures themselves: “I’ll just have one, I won’t buy any, I’ll borrow one from a friend.” It is easy to predict what will happen next.

Why does this happen? Because willpower is not given to us to change ourselves and our essence. It directs our daily actions: getting up on time, preparing breakfast, waking up the children, taking them to school, not being late for work, etc. Everything else is beyond its effective reach. The subconscious mind deals with that.

#### ***4. Short-Term Memory***

The last part of consciousness is called “working” or “short-term” memory. This is the memory we use every day. How do I get to work? What is the name of my husband or wife? What are my children’s names? What’s my phone number? Short-term memory is necessary for us to answer similar types of simple questions and get through a normal day.

That’s all the conscious mind is responsible for: it’s a very logical, analytical part of the brain that is frequently wrong.

#### The Subconscious Mind

The subconscious mind determines who we are; it’s an incredibly powerful part of the mind located below the conscious. The subconscious mind can make you who you want to be: rich and famous, slim and fit, happy and successful—pretty much anything.

To understand how the subconscious mind works, it is necessary to imagine how a computer works, as the operating

principles of both are very similar. Everyone knows that a newly purchased computer will not respond to your requests because its system is empty: no programs have been loaded into it. The system will only start working when it is filled with programs.

You know that if you change the software on a computer purchased in a store, it will no longer be able to work with old programs and will have to function based on the new software. Our subconscious mind works the same way. It is like a computer and follows the same rules and settings, only it has much more power. Every day we program our subconscious mind by accumulating life experiences. Our subconscious computer is gradually filled with programs accumulated throughout our lives, from birth to death.

Interestingly, the main rule of our computer is the ability to create ourselves according to the existing programs and those that will be added until the end of our lives. For example, if your computer, based on programs, says that you are fat, you will be fat. If it says that you are thin or a smoker, a lucky person or a loser, your situation will reflect that message. Using all the programs, it makes a decision about what kind of person you are. These programs come from many sources, and your computer must work based on them.

### ***1. Permanent Memory***

The subconscious mind contains absolutely all your memories: everything you have ever seen, heard, and felt. This is comparable to a video camera that not only records sounds and images but also temperature, sensations, tastes, and smells. Thanks to this, we don't forget anything.

But the most important thing is that there is no logic or time in the subconscious. Everything that happens to us throughout our lives seems to happen simultaneously, right

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now. Imagine two people in one room; one is in paradise the other in hell. One is doing great, enjoying life, and likes everything. The other is doing poorly, doesn't know what to do, and wants to hang themselves. What does the outcome depend on? The subconscious mind. It cannot differentiate the present from one's past. Therefore, when a person has emotional problems, to them everything is catastrophically bad. But in reality, they may have a wonderful family, and everything in their life could be great. All the negativity comes from the subconscious.

## ***2. Habits***

There are three types of habits. Each of us has both good and bad habits. But in reality, most of our habits are neither bad nor good. They are utilitarian in nature. We automatically react in a certain way to everything that happens to us and around us. For example, when the phone rings, we don't look at it in surprise. We immediately pick up the handset and respond in a certain way depending on our mood.

## ***3. Emotions***

The subconscious mind contains all your habits and feelings. It is the emotional component of a person. That's why hypnotherapists work only with emotions. Logic is not part of what we do. Logically, a person perfectly understands that they have a problem and even realizes where it came from. But only the subconscious decides whether emotions are needed or if it's better to get rid of them.

The most interesting thing is that the subconscious mind is the laziest component of a person. It doesn't want to change. Why would it change, if everything is already good? Of course, we wouldn't want to be without emotions: love, care,

and all other positive feelings. But sometimes our emotions cause us trouble, as they are not connected to consciousness in any way.

Every time we need emotions, consciousness takes a back seat, and we deal with this special situation using our irrational, somewhat youthful, but extremely wise subconscious. Sometimes it leads us into trouble. Each of us has experienced problematic situations in life where not many emotions were required to resolve them. After everything ended and analytical consciousness returned, you thought, “Why did I say that?” or “Why did I do that stupid thing?” The subconscious laughed in response: “Yes, but it was fun!” Each of us can easily remember such situations because they happen quite often.

#### ***4. Critical Factor***

To program the subconscious mind, a platform is needed. Until a child is around the age of five (plus or minus two years), parents create such a platform. During this period, the critical factor of the conscious arises. A simple example: if you tell a thirty-three year old woman named Nelly 100,000 times that her name is Natasha and she is three years old, she will still be thirty-three year old Nelly. This is because there is a part of her that knows everything about her. It's the subconscious.

When information wants to penetrate the subconscious, what will happen to it? It will be blocked and reflected. No changes will occur. The same thing happened when the person crumpled up and threw away a pack of cigarettes intending never to smoke again. So what? There is no such information in the subconscious. The subconscious doesn't allow us to change. It contains all the information we have accumulated throughout our lives. And what about the critical factor of the

conscious mind that is formed at the beginning of our life? By the age of five, you have heard your name so many times that this information has already been programmed and has become a reality for you.

The same goes for situations experienced by a child. Imagine a little boy and girl who constantly see their alcoholic father beating their mother every day. What reality will be programmed into their subconscious? People often say that it's all about genes and heredity. No, it's what the parents program you with that becomes a person's reality. And when they grow up, children carry out everything they were programmed for. Unfortunately, this is not a matter of choice.

So in childhood, we are given a life platform. Let's say when we buy a new computer, it already has an operating system installed: let's say, Windows. We can only install new programs on it, and they must be compatible with that version of Windows. For instance, if we have Windows 95, and the program is designed for Windows 10, our computer will not accept it, and nothing will work.

That's why, no matter how much the therapist insists that the patient's life has changed for the better and they are already happy, all this information will be blocked and reflected. Because there were no changes in the platform, new data is not accepted. The subconscious mind is very strong, but it also doesn't like to do the work necessary to accept positive suggestions that would lead to the desired changes. The subconscious prefers to leave things as they are because change requires too much work.

That's why it is most difficult to impose positive suggestions on our subconscious. Contrary to that, negative suggestions penetrate like a hot knife through butter, because often there is no need to do anything.



Let's examine an example of how this happens. An overweight person comes out of the shower. They stand in front of the mirror and dry themselves off. What do you think they say to themselves, looking in the mirror? That's right, "Look how fat I am!" Then this thought goes straight into the subconscious, which replies, "Yes, this matches my programs and how I perceive you." As a result, the subconscious accepts this suggestion, and the person becomes even fatter. On the other hand, if you put the same overweight person in front of the mirror and force them to say, "I am slim, neat, and attractive," this information will also go to the subconscious, but it will respond, "No, this does not match the programs. This is impossible."

How can we impose suggestions on our subconscious mind? It's crucial to understand that if an idea, thought, or concept is admitted to the subconscious, it must be realized. You change the programs, and the subconscious must comply with the new programs, which is quite difficult to achieve.

Let's delve deeper into this. You make a decision, say, to quit smoking. You agree with your conscious mind that nothing will stop you from doing this. It tells you, "Great, I support you a hundred percent. You will be healthier! You won't have emphysema or heart and blood pressure problems!"

Now, to implement the changes, you need to access your computer and change the programs. It seems simple. You begin sending appropriate messages to your subconscious. But there's a problem. There's another part of the consciousness: the critical factor. The subconscious regularly "pays" it, and it does precisely what it should. Its job is to stop any positive suggestion that we give ourselves or receive from the outside.

We know there is a connection between this part of consciousness and our subconscious, but we know nothing about this connection. The critical factor says, "This person wants to

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quit smoking; can I accept the suggestion?” Remember, if the suggestion penetrates the subconscious, it will work. But the subconscious replies, “Hold on! They smoked for twenty years, and they need cigarettes to feel safe. Besides, I would have to reprogram so many years, and I’m not in the mood for that, I don’t want to do it, so the suggestion should be rejected!” The critical factor, having received such instructions, turns into a mirror. It reflects the suggestion, preventing it from penetrating the subconscious.

We have only one place left to turn to with this idea: willpower. This is located in the consciousness, and we all know how long willpower lasts. How many times have we tried to stick to a diet or quit smoking? Is it possible to impose a suggestion on the subconscious? Yes. For these purposes, we use hypnosis, which bypasses the critical factor, the blocking part of our consciousness. Think of the hypnotic effect as bribing the critical factor with a couple of dollars to go away temporarily until we need it to return.

A person in a state of hypnosis does not feel what you might think they do. When using relaxing hypnosis, the body is, of course, very relaxed. But the deeper we dive into this state, the more vigilant our consciousness becomes. At deeper stages of hypnosis, consciousness becomes two hundred to three hundred percent more vigilant than in the usual state. And all your five senses—hearing, smell, taste, touch, and sight—work hundreds of times better than they do now. Therefore, in a state of hypnosis, you are not asleep. On the contrary, you are more vigilant and can think more clearly than ever. It’s important to understand: when you are in a state of hypnosis, consciousness plays a different role. Remember the conscious guard that protects you. When receiving a suggestion in a state of hypnosis, you hear it clearly. And if you suddenly hear a suggestion that does not suit you, it can be instantly rejected.

Here are the main tools needed to achieve success. When your conscious mind hears a suggestion, you must make a decision about that suggestion. Your choice determines whether the suggestion will be accepted by the subconscious or rejected. In the first case, you will be able to make the desired changes; in the second case, you won't.

### ***5. Self-Preservation***

What is self-preservation, and how does it work? The subconscious protects you from real fears and dangers. Let's consider a simple example. What happens to a person when they start smoking? Often this kind of thing happens at school, where peer groups naturally form. Why does this happen? Thousands of years ago, people were forced to band together to defend themselves against predators and enemies.

We tend to feel more protected in a group. Why does the idea of public speaking strike such fear in so many people? It happens at the genetic level: you are alone and in front of a crowd. And if a teenager wants to join a social clique where everyone smokes, they will also smoke to be accepted. At this point, the critical factor is breached, i.e., shock occurs. As a result, a smoking program is established. It will work until re-programmed or until the program is replaced with another. All programs in the subconscious have a + sign. That is, when a person smokes, the subconscious believes that smoking is good and necessary. It also takes care to make sure you don't forget this.

Another example: about a year ago, a woman came to see me. She was about five feet tall and weighed just over three hundred pounds. She talked about her weight problem, but years of experience told me that the problem was elsewhere. I knew that an event from the past forced her subconscious to make her overweight to protect her.

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The woman could not remember any situations in her life that could have led to excess weight gain, but during a hypnosis session, we found out the following. When she was six, her stepfather treated her harshly. She told her mother about it, but her mother didn't believe her. So she felt guilty, as if she was doing something wrong. But that fact didn't lead to her obesity. When she was in school (this was in the 1950s), she felt promiscuous. She sensed that boys in school were trying to take advantage of her. This was oppressive, but it was also not enough to explain the excess weight.

When my patient was twenty-four, she married a knight in shining armor—a man who did everything right. On the second day of their honeymoon in the Bahamas during lunch, he decided to open his soul to her and show how much he loved her. He told her that when he was eighteen or nineteen years old and serving in the Air Force, he had been with many women but never had real feelings for any of them.

One can only imagine what the woman's subconscious felt about this man, whom she trusted more than herself. After this conversation, her subconscious turned to the memory bank and all the information contained there, and then concluded: "Your stepfather hurt you badly, boys in school tried to hurt you, and now this man you trusted the most told you how he is capable of treating women. Men bring pain to women, so I need to protect you from them."

The subconscious could not teach her karate or buy her a gun, so it protected her the only way it could—by making her gain weight quickly. Soon the woman became significantly overweight and stopped being of interest to men, which meant she was "safe." Sometimes the subconscious protects us even if we don't want it to: that's its primary task.

## Rules for Working in Hypnosis

A hypnosis session consists of seven components:

1. Preliminary conversation.
2. Induction.
3. Regression.
4. Forgiving others.
5. Forgiving oneself.
6. Working with parts of the mind.
7. Preliminary conversation before the session.

A good hypnotherapist is always ready to spend a few minutes before the session starts to talk about hypnosis and answer some of the patient's questions. This saves a lot of time during the session itself.

Many people think that hypnosis is the introduction of something somewhere: namely, some elements into the consciousness of another person. You've probably heard something like: "Now the hypnotist will enter your subconscious and do something inside it." That's why people, without proper information, have a strong fear of hypnosis. Many are afraid of it. If you say you are a hypnotist, your opponent will turn away, saying: "Don't look into my eyes! You have such a hypnotic gaze!"

In reality, hypnosis is a natural state of consciousness in which a person lives constantly. Various experiments have even been conducted on this subject. For example, at Harvard University, a special device was connected to the subjects' heads, and their state was recorded throughout the day. It turned out that almost all people spend an average of four to seven hours a day in a state of hypnosis. It's such a natural state that we don't notice it.

So when do we automatically fall into hypnosis? For example, when we are driving a car or on public transport, we might get lost in thought and miss our stop. Or when someone is telling you a long and boring story, and you seem to be in a different place during that time. The moments in between sleep and wakefulness are also periods of being in a state of hypnosis.

I recently learned that the strongest hypnosis is love. When a person is in love, all the critical factors we will talk about later simply disappear. In a sense, their “roof is blown off.” You probably know many people who need professional help but don’t know that such help exists.

Now let me explain a few simple truths to you. The first is that hypnosis does not exist, never existed, and will never exist. I’ve been doing this for many years and haven’t hypnotized anyone. Not a single person! And I doubt I ever will hypnotize anyone.

There is only one form of hypnosis: self-hypnosis. ANY type of hypnosis is self-hypnosis. You don’t need me to plunge you into a deep state of hypnosis. And you certainly don’t need me to give suggestions that promote positive changes in your life. You can do all of this yourself. The only reason you are here today is that you don’t know how to do it. But I teach people how to do it all the time. There is nothing easier! But I can never be a hypnotist. If I called myself that, it would mean I could do something, that I would be able to predict how you would react—and that’s not within my rules or capabilities. The truth is, I am no more than a guide for you.

If you allow me to be your guide, I will show you how to immerse yourself into the wonderful state of hypnosis and feel physical relaxation and mental clarity. I’ll show you how to stay in such a state until we’re done. If you don’t want to be in this relaxed state, just think about it, and it will pass, and you will return to your normal state. If you follow my instructions,

I'll show you how to achieve success in what you've decided to do for yourself.

And most importantly: if you accept suggestions with the right attitude (“I like this; I'm sure it will work”), the changes will happen the way you want them to. If there is no such positive attitude, nothing will happen. I can't force a suggestion into your mind. Only you can allow it to happen.

Hypnosis is a state that you accept 100%. You must allow things to happen. And if you want them to stop happening, all it takes is one thought. I want you to understand that anyone with an IQ over 70 who wants to undergo a hypnosis session can enter this state very deeply. How fast? Snap your fingers. That's how fast!

The only thing that prevents people from settling into a state of physical relaxation and mental clarity is fear and misunderstanding of what hypnosis really is. And I would like to briefly discuss the misconceptions about hypnosis.

We've already talked about this, but it's worth repeating. To assume that during a hypnosis session you fall asleep is a big mistake. On the contrary, in this state, your brain works several times more actively than in standard mode. So sleep and hypnosis are essentially opposite phenomena.

Others fear that they will “not wake up” from hypnosis—and of course they won't. I have never seen anyone “wake up” after hypnosis. There is only one thing to wake up from, and that is sleep. And if you're not asleep, then you can't wake up. You can only exit a state of hypnosis. To do that, all you have to do is decide you no longer want to be in this relaxed state. Everything will instantly end, and you will return to a normal state.

In addition, some of my patients were afraid that I could control them and make them do whatever I want. Honestly, I wish this were true because then I could guarantee success. But you have four ways of perceiving suggestions. And a suggestion

only really penetrates the subconscious when you tell yourself: “I like this suggestion, I’m sure it will work.” I can’t force these thoughts on you. Understand that you and only you are responsible for success. The same goes for failure. Your attitude toward suggestion determines whether the session will be successful or not.

Some people are afraid that while in a hypnotic state, they will reveal all their secrets to me. In fact, you control your speech more in a hypnotic state than in a normal state. If you don’t want to talk about something, you won’t say it. If I asked you something that doesn’t concern me, you would just answer that it’s none of my business. No one can force you to disclose private information. Moreover, it would be much easier to extract this information from you in a normal state because your mental abilities are not as active there.

So how do you define hypnosis? Hypnosis is bypassing the critical factor to create new thinking—more specifically, a new direction of thinking. This is the officially accepted formulation.

What is missing here? Right, relaxation. It is always associated with hypnosis. Most schools believe that hypnosis is relaxation. If you don’t relax, then there is no hypnosis. In fact, hypnosis has nothing to do with relaxation. If a person wants to, they can be hypnotized even without relaxing.

## Stage Hypnosis

I’ve heard from many people something like: “Wait a minute! I understand everything you’re saying. But I’ve seen stage hypnotists at work, and I know they can control people. I’ve seen people bark like dogs or think they smell bad.” Many years ago, I studied stage hypnosis, which I want to tell you about.

Usually, when a stage hypnotist comes to town, hype and advertising get people interested, and they attend the show.



Visitors want to be entertained, and many of them are not averse to volunteering to experience this technique themselves. When the hypnotist comes out and talks about hypnosis, he explains that he will show the entertaining side of the phenomenon but that there is also a clinical side.

He tells the audience: “You know, the whole show depends on you, the audience. I need you for the show.” And then he asks, “Are there any volunteers to come up on stage?” It’s amazing how many hands go up in the air! But the hypnotist cannot choose just anyone from the crowd. He tells them: “You know, the best candidates for hypnosis are those with an excellent imagination and skills of concentration.”

He then claims he will conduct an imagination and concentration test for the audience. This is not true. In fact, he conducts a test to find out two important things. First, the performer wants to find out who can be put into a hypnotic state as easily as snapping their fingers. He needs to put on a show, and he can’t spend time on lengthy hypnotic techniques. Secondly, and more importantly, he is looking for those who have come to have fun and are therefore more relaxed. These are the people he invites on stage. Typically, such volunteers quickly and easily succumb to hypnosis. Wanting to have fun, these people apply the following position to the suggestions they hear: “I believe in this, I want this to happen, and it is happening.”

On stage, people often think they want to do these things, but when it comes time to act: they don’t have the right mental attitude and they aren’t open to suggestions. The hypnotist sends such people back to the audience or—if things have already gone too far—leaves them sitting on the stage and forgets about them until the end of the show.

Stage hypnosis works the same way as clinical hypnosis. You always have a choice, and you decide whether to accept

the suggestion given to you or not. If you don't want to, the suggestion won't work, and no changes will occur. Clients often ask how I can be successful in helping people with issues like smoking, panic attacks, or migraines. I always answer honestly that I am always successful. I have a very rich practice behind me. I know exactly what to say to clients. And if they accept the suggestions, they achieve the desired changes; if they don't, there will be no changes. So my success rate is always high.

Will your success rate be just as high? If you accept the suggestion with the right mindset ("I like this, I'm sure it will work"), then yes, you will be successful. If you accept the suggestion with any reservations, you will fail. It all depends on you. I am confident that you will enjoy our session. Hypnosis is a great way to change your life, and it is available to anyone.

### Four Mindsets

When a person in a state of hypnosis hears a suggestion, they adopt one of four positions in relation to it. The choice mainly determines whether the suggestion will be accepted or rejected. There are no other options. Let's get acquainted with them:

1. "I like that suggestion. I know it's going to work for me!"
2. "I don't know; it sounds a little uncomfortable to me. It just doesn't fit me."
3. "I'm neutral about it. I don't care if I get it or don't get it."
4. "I like that suggestion. I hope it works!"

Only when choosing the first position will the suggestion be accepted. Any other choice will lead to rejection, and changes will be impossible. During the initial conversation, the hypnotherapist must tell the client about the rules of choice.

## Four Decisions

What four decisions can you make? The first scenario is when you tell yourself, “I like that suggestion. I know it’s going to work for me!” This conscious attitude allows the suggestion to penetrate your subconscious and initiate changes. Unfortunately, you have three more options.

For example, the suggestion may cause you some discomfort. I’m not even talking about hatred for the suggestion or a feeling that it contradicts your morals or beliefs. Perhaps it’s like the pair of shoes you wanted to buy: you know in three months they would hurt you, because they don’t fit your feet. If the suggestion makes you uncomfortable for any reason, it will automatically be blocked by your consciousness and won’t pass into the computer; as a result, no changes will follow.

You can also be neutral toward the suggestion, not caring whether it passes or not. This will be the case when you are confronted with a suggestion that essentially means nothing to you. Such a suggestion will also be blocked by your consciousness and will not penetrate the computer.

The last option is the one that prevents most people from the benefits of hypnosis. Here’s how it happens. When you hear the suggestion, you say to yourself: “I like that suggestion. I hope it works!” The word “hope” is very close to the word “try,” and that could mean a certain failure. Admit to yourself that when you “tried” to do something, you didn’t succeed. “Okay, Mom, I’ll try.” “Okay, Dad, I’ll try.” To try means to fail.

Remember and ponder this. Every time you told yourself, “I’ll do it” and didn’t ask any questions, you actually did it and succeeded. The sister of “trying” is hope. You can hope, but that doesn’t mean that your hopes will be fulfilled. When you say “hope” or “try,” the suggestion is blocked by your consciousness and cannot reach the computer and effect any changes.

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Think about this as well. If you eliminate the words “try” and “hope” from your vocabulary, within a week you’ll feel better than ever about your life. The only way to get the suggestion into your computer is to take the position: “I like this suggestion! I’m sure it will work!” That’s all you need!

## **Inductions**

Are you ready to begin the hypnosis session? Do you have any questions before we start? I’ll remind you once again that hypnosis is not sleep. All you have to do is simply follow my instructions. Take a long deep breath and hold it for a few seconds. As you exhale this breath, allow your eyes to close and let go of the surface tension in your body. Just let your body relax as much as possible right now.

Now, place your awareness on your eye muscles. Relax the muscles around your eyes to the point they just won’t work. So, your eyes are now completely relaxed. Now, just as you did with your eyes, relax your body. So, just let this quality of relaxation flow through your whole body from the top of your head, to the tips of your toes, relaxing every cell in your body.

Now, we can deepen this relaxation much more. In a moment, I’m going to have you open and close your eyes. When you close your eyes that’s your signal to let this feeling of relaxation become 10 times deeper. All you have to do is want it to happen and you can make it happen very easily.

Now, open your eyes... now close your eyes and feel that relaxation flowing through your entire body, taking you much deeper. Use your wonderful imagination and imagine your whole body is covered and wrapped in a warm blanket of relaxation. It’s getting easier, more pleasant, and calmer for you. You’re doing great.

Now we can deepen this relaxation even more. In a moment, I will ask you again to open and close your eyes. And after you close them again, double the relaxation you now have. Now once again, open your eyes. Now close them and double the relaxation you already have. Very good. Allow every muscle in your body to relax as much as possible. You're doing great. Now do it once more.

In a moment, I will lift your hand by the wrist, just a few inches, and drop go. If you've followed my instructions up to this point, your hand will be so relaxed it will be just as loose and limp as a wet cloth, and will simply plop down. Don't try to help me; let me do all the lifting. Your task right now is simply to relax.

There are two ways to relax. You already proved that you can relax physically, and you've done it wonderfully. Now let me show you how to relax mentally. In a few moments, I will ask you to count backward, aloud from a hundred. Here's the secret to mental relaxation: with each number you say, double your mental relaxation and allow your thoughts and consciousness to become twice as relaxed. If you do this, by the number ninety-five (or even sooner), your consciousness will relax to the point that you will push all the remaining numbers out of your mind. There just won't be any more numbers. Only you can do this; I cannot do it for you. The numbers will leave if you let them go.

Now say the first number.

One hundred...

Softer... calmer... quieter... Now double your mental relaxation. Let those numbers to start drift away.

Ninety-nine...

Double your mental relaxation. Let the numbers go. They will go away if you let them.

Ninety-eight...

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Now just push them out. Dispel them. Make it happen. You can do it. I can't do it for you. Push them out! Do it! Are they all gone? Excellent. All the sounds in this room and beyond help you to relax deeper and deeper.

### Examples of Inductions:

1. Progressive relaxation.
2. Sensi-motor technique.
3. Hand drop induction.
4. Fixation induction.
5. The confusion method of induction and deepening.
6. Thumb technique.
7. Group hypnosis induction.

### Instant Hypnosis

Our consciousness constantly surrounds itself with stereotypes, standards, and clichés that it creates and uses as a defensive tactic—or as a kind of adaptive mechanism, cushioning the demands of reality and adapting the personality to them. Any external information is processed, sorted, and classified by the criteria of acceptability or unacceptability. Only after this does it enter other departments of the psyche, which govern the corresponding reactions, i.e., behavior.

The activity of everyday consciousness is bureaucratic. When it is calm outside, one's consciousness is also calm and works in its monotonous mode. But when a signal comes from the external environment that breaks our familiar rhythms and causes dissonance, consciousness defensively calls on other functions of the psychic apparatus: deeper, more intimate workings like intuition, experience, and memory. And while looking for guidance on how to react to an unexpected

situation, a person automatically enters a state of trance. Let me remind you that trance is a state where consciousness is immersed inside. It lasts for a mere second, but even this is enough time for informational influence in the form of suggestion or programming. And if the operator has the necessary attentiveness and chooses the appropriate reaction, they will manage to embed the necessary suggestion.

So how do you break the stereotype? There are many different behavioral maneuvers. But the more banal the technique externally, the more effective it is. The technique of manipulation is based entirely on paradox. That is, the therapist does not do or say what is expected of them—as if breaking the logic of the unfolding events and disrupting the forecast. By disrupting the forecast, they interrupt the stereotype. The consciousness of the puzzled interlocutor leaves its guard post, exposing the defenseless “I” to be influenced. In such cases, it is important to cause an effect of bewilderment.

Here’s the simplest example we encounter every day:

- Hello.
- Hello.
- How are you?
- Not bad. And you?
- Same here.
- Nice to see you.
- Me too.
- Well, bye...
- Bye...

This is a typical conversation, a non-binding daily cliché. Consciousness is calm: the ritual is performed, everything is in place. Now imagine the reaction of your interlocutor if you slightly change your lines.

- Hello.
  - Hello.
-

—How are you?

—Terrible.

—?!

At this point, there is a pause. Here, the effect of bewilderment ensues, and one's consciousness is confused. How so? The stereotype is broken. What to do? This is the effect of deceived expectation. *Trance!* In a second, your interlocutor will return to reality; but that split second that they missed is now yours.

Start with simple experiments like this; and at first, only train your attentiveness and reaction. Then, move on to more sophisticated techniques. If you feel that your powers of observation are keen enough—and you have instant reaction and good intentions—then start influencing.

### Progressive Relaxation

Now that you feel safe and comfortable, I'd like you to close your eyes and keep them closed until I ask you to open them. Just let your body relax... nice and easy. I'd like you to take a real good deep breath and hold it. Now let it out S-L-O-W-L-Y, good.

*Pause...*

Now I'd like you to take another real good deep breath. Fill your lungs up real good, and let it out S-L-O-W-L-Y again. Excellent. I'd like you to take one more deep breath... fill your lungs up real good now... and hold it. Now let it out S-L-O-W-L-Y, and already you can feel your body starting to relax.

*Pause...*

Now let this feeling of relaxation fill you down to your feet. Feel your feet become soft and motionless. Let this feeling reach the tips of your toes: from your ankles, all through your muscles, to your knees... from your knees to your thighs... from your thighs to your abdomen...



With each exhale, relax deeper and deeper. Just relax. Let the warm, wonderful feeling of relaxation fill all the muscles in your back. Let them become relaxed and soft.

*Pause...*

Now let your shoulders relax. Then let your arms and elbows relax... now your wrists... to the very tips of your fingers, your relaxation becomes deeper and deeper. Let it penetrate deeper into you.

*Pause...*

Allow this wonderful feeling to fill the muscles of your neck. Let them become relaxed and soft. Now let the relaxation reach your head. Let even your eyebrows relax. All the muscles of your head are completely relaxed... All the muscles in your cheeks are relaxed... All the muscles in your chin are relaxed. If your teeth are clenched, relax your jaw. Allow yourself to become more and more relaxed.

Now I will count from three to one. Each number will immerse you in a feeling of relaxation and tranquility. You feel so comfortable, so good, just let go. Allow this to happen, and it will happen. External noises won't distract you. Moreover, everything you hear will only relax you even more. The only sound that will interest you is my voice. And it will help you relax deeper and feel calmer.

And now I will count from one to five. As I do this, let the relaxation in your entire body double.

One... Let your relaxation double. You are more and more relaxed.

Two... You are very comfortable, very relaxed.

Three... The relaxation in your body has almost doubled.

Four... You have allowed this to happen.

Five... Every nerve, every cell in your body is twice as relaxed.

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I will count again from one to five. Now each time you will triple the relaxation in your body.

One... Allow your relaxation to intensify threefold each time.

Two... The relaxation becomes stronger and stronger.

Three... You have allowed your relaxation to triple.

Four... Every nerve, every cell in your body, every plexus is three times more relaxed.

Five... All discomfort leaves your body.

All your organs function normally, everything in your body functions perfectly. You simply let yourself go further and further. You will always remember what surrounds you. You may hear sounds, but they have nothing to do with you and will not bother you. The only sound that interests you is my voice, and it will help you become more relaxed.

### Sensi-Motor Technique

Make sure your hands are on your thighs, and your feet are flat on the floor. I want you to look at one of your hands. Which hand did you choose? Great. Keep looking at your hand; just relax—simple, and aimless—as if you are working against serious concentration. Take a deep breath.

You sit there, perfectly still, motionless. But this is not entirely true because movement is still happening in your body. For example, your heart is beating. Heartbeat is movement, even if you are sitting still. By the way, many people can feel their heartbeat if they concentrate on it. You breathe, your lungs work. This is also movement, even if you sit still. Once again: even when you are sitting still, there is still some movement happening in your body.

Looking at your hand, you will notice some movement. You will see or feel it. A finger may touch a muscle or nerve.

Different people, of course, react in different ways. Sometimes they feel their hand getting heavier. But usually (and this is the most interesting part) the hand seems to get lighter and lighter. Soon it will seem like your hand is so light that it is about to float away, as if you are being drawn to my hand. Let it do whatever it wants. Do not interfere. As it seems to get lighter and lighter, your hand will begin to rise. Perhaps it wants to rise already. If you think that's the case, just let it rise.

Believe that my hand is actually attracting yours. Your hand gets lighter and lighter, as it rises higher and higher. Imagine that I am tying a rope to your hand, and your hand attached to a large helium balloon floating above your head. As you know, helium is lighter than air, so the balloon rises. It makes your hand lighter and lighter. Allow it to rise higher and higher. *(Continue and direct the movement until the hand is detached from the leg).*

Watching your hand rise, you begin to feel more relaxed. Your hand rises higher and higher. All the muscles in your body, especially the eye muscles, will soon become so relaxed that you will want to shut your eyelids. But please, do not do this until your hand touches your face. No matter how much you want to, do not close your eyes. Don't let it happen. Your hand will rise faster and faster until it touches your face. You can close your eyes later. I know you want to. The main thing is not to close them until your hand touches your face. Let it rise. Your hand is approaching your face. You would like to close your eyes now, but do not do this. Do not close your eyes.

## Hand Drop Induction

Place your hand in mine... like that. Now, look at me. At the count of three, press down against my hand. I'll be pressing

up against your power... Got the idea? Now, follow my instructions completely!

One, (*wagging your finger at the subject with each count*), two, three — PUSH PUSH PUSH, That's right... push hard, that's good.

Now let your eyes become heavy, droopy, drowsy and sleepy... closing, closing, closing... (*If you have to, pull the subject's eyelids shut with your thumb and index finger*).

Now, *instantly pull your hand out from under the subject's and say, «SLEEP!» and tap the subject on the forehead with the palm of your hand.*

As I rock your head gently, allow your body to go loose, limp and deeply relaxed.

One. Two. Three. Four. Five.

Your eyes have closed. You have plunged deeply into a state of hypnosis.

## Fixation Induction

I have some object in my hands. (*It could be a crystal ball, a coin, a key, etc.*). I hold it above your eyes. Look at it, or at a spot on the ceiling. Look at it in a vague and dreamy kind of way.

Keep gazing at this object or spot. Your eyes may shift from the object, but they'll go right back to it. As you stare at it, you'll notice that your eyes get very tired. They get very heavy and tired. It's harder now to keep them open; it's harder now to keep them open. They begin to water; they begin to burn; they feel like lead. Your eyelids are becoming heavier and heavier, and they close; they're closing, they're closing. They're as heavy as lead. You can feel yourself getting drowsy and tired, very drowsy.

I continue these suggestions until your eyes close. Your eyes are shutting and you allow yourself to feel very drowsy

and relaxed. Very relaxed. Your arms relax. Your legs relax. Your entire body relaxes. You let yourself feel very drowsy. Your breathing is becoming deep and regular, and you let yourself become drowsier and drowsier and drowsier.

*In most cases, a repetition of this suggestion results in the client closing their eyes. But occasionally, a counting technique should be used. Here's how it happens.*

You notice that your eyelids are becoming heavy. I am going to count from ten to one. As I do, allow your eyelids to get heavier and heavier, and by the time I reach the count of one, (or even before), your eyelids will close and you will keep them closed until I ask you to open them.

Ten... they are getting very heavy. They are getting heavier and heavier.

Nine... your eyelids are getting very heavy. You feel drowsy all over. You get drowsier and drowsier. You feel drowsy all over. You get drowsier and drowsier. Feel your eyes getting very, very tired. They burn, they smart and they water, and as I approach the count of one, your eyes get so heavy that you cannot keep them open.

Eight... they are getting heavier and heavier.

Seven... you go into a much deeper, more quiet state of relaxation. You get drowsier and drowsier all over.

Six... you're getting drowsier and drowsier.

Five... you notice your eyelids are becoming very heavy. It's very very difficult to keep them open. They are beginning to close. They are closing, closing, closing.

Four... they are becoming very, very heavy.

Three... they are getting so heavy that by the time I reach the count of one, or sooner, they will close and you will go into a very restful state.

Two... they are getting very heavy. They begin to close. They are getting heavier and heavier.

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One... they close and you keep them closed until I ask you to open them.

## The Confusion Method of Induction and Deepening

Just close your eyes and let your mind drift to where it will. You are aware of everything, and yet, you are not aware. You are listening with your subconscious mind, while your conscious mind is resting and not listening. Your conscious mind drifts far away and is not listening. Your subconscious mind is alert, and listening, and hearing everything while your conscious mind remains relaxed and very peaceful. You can relax peacefully because your subconscious mind is taking charge, and when this happens, you close your eyes and let your subconscious mind do all the listening. Your subconscious mind knows, and because your subconscious mind knows, your conscious mind does not need to know and you can stay relaxed, and not mind while your subconscious mind stays alert.

You have much potential in your subconscious mind which you don't have in your conscious mind. You can remember everything that has happened with your subconscious mind, but you cannot remember everything with your conscious mind. You can forget so easily, and with forgetting certain things, you can remember other things. Remembering what you need to remember, and forgetting what you can forget. It does not matter if you forget, you need not remember. Your subconscious mind remembers everything you need to know, and you can let your subconscious mind listen and remember while your conscious mind relaxes and forgets. Keep your eyes closed and listen with your subconscious mind, and when you're listening very, very carefully, nod your head and say, «Yes.»

And as you continue to listen to me with your subconscious mind, your conscious mind relaxes deeper and deeper, and deeper and deeper. Let your conscious mind stay deeply relaxed, and let your subconscious mind listen to me.

*The basic message to this induction is conscious forgetting and subconscious knowing. Separate directions for conscious mind, and separate directions for subconscious mind maintain the subconscious attention; while dismissing the conscious attention, both by the suggestions, the pauses and mental fatigue.*

### The Shock as a Confusion Induction Method

This method is especially effective with particularly difficult clients, but is not practical when working with accountants, engineers, mathematicians, etc, because it would not be in keeping with their professions to be confused by figures.

I advise the client to focus on a spot on the ceiling. Then I instruct them to count out loud, backwards, from one hundred to zero. As the client concentrates on the spot and counts, the I stand directly behind them and talk to them; usually I give suggestion relaxation to various parts of the body. Eye fatigue, the concentration required to count and the distraction of my voice, all tend to confuse the client.

As the client counts, they may find themselves omitting numbers as follows, “87...86...85...83...81,” or repeating numbers “87...86...85...85.” They may suffer long pauses as they try to remember the last figure they quoted. I listen for symptoms of confusion and the moment I detect them, I clap my hands loudly and command the client: “SLEEP!”

The hand clap and command have a very shocking effect on the client who immediately stops counting and goes into a deep state of trance. If the count goes on too long without the generation of confusion, I start to utter the numbers myself. It

is very important that after the “SLEEP!” command is given that I keep talking. Deepening suggestions are also recommended. A period of silence right after trance is obtained will cause the subject to emerge. In addition, I continue with deepening techniques.

### Induction for an Analytical Client

If the client does not respond to any suggestions, it is probably that they have discovered a fear. To remove the fear, I bring my hand to within several inches of their eyes and begin moving my hand up and down while saying the following: “Follow my hand up and down, up and down and. As you do, your eyelids will become heavier and heavier, up and down.”

I repeat this for about two minutes. If the eyes do not close, I say, “Now you can close them.” At the same time, I lightly press on the eyelids. Then I proceed with deepening technique

### Thumb Technique

Look at my thumb and index finger. They are close to your eyes. I separate them to correspond with the space between your eyes. Your eyelids are getting very heavy, your eyes are tired. Continue to look at my fingers. I am going to bring them closer and closer to your eyes, and as I do, they will shut. I move my fingers very slowly toward the client's eyes with continued suggestions of feelings of tiredness and heaviness.

The client will, of course, be unable to resist closing their eyes as my fingers approach them. I may then gently press on the eyelids and make sure that they are stuck together and they will remain shut I tell you to open them. Proceed with deepening techniques.



## Group Hypnosis Induction

Let me show you how you can relax very deeply. The position of your body does not matter, except that if your legs are crossed, uncross them and place your feet flat on the floor. Get as comfortable as possible. Now, take a long deep breath, that's right, a long deep one. Now exhale. Let it all out. Get rid of the surface tension. Feel better already? Good, let's carry on.

Now, close your eyes. You can relax better with your eyes closed, for your whole body has been used to relaxing in sleep since the day you were born. But this time you're not going to sleep, you're just going to relax. Now let's pay some attention to those muscles around your eyes. Relax the muscles around the eyes first. Start with your eyelids. Relax them to the point where they feel so loose and limp and relaxed that as long as you hold on to that quality of relaxation, they just won't work.

Now when you're sure that you have got them to the point of relaxation, try to make them open. If you're really relaxed, they just won't work at all. If you want them to work, all you have to do is stop relaxing the eyelid muscles. Now tense your eyes and feel them open. See, that's all there is to it. Now, you know you can make those eyelid muscles work or not work depending on how relaxed your muscles are. Let's try it again and this time relax even more than you did before.

Let's repeat the session. Close your eyes. Relax the muscles so deeply that they just won't work. Now send that relaxation all through your body. Let it go down to your very toes. You begin to feel as if your whole body is being covered and protected by a blanket of relaxation.

Let that feeling cover you completely. Now, we can deepen that relaxation tremendously. Start with the relaxation you now have, and when I tell you to, open and close your eyes. And when you do, you'll find yourself relaxed five-fold. Get

ready to try the following. Stay completely relaxed in all your muscles except the muscles around the eyes. Now make your eyelids work by tensing them. Open them. Now close them.

Now feel how the depth of relaxation increases as you relax your eyelid muscles again. Once again, send that feeling of relaxation right down to your toes. You'll feel so relaxed, and you'll start feeling so good. You're just covered in a complete blanket of relaxation.

Following the same instructions, you can relax twice as much. Open the eyes. Now close them again. You should be able to feel that increasing relaxation all through your body. This is physical relaxation and if you followed my instructions exactly, you should have an excellent state of physical relaxation this very minute. But if we want, you can achieve even more.

There are two ways in which you can relax: physically and mentally. You've proven that you can relax physically, now let's relax mentally. Here is how.

Start counting backwards from 100 silently in your mind with the idea that you are going to relax the numbers right out of your mind. In other words, you're going to dispel those numbers by commanding your mind to relax as you count. Start from 100 and count backwards. When you get to 98, you'll find that all of a sudden, all the numbers after 98 will have completely disappeared. Now, say the first number silently and relax as you do so.

100... That's right, now relax completely and when the next number comes up they'll begin to fade. It will happen if you order them to be dispelled from your mind.

99... Now get rid of those numbers. Just say to yourself, they must disappear. As you relax mentally, they will disappear and you'll feel a surge of relaxation.

Now say the last number. 98... Now they'll be gone. You just can't find any numbers anywhere. Now this is what's known as

complete physical and mental relaxation. If for any reason the numbers have not yet disappeared, don't worry. They'll leave as I continue to talk with you.

*Proceed with 10 to 1 Deepening Technique. Remember, somnambulism is indicated by the creation of amnesia for anything through suggestion. In this case it is achieved by relaxing the numbers out of the mind*

## **Deepening Techniques**

There are dozens of techniques to help deepen hypnosis. I will list the most popular ones.

### Sounds Around You

As I told you, you will always be aware of the sounds around you. You are not asleep, just relaxed. The only difference is that from this moment on, any sounds you hear will not affect or disturb you in any way. As a matter of fact, any sounds you hear, will just help and guide you to go deeper relaxed. The only sound you remain interested in is the sound of my voice. Every word helps you relax more and more.

### Methods for Deepening

1. **Periods of Silence:** Until I touch you on the shoulder, again you will continue to go deeper and deeper relaxed. You will pay no attention to my voice.

2. **Exhalation:** Each time you exhale, you will automatically sink deeper. I combine my suggestion with a period of silence.

3. **Countdown:** Counting up or counting down from any number, for example, from ten to one, or vice versa. I prefer to count down because it lends to the feeling of sinking deeper

4. Hallucinations: Walking steps, riding in a car or train, sailing, going in a tunnel or down a corridor, sliding, etc. Counting combined with hallucinations adds to the effect. For example, riding down an elevator, going down one floor with each count.

5. Ideomotor Suggestions: Eye catalepsy, arm catalepsy, etc.

6. Ideosensory Suggestions: Hot and cold sensations, and those affecting the senses, sound, touch, smell and taste.

7. Pyramid: Repeated inductions without awakening.

8. Fractionation: Hypnotizing, de-hypnotizing and re-hypnotizing several times

### Instant and Rapid Inductions

Using instant and rapid inductions helps to eliminate many induction problems that arise for some clients. Here are some advantages they provide:

1. None of the clients fall asleep during evening sessions, as often happens when using progressive relaxation techniques.

2. Many inductions involve testing—giving the client an understanding that they are indeed in a state of hypnosis. This eliminates the “I don’t think I was under hypnosis” syndrome.

3. The technique provides more time for the actual transformational therapy. I spend no more than one minute on induction (rather than fifteen to thirty minutes), and the client benefits from this, as there is more time for therapy.

Here are a couple of the most important preliminary steps for successful introduction:

1. Expand the client’s imagination.

2. Create a psychological anticipation.

Remember, what the mind expects tends to happen. I create psychological anticipation, and instant induction works every time.

Hypnosis is simply a bypass of the critical factor of consciousness and the establishment of new, selective thinking. Three components of instant induction:

1. I create a rapid unexpected movement of some part or all of the client's body. This creates the bypass of the critical factor by overloading the nervous system.

2. I shout the suggestion (command) "Sleep!" As one's energy level decreases, they will enter a trance.

3. Then I immediately say: "Let every muscle go loose, limp and relaxed."

Attention! If the suggestion is done while standing, one can sleep standing up. I just need to make sure that my body is balanced and I can support the client if their legs fail. If they start to fall, I will simply say: "Your legs are firm beneath you and you can stand and sleep."

## Eye Closure

*The depth of hypnosis can be tested in several ways—and here is one of them.*

I'm going to count from one to three. With each number your eyes will close tighter and tighter. So tightly closed that at the number three you'll be unable to open them, even though you'll try.

As I count from one to three, with each number your eyes will close tighter and tighter so when I reach three, you will try to open your eyes but will be unable to do so.

One... Feel your eyes close tighter and tighter.

Two... Tightly, tightly closed.

Three... Tightly closed, you cannot open them, try but you cannot... stop trying, stop trying.

*Go on to next test.*

## Disguised Test

I will count from one to three. At the count of “three,” you will instantly open your eyes. When you hear the snap of my fingers, you will immediately close your eyes and double your relaxation. One... Two... Three... (*Snap*) Relax deeper.

One... Two... Three... (*Snap*) Relax deeper, feel the relaxation throughout your body.

One...Two... After the number “two,” I pause to make sure you are not attempting to open your eyes without my command.

Three... Even deeper, feel the relaxation doubling.

If you try to open your eyes without waiting for the command, it means you have not yet entered somnambulism.

*Now let's use the following induction.*

## Arm Catalepsy

I will lift your arm and lock it in this position: your shoulder, elbow, and wrist. (*Touch the parts of your hand in the appropriate sequence*). As I stroke your hand, counting from one to five, you will feel your hand getting more and more rigid — rigid as an iron bar. When I count to five, you will try to lower it, but you won't be able to. You will find that it simply bounces back, as if it is hitting a thick rubber pa.

One... Your arm is getting stiffer, securely fixed.

Two... Your shoulder, your elbow, and your wrist are locked.

Three... You are unable to lower your arm.

Four... Rigid and locked tight.

Five... Try to lower your arm. You can't. Now just relax it.

As I lower your arm, relax it more and more. When I let go, and it hits your leg, you will be ten times more relaxed.

*Let's move on to the next test.*

## Number Block

I ask you to slowly count to ten. When I say "Ready," you will slowly count out loud from one to ten. Ready, please begin counting.

Now I will ask you to count again. But now there will be nothing between the numbers "five" and "seven." You won't be able to say it. There is nothing between the numbers "five" and "seven."

You will count like this: One — Two — Three — Four — Five — ... — Seven — Eight — Nine — Ten. Please count aloud, slowly, without naming the number between "five" and "seven."

*Let's move on to the next test.*

## Analgesia

I'm going to lift your arm again. I will touch your hand right here and make this spot numb and insensitive. As you know, analgesia removes the feeling of discomfort, but it does not completely eliminate the sense of touch.

I'm making the spot analgesic, no sense of discomfort. You may experience a pleasant numbness but no discomfort. I pinch this point on your hand. You don't feel discomfort. This is a sign of deep relaxation.

*Let's move on to the next test.*

## Hallucination

You may not have paid much attention to the clock on the wall, but did you notice that the numerals are in reverse order? This is indeed the case; the numerals are reversed, and they increase around the face in a counterclockwise manner. Now, remaining in the same relaxed state, open your eyes but do not lose this state. Look at the wall in front of you. You will see the clock with reversed numeral.

## Fractionation

Fractionation is one of the most effective deepening techniques. It is especially effective after using a instant or rapid induction into hypnosis. Fractionation involves interrupting the trance and “emerging” the client several times during a session. This “emerging,” where the patient opens their eyes without using an emerging technique, and re-hypnotizing tends to effectively lessen a subject’s inhibitions and, therefore, deepens the trance with each successive induction. With this procedure, the client actually remains in hypnosis even though his eyes are open, as there has been no procedure by the hypnotist to emerge the client from trance.

Counting can be a good addition to fractionation. First, I count from ten to one. And when I get to zero, I tell you to “wake up” your body and start counting from zero to fifteen. Once I get to “ten,” I tell you to open your eyes, and at “fifteen” your eyes become heavy and close. You immerse yourself in a relaxed state as I count backward from fifteen to zero.

The count of fifteen serves as a post-hypnotic cue for “sleep.” This suggestion is reinforced by the command “Sleep!” given simultaneously with the number fifteen. The double cue (count and command) is a difficult combination to resist. Soon,



you will find it difficult to accept your own hypnotizability and become convinced by your own spontaneous responses to cues. As soon as you accept this, you will become more capable of cooperation, and the sessions will be even more successful.

### Abnormal Reactions in Hypnosis

Abnormal reactions to hypnosis are rare. However, anyone who deals with it professionally has probably encountered one of them. The only precaution that helps in all cases is to find out all the important information about the patient's physical and mental state. An alternative is to recognize these abnormalities and know how to cope with them. Hypnosis facilitates the natural release of emotions. You may be in a completely normal state until you are hypnotized. And then you can start twitching, tossing, or doing something else that is unusual. In a normal state, you can control all character traits, but in a state of hypnosis, emotions come out. I advise my students to avoid working with clients who continue to react negatively.

It is worth mentioning suppressed emotions. An example could be a case where a client, immersed in hypnosis, starts crying for no apparent reason. Usually, this person has experienced some trauma or tragedy in the recent past, such as the death of a family member. They hold back their emotions. However, in a state of hypnosis, they lose control and release them.

I allow such clients to continue crying. After all, letting go of restrained emotions is the right thing to do. But after a few minutes, I tell him to stop crying and just relax. And I continue the session only if the client wants me to. Abreaction is an emotional discharge caused by the suggestion of traumatic episodes. This occurs if a client begins to cry, scream, or become hysterical only after a suggestion has been made.

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Often, the client returns to the past, where these disturbing experiences can be found.

Abreactions can also be caused by suggesting a scene associated with a traumatic event. For example, a woman was given the suggestion that she was sunbathing on the beach, and dark clouds appeared. They blocked the sun, the wind started, and it began to rain. The suggestion was harmless at first, and given to induce warm and cold sensations. Instead, the woman immediately began to cry. She stopped only when she was told to forget the suggestion and calm down. It was later discovered that with her subconscious, she remembered a similar situation when, as a little girl, she was playing on the beach with friends. After the dark clouds and rain, lightning struck and killed her friend. All of this was completely forgotten, and only after lengthy inquiries did she manage to remember this traumatic event.

Artificial traumatic effects can be caused by improper suggestions—for example, a truck coming toward you when you are driving a car at full speed. And although it is customary to enjoy the reactions of people in stage hypnosis, it is, of course, unethical in a clinical atmosphere. It is harmful to both the mental health of the client and the reputation of the hypnotist, so it is not allowed under any circumstances.

## Simple and Fast Inductions

### ***Pencil Drop***

I take a pencil in my hand and show you how to hold it properly. Hold it in the center, pointing the sharp end downward. Now I give it to you. Focus on the pencil. Hold it and watch it. As you watch the pencil, I want you to notice how your fingers start to grip it more and more tightly. They grip it

so tightly that by the time I count to three, you won't be able to drop it. It will be securely held between your fingers.

Look at it. Feel your fingers squeezing it tighter and tighter. Soon you won't be able to drop it. It doesn't matter how hard you try.

One... Fingers tightly clenched.

Two...

Three... You can't drop it, you can't drop it! Now close your eyes and SLEEP!

After that, we slowly begin the deepening technique from ten to one.

### ***Direct Stare Technique***

Sit in a chair and look at me. Look into my eyes. Feel yourself becoming more and more relaxed, more and more relaxed. All the muscles in your body, all the muscles in your eyes, all the muscles around your eyes are becoming more and more relaxed. All the muscles in your body are relaxing. On the count of "three," you will close your eyes and drift into a deep, relaxed state of mental and physical peace.

One... All the muscles in your body relax.

Two... All the muscles in your eyes relax.

Three... Close your eyes and drift into a pleasant state of complete mental and physical relaxation.

We begin the deepening technique.

### ***Unique Hand Levitation***

This induction works well with both an individual and a group. Point your finger at my feet. When I tell you to start, let your arm slowly begin to rise. Follow your finger with your eyes. Let them also rise slowly. You will feel that as your eyes

rise, you become more and more relaxed. And when your finger is pointing at my eyes, you will immediately close your eyes and sink into a deep, relaxed state.

Now let your hand slowly rise. When your eyes are looking into mine, close them and sink into a deep, relaxed state. Your eyes have closed, and we begin the deepening technique.

### Hypno-Sleep

1. I induce you into a state of somnambulism.
2. I set a number block on the number “seven,” counting from one to ten.
3. I suggest that you will not remember the number “seven” and suggest it with open eyes. I tell you to open your eyes.
4. Count your fingers and close your eyes.
5. Every time you see me touch my nose, you will fall into a deep sleep, as deep as your regular nighttime sleep. It will be even deeper.
6. This sleep will be deeper than your normal sleep. When you open your eyes, you will not remember this conversation. Open your eyes.
7. I touch my nose, and you fall into hypnosleep.
8. You can hear me but cannot wake up. When you hear me, just raise this finger. I touch the chosen finger.
9. Now I will talk to you, and you will continue to sleep and be able to tell me things you couldn't say in a normal state. After this, we will decide if these events can penetrate consciousness.
10. How long have you had this problem?
11. When I snap my fingers, you will return to the period related to the previous question; and I will talk to you, but you will continue to sleep.

12. I use direct suggestion and any other necessary techniques of hypnotherapy to change your perception of the events that caused the problem.

13. When I wake you up, we will be able to discuss the problem, and you will understand that past events can no longer affect you.

14. I send you to events that reduce susceptibility to ensure the problem is resolved.

15. I wake you up. We discuss the cause of the problem and how you have changed now.

## Emerging Techniques

### ***Emerging Technique No. 1***

In a moment I'm going to count from one up to three. At the count of three, and not before, you will open your eyes and feel wonderful.

One... Slowly, easily and gently feel yourself coming back to your full awareness.

Two... You're still relaxed and calm, but a wonderful feeling of new energy flows throughout your mind and body. Your eyes, under your eyelids, feel as if they are clearing, as if they are being bathed in a cool mountain stream. On the next count, eyes open, fully alert, feeling wonderful in every way.

Three... Open your eyes, fully alert. Notice how good you feel! How do you feel?

### ***Emerging Technique No. 2***

In a moment I will count from one to five. At the count of five, and not before, you will open your eyes and emerge from

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this very pleasant state of hypnosis. You notice I use the term emerge, rather than the word awaken, simply because you're not asleep. You are just in a very pleasant state of relaxation.

When you emerge, you will feel wonderfully relaxed and refreshed. You will remember everything said while you were in hypnosis. If there were any tensions from the day's activities, they will diminish and disappear. You will feel great.

One...

Two...

Three...

Four...

Five... Open your eyes. You are fully alert and feel great. How do you feel?

## Suggestions

**Indirect Suggestions:** While you are hypnotized, I can address my suggestions to someone else, explaining what is happening and what will happen. In this way, you will also indirectly receive the suggestion.

**Feedback:** Your feelings return to you.

**Placebo:** With this technique, a pill, drink, or any other harmless procedure can help. The main thing is that, in your opinion, it has a positive effect.

**Composite Suggestions:** I suggest that each of your movements and each of my suggestions increasingly relaxes you.

**Post-Hypnotic Suggestions:** This is a response to a signal so that you can go deeper into hypnosis each time.

**Awareness:** Attracting your attention to the fact that the suggestion works and that you are responding to it.

## Self-Hypnosis

This is a technique that I have personally developed over many years of practice for teaching extremely deep somnambulistic self-hypnosis in a single simple session. It works wonderfully. For example, it even helps pregnant women who want to learn how to alleviate pain experienced during childbirth. First of all, I want to make sure that you already know how to enter a trance. I prefer to use the Elman induction for this.

So, we could continue and further relax you mentally and physically. But really there is no need for that. After all, knowing the secrets of controlling your body does not require you to become a “zombie” physically and mentally. You just need your mind to accept the suggestion to learn. And now I will teach you self-hypnosis.

I want you to do the following. Use your extraordinary imagination—given to you by God, nature, etc.—to its fullest extent. If you prefer to perceive information visually, draw a mental picture. Some people prefer to perceive the world differently, but if your vision plays a primary role, then draw a picture. Mentally draw what I am about to describe. I will describe two things for you.

I will describe to things for you. I want you to imagine or mentally draw them very clearly. Choose what will be easier for you. Don't doubt it. Success will depend on how you follow the instructions.

I want you to imagine or depict yourself standing at the top of a long staircase. It leads down. It is right in front of you. While looking down at the stairs, decorate it, lay any carpet on it. It is yours. Looking down, you notice something unusual. It seems that the stairs have no end. They just continue further and further. The thing is, this is a staircase of relaxation, and we have an unlimited ability to relax. Now I want you to agree

that from this moment, when you are in such a wonderful state, every breath takes you lower and lower. Every gulp of air allows you to take another step down this beautiful staircase. Each exhale takes you lower and lower. Remember this.

Now let's move on to the most important thing you need to remember. I want you to keep in mind the following suggestion. Commit it to memory like nothing you've ever tried to remember before, because it will give you the opportunity to improve your life in many aspects. First, I want you to imagine or mentally draw your brain.

Next, I will use the word "imagine." It will mean either "imagine something" or "mentally draw a picture" if you are the kind of person who can do that. When I say "imagine," I will imply both options.

Imagine that a thick electrical cable descends from the base of your brain. Perhaps the same thickness as your little finger. I want you to imagine that this wire is connected to a light switch. Like the one that controls the ceiling lights in your bathroom or kitchen at home. Imagine that the cable comes out of the base of this switch. The cable wrapping opens, and hundreds of tiny wires become visible, passing through every muscle and cell of your body: from the crown of your head to the tips of your toes. In a few moments, I will ask you to move this switch from the "on" position down to the "off" position.

Now I need you to accept the following suggestion. You must accept it if you want to have the ability to program yourself quickly and effectively. When you switch the switch to the "off" position, you accept the suggestion voluntarily, without asking any questions. Block all electrical current from your brain to all the muscles in your body that are not needed to sustain life. Suddenly, all muscles will cease to function. They will be incapable of movement, no matter how hard you try.



As soon as I ask you to lift a finger, open your eyes, or even start talking when the switch is in the “off” position; nothing will work. Make this your reality. Live with this understanding. This is your switch. You can turn it on or off whenever you want. But you must accept the suggestion that when it is in the “off” position, all the muscles in your body become completely inactive.

Now, when you do this, you can notice something else—another advantage. If you experience tension or mild stress somewhere, you can switch the switch, and the tension will subside. And you will feel much more relaxed.

Good. In your mind, grab the switch you created and confidently move it down to the “off” position. Turning off every muscle, every nerve, every cell. Blocking the electrical current in this switch, as if you were turning off the lights. Feel your body much more relaxed.

If you have accepted this suggestion, right now every muscle in your body is completely turned off, unable to move, regardless of how hard you try. This is the most important part of your training. Now I’m going to find out if this has become your reality. With the switch in the “off” position—blocking access to electrical current to all your muscles—try to raise your right hand. Excellent. Stop trying. And let’s move on. With the switch in the “off” position, try to raise your left hand. Great! Stop trying. Let’s continue. So, we know that the left and right hemispheres have accepted the suggestion. Let’s move on to the final test. Know that the switch blocks electrical current. Believe in it with all your heart. Keep it within you.

With the switch in the “off” position, blocking all electrical current, try to open your eyes. Wonderful! Stop trying. Relax even more. You are doing great.

The secret of the technique you are about to master is that when you move the switch to the “off” position, you know it’s

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a matter of awareness—not faith. You understand that you are turning off every muscle in your body.

You are in a wonderful state. Right now, you have natural anesthesia. I will show you what I mean. Without any suggestions of anesthesia in any form, I am simply going to perform a very general test on you. As I work, you will feel more and more relaxed. At least because it's nice to relax. I pinch your arm, leg, cheek, but you don't feel it. I'm going to lift your right hand and let it go. When I do this, your body will reach an even deeper state of relaxation. I release your hand. Great.

Now I will teach you how to achieve such a state yourself. But before I do that, until our next meeting, you will practice self-hypnosis a lot. This is very important: when you move the switch to the “off” position, never forget the suggestion that every muscle in your body is turned off.

Now, when you practice, maybe one day your nose will itch, and you will want to move—perhaps you will experience discomfort of some sort. No problem. But first, you should move the switch back to the “on” position, and then you can scratch the itch or move. Now move the switch back to the “off” position.

Your light switch is a tool. You should never neglect it. When it is in the “off” position, you are turned off, no exceptions. You must believe in this and fully accept it to experience real relief and relaxation. Your switch can be either in the “on” position or in the “off” position, depending on what you want from it. Great. Next I will instruct you on how to enter this state.

First, I will introduce you to two safety suggestions, as every time you enter this state, you will find that you are entering it deeper than before. Therefore, you will only practice when you are in a safe, comfortable position. This could be, for example, sitting in a chair that supports your body or lying in bed at home. Don't do this sitting on a straight-backed chair. As you get better

at this technique and relax even more, you will simply fall off the chair. You need to be in a safe and comfortable position.

Secondly, you need to set a time limit. Tell yourself, “I will practice self-hypnosis for...” Specify a specific period of time. Now for practice: we will settle for thirty seconds. I want you to increase this interval later to two minutes. You can do this for longer if you want, but I don’t want to take up a significant part of your day. You will say to yourself: “I am going to practice deep self-hypnosis right now for thirty seconds.”

Now, here is the instruction on how you will enter this state. After you choose your time limit, you will raise and lower your right index finger. As soon as it touches the place where your hand is resting (the arm of the chair, your leg, the bed, anything) and it stays there, you will close your eyes and return to this wonderful state. You will immediately switch your light switch from the “on” position to the “off” position, turning off every muscle, nerve, and cell in your body. You will return to this wonderful state.

Then you will do nothing. Don’t think about the time, that will spoil everything. Just enjoy this wonderful state. Your subconscious counts time much better than your conscious mind. It will let you know when your time is up. When you feel that, switch the light switch to the “on” position. Your eyes will open, you will be fully conscious, and you will feel fantastic.

I’ll repeat it again, as now we’re going to practice. First, you will be in a safe and comfortable position, like now. Second, you will set a time limit for yourself. You will say to yourself, “Now I am going to practice self-hypnosis for thirty seconds.” Third, you will raise your index finger and lower it. When it touches your leg (but not earlier!), you will close your eyes, switch the light switch to the “off” position, completely turn off your body, and return to this state. Deeper every time.

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Let your subconscious tell you when the time is up. There will always be thoughts in your head, but don't worry about them. Then, when you sense that the time is up, you will simply switch the light switch, your eyes will open, and you will be fully conscious. Notice how you feel.

Alright. Now on the count of "three," but not earlier, switch the light switch to the "on" position. Open your eyes, and we will start practicing this technique.

One...

Two...

Three...

Switch the light switch up, open your eyes, and notice how good you feel. It's a wonderful feeling, isn't it? Remember: the most important thing now is to switch the light switch to the "off" position. Practice the technique with a time limit of thirty seconds for three to five minutes.

Do you feel that you have actually switched the light switch to the "off" position? If so, enter the state of self-hypnosis without a time limit. I will help you get out of it. Have you entered? Now I want to talk to your subconscious. You can listen with your conscious mind if you want, but I would like to talk to your subconscious. I am addressing it now.

When the master gives you a time, you must strictly adhere to it. If the master specifies thirty seconds, it doesn't mean twenty-nine. It doesn't mean thirty-one. If the master specifies one minute, it doesn't mean sixty-one seconds or fifty-nine seconds. You will follow his instructions meticulously.

Now listen to me very carefully. You are doing a great job and will do even better. Now you have to send your mind to school. Until the next time I see you, practice using the time-limited technique, and do it at least ten times a day.

Right now, it may seem like these practices will be too time consuming. But if you set a time limit of one minute, the practice will only take ten minutes a day. If you settle for thirty seconds, it will only take five minutes a day. And I believe you are willing to sacrifice this time to learn how to use self-hypnosis. So you will do this ten times a day.

You will listen to a very powerful self-hypnosis program that I will give you. It will be a progressive relaxation induction with a fifteen-second pause at the beginning. Here's how it works. You will assume a comfortable position, press the "play" button, and nothing will happen for fifteen seconds. It's just fifteen seconds of blank tape. During these fifteen seconds, you will enter a state of self-hypnosis without time constraints—as you just did.

You will enter the state and switch the light switch. After that, you will hear my voice, which will guide you into a state of extremely deep hypnosis. Each time you use this particular recording, you will feel yourself entering a very deep state of hypnosis. One that is much deeper than before. You will use this recording once a day without breaks.

You will find that if you follow these two instructions, the next time I see you, you will be able to immediately enter a wonderfully deep state of hypnosis. I will give you written instructions, so you will have everything. Just know that there is no limit to your ability to relax. Any limitations on your ability to relax are just your own limitations; they are not real. You can relax much more deeply than you ever imagined.

### Deepening Self-Hypnosis: Standard Version

When you enter a state of hypnosis, you must allow yourself to return to the wonderful state you are in now. Each time, allow yourself to go deeper while enjoying it more and more,

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feeling great in every way. When you enter this state, as soon as you close your eyes, you mentally reach for the switch and move it to the “off” position. When the switch is in this position, all the current flowing from your brain to your body stops. Your muscles instantly calm down, relax very strongly, and you allow my voice to take you even deeper into this state.

Following my instructions will relax you even more. The more you relax, the better you feel. And the better you feel, the more your body relaxes. Only beautiful sensations remain, and only happy thoughts occupy your mind. So relax. I want you to relax even more and immerse yourself deeper in a state of relaxation. You are much more relaxed. I will count again from five to one. And while I will count, your body will relax twice as much as it is now. Automatically.

Five... Relaxation begins to double.

Four... Relaxation continues to double.

Three... You feel very comfortable, you are very relaxed.

Two... Your relaxation has almost doubled.

One... Relaxation has doubled. From the top of your head to the tips of your toes. Each muscle, every cell, and every organ has relaxed twice as much. You feel wonderful.

I want you to imagine or mentally picture a long staircase in front of you leading to relaxation. There is no limit to the human ability to relax. It is infinite. Each exhale helps you descend one step lower on the relaxation ladder. Each breath deepens your relaxation. You descend, feeling wonderful and comfortable. Relax. Just relax. I want you to relax even more. With your switch in the “off” position, your muscles become unable to move. I will count again, but this time from ten to one. While I am counting, your mind will relax just as your body has relaxed. Both your mind and your body will relax twice as much, each time I count.

Ten... Your mind is relaxed, just like your body. Your body doubles its relaxation again.

Nine... Your mind is relaxed, just like your body. And the body relaxes twice as much again.

Eight... The mind is relaxed, just like the body. The body doubles its relaxation again.

Seven... You are going deeper and deeper into relaxation.

Six... Keep going in the same way.

Five...

Four...

Three...

Two...

One... Your mind is as relaxed as your body. And your body has multiplied its relaxation many times.

By relaxation, I mean the absence of all contraction. Your body is free and motionless. Your muscles offering no resistance just as if you were a rag doll. Complete relaxation means no movement. It means the absence of tension in any part of your body. So, when you are completely relaxed, all muscles become very soft. If you are going to make any movement, you can do so only by straining certain muscle groups. But when you allow your muscles to fully relax, your nerves become inactive. Complete relaxation of a group of nerves means zero activity. It means you cannot experience any physical sensations. You feel great for the first time in a long time. External sounds do not distract you. Everything you hear only helps you relax more. You go deeper and deeper, descending lower and lower on the staircase of relaxation with each breath. My voice takes you further into relaxation. Following my instructions, you get closer to relaxation. The more you relax, the better you feel. And the better you feel, the more your mind and body relax. You have full control over every muscle in your body, control

over your entire nervous system, and you go deeper and deeper into relaxation.

Now there are only three levels of relaxation left that you need to reach: level A, level B, and level C. To reach these levels, you need to know that it will work. Allow it to happen. You can feel how it works, as if you are constantly descending on an escalator to the lower levels. I want you to go down to level A, ten times deeper. You know that it will work, let it work. Let it happen, feel yourself descending to level A, as if on an escalator. Very good.

Now I want you to go down from level A to level B. You know now that it will work, let it happen. Feel how it happens, as if you are descending on an escalator from level A to level B. Ten times deeper. Automatically. Excellent.

Now descend from level B to level C. This is your bottom of relaxation for today. You know that it will work, let it happen. Feel how it works. Feel yourself sinking down ten times deeper to level C. Excellent.

### Suggestions for Self-Hypnosis:

1. Every day I become better in every way.
2. I feel more energy in the mornings, and I like it.
3. There is no limit to my ability to succeed.
4. I exercise daily, and I enjoy it.
5. I pay more attention to others, and I genuinely enjoy complimenting them.
6. Every day I become more confident in myself.
7. My self-confidence is growing rapidly.
8. Every day I have more energy and resilience.
9. At the end of the day, I am still energetic, fresh, and full of life.
10. I speak easily and calmly, and my thoughts flow freely.



11. My memory is improving every day.
12. The capacity of my memory is increasing.
13. During studying, my mind is clear and accurate, and I retain what I learn.
14. When I learn something, I am fully absorbed and passionate.
15. Whatever I learn, I can easily recall it.
16. My work is becoming more productive.
17. I enjoy working with others.
18. I am more interested in other people and events not directly related to my life.
19. When I play my favorite game, my mind is fully focused on what I am doing.
20. I am becoming a worthy and interesting person, with many intriguing qualities.
21. I am completely relaxed when talking to others.
22. I am becoming more self-confident and can stand up for myself.
23. I get immense pleasure from what I do.
24. I find happy moments in life and enjoy it more.
25. I can change my life to any direction that I desire.
26. With relaxation, I can control myself.
27. My self-hypnosis exercises have the desired effect on me.
28. I understand that I achieve my goals with self-hypnosis.
29. I am one of a kind. I am unique and very pleased with myself.
30. I easily relax outside my home, in the company of others.
31. Every day that I stay at this job, I am better prepared for the future.
32. I am successful and am able to achieve my goals.
33. I am always prepared and can handle any task.

34. My brain absorbs information like a sponge, and I easily recall everything during tests.

35. I remember the correct answers for tests.

36. Every night I sleep like a baby.

37. I meet difficulties and conflicts calmly and can easily cope with them.

38. The past is dead, and I am free.

39. I am alive, happy, and free.

40. I love life and start each day with excitement.

41. My energy is boundless; I feel full of life.

42. I manage my time very well.

43. I am loved.

44. I look into the future with a positive, confident, and bright attitude about myself.

45. Every day I will behave like the person I want to become.

46. I will create a healthy, confident, and positive attitude about myself.

47. I find X number of cigarettes a day are more than enough for me.

48. I don't smoke and will never smoke in my life.

49. Cigarettes are poison to me, and I reject poison in all forms.

50. Smoking is not fashionable; I am not interested in it.

51. I don't drink and will never drink.

52. Alcohol is poison to me, and I reject poison in all forms.

53. I experience a greater feeling of fullness from less food each day.

54. I find that I eat slower and pay more attention to the taste of food.

55. I eat only at the right time and only what is allowed.

56. I am confident that I will lose weight.

57. I have decided to become slim and attractive.
58. I quickly become full.
59. Sugar is poison to me, and I reject poison in all forms.
60. I avoid consuming sugar, alcohol, coffee, and tobacco.
61. Drugs disgust me.
62. Forgiveness erases guilt and fear. I am forgiven.
63. I forgive all the people who ever hurt me in the past, and I am free.
64. I forgive you, (name), and set you free.

## Instructions for Self-Hypnosis

### ***Basic Method***

1. Assume a safe and comfortable position.
2. Set a time limit for yourself.
3. Raise and lower your index finger. When the finger stops, close your eyes and enter a deep state of hypnosis. Move your switch to the “Off” position.
4. While you are in hypnosis, do not think about the time. Your subconscious will take care of that.
5. Emerge from the state of hypnosis when you have the feeling that your time is up.

### ***Method for Using a Recording with the Deepening Technique***

1. Assume a safe and comfortable position.
2. Press the “Play” button on the audio player.
3. Raise and lower your index finger. Don’t set a time limit for yourself; the recording will emerge you. Move your switch to the “Off” position.
4. The recording will emerge you upon completion.

### ***How to Give Yourself Suggestions?***

1. Write the suggestion on a suitable card or sheet of paper.
2. Assume a safe and comfortable position.
3. Set a time limit for yourself.
4. Hold the suggestion in your left hand and read it slowly five times, concentrating on each word.
5. When you start reading it for the fifth time, raise your index finger. When you read the last word, lower your finger and enter a state of hypnosis. Move your switch to the “Off” position.
6. While you are under hypnosis, don’t think about trying to help the suggestion. This will result in the suggestion not working. Just relax. You may notice the words of the suggestion floating in your mind. They may be out of order. That’s okay. Just stay relaxed.
7. Emerge when you feel that your time is up.

### ***For the First Two Weeks***

During this period, work on only one suggestion per week. At the end of the first week, you may change the suggestion and use a different one for the remaining seven days. You should give yourself the suggestion two to three times a day.

### ***For the Third and Fourth Week***

You may give yourself a different suggestion every day but not more than one suggestion a day. Give yourself the suggestion at least twice per day.

### ***After the Fourth Week***

You may give yourself as many suggestions as you like and as often as you like. However, limit yourself to only one suggestion for each hypnosis session. Sometimes use your recording with the deepening technique to establish and maintain deeper levels of hypnosis.

#### ***Bringing Feelings to the Surface***

I turn off my feelings because

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I feel safe when

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If I ever lose control, then

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If you got to know me better, then

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While I'm busy, I

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If I ever let myself go, then

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If I ever give up, then

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I have to be stronger because

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If I ever let my anger out, then

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If I were to feel all my sadness, then

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I don't feel joy because

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When I experience my sexual feelings, then

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On one hand, I feel

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on the other —

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I feel helpless when

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I experience heartache because

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If you really loved me, you

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Every time you punish me,

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I feel sexual arousal when

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If I ever assert myself, then

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When I fall in love, I feel

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I feel guilty because

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I feel guilty for

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When I grow up, then

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### ***Achieving a State of Hypnotic Coma***

*Reach somnambulism using any induction technique. You should be sure that you have reached somnambulism before moving to the next stage.*

Now I would like to take you to the very depths of relaxation, where you will feel wonderful. It is a wonderful place where all your problems and pain will simply disappear. To get there, I will ask you to descend three levels of relaxation. Remember level A, level B, and level C, which we talked about earlier?

To get to level A, you just need to double the level of relaxation you are experiencing now. To get to level B, you will have to double the level of relaxation that you will have at level A. To reach level C, the deepest level of relaxation, double the relaxation that you will have at level B.

Okay, let's start. Imagine you are standing at the top of your personal escalator. I will count from one to three. On "three" the escalator will take you to level A, where your relaxation will double. The escalator will be as long or short as you want. It will move at the speed you want. When you reach level A, let me know by simply saying, "A." Alright, let's start. One... Two... Three... Did it work?

Excellent. I'm going to count from one to three again. On "three" the escalator will take you from level A to level B, where you will relax twice as much again. When you reach level B, let me know by simply saying, "B." If you follow my instructions, then, when you reach level B, your vocal cords will be so relaxed that it will be incredibly difficult for you to say even this short "B." That's exactly what we need. But still try to say "B." Okay, let's start. One... Two... Three... Go to level B. Are you ready? Very good.

You are doing great. There's only one level left. Level C—the deepest possible level of relaxation. This is a place where: you will feel wonderful; a place where all your problems, both physical and mental, will pass. You just need to want it, and it will be an easy task. Once again imagine yourself at the top of the escalator. I will count from one to three again. At the count of "three" the escalator will take you to level C, to the very bottom of your relaxation. Don't try to facilitate this, just stay relaxed and let it happen. Let's start. One... Two... Three... To the very level C, the bottom of your relaxation... Deeper... Deeper... Deeper... Immerse deeper... Down... Down... Down... Deeper... Deeper... Deeper...

### ***Testing the Coma State***

There are three tests to determine if a person is in the coma state. Clients are usually not told about such tests, but we are studying all aspects of hypnosis.

#### ***Test No.1***

Since the coma state automatically induces an anesthetic effect in the client, the hypnotherapist first tests for analgesia. A firm pinch of the hand is suitable for this purpose.

### ***Test No.2***

This is a check for physical catalepsy. The hypnotherapist lifts the client's arms and/or legs up and then releases them. The limbs should remain in this position until the therapist lowers them. When the arm or leg is in the chosen position, a slight push may be needed for the subconscious mind to understand that this is the final position.

### ***Test No.3***

In this case, a startling command is needed. The hypnotherapist takes a position where he can see the client's eyes and loudly and sharply says: "Open your eyes!" If absolutely no eye movement occurs in response to the command and the client has successfully passed the previous two tests, that means he is in the hypnotic coma state.

Here it is important to remember that when a client is in a coma, the same physical limitations apply to them as to a non-hypnotized person. Everything that is dangerous for the average person is also dangerous for a patient in the hypnotic coma.

### ***Little-Known Secrets of a Successful Hypnosis Session***

The hypnotherapists, I have trained, sometimes have things go wrong even when it seemed like they did everything they could for the patient. When you ask a patient, for example, if they have any questions about hypnosis, the patient may reply: "No." Then, they may add that they have already visited several hypnotists. In this case, his favorite progressive relaxation induction was used. The deepening technique was

applied. Admittedly, in such cases, depth testing is rarely performed, as the client already looks quite deeply immersed in hypnosis. The therapist may read the patient the necessary text and make them imagine cigarettes covered with toxic waste, as well as a skull and crossbones on them. The therapist may say that cigarettes will taste like gasoline. But the client walks out of the office and immediately lights a cigarette. What went wrong? The therapist is surprised, because they thought they did everything right. Didn't they?

No, they didn't! They practically did everything wrong. When a person comes to a specialist with the words: "The hypnotists I turned to before you couldn't help me," they should rejoice—because the client just significantly simplified his work.

A successful hypnosis session should not be a happy coincidence. It is achieved through a standard hypnosis session plan, which can be used from client to client. This general, but flexible plan, gives the client what they need to achieve their goal. Alas, many hypnotists still use outdated ideas and concepts. They are convinced that everything will be fine as long as the client follows their instructions to a T. Often, hypnotists can only drop vague hints and convince the client that the desired changes are possible. But this is not the case.

From the very beginning, the hypnotist should give the client the knowledge they need to achieve their goal. In other words, before the actual induction into hypnosis, you should be enlightened and be told what needs to be done to achieve success. Before the induction, you should realize that the responsibility for success or failure lies with you, not someone else. You need to understand that the hypnotherapist is not a magician but just an experienced mentor. If you follow their instructions, everything will definitely work out.

The first requirement for a successful hypnosis session is to expand and enhance the client's imagination and give them hope. The first opportunity for the specialist to do this occurs during the first phone call. One should use NLP and hypnosis to convince the client that they have finally found a person with the skills and experience to help them achieve their goal or solve a problem.

It doesn't matter what problem you turn to the specialist with: a severe case of South African fungus with severe diarrhea, or fear of the opposite sex. In any case, you should get a confident answer in the spirit of: "It's easy. We constantly encounter this." From the moment this conversation begins, your hopes rise significantly. Let me remind you of the most important psychological law: what the mind expects tends to happen. And it controls your belief system.

Each hypnosis session is divided into parts. Each of them must be performed in full.

### ***The First Part of the Hypnosis Session***

This part is the most important. We are talking about the interview before the induction into hypnosis. It, in turn, consists of two parts. The first is the client's presentation. Here, they describe to you their problem and how they perceive it. As a rule, the patient do not yet realize the essence of their problem at this stage. They will, however, feel better after this, and the problem will become clearer to the specialist. In addition, this is the best time to establish good relations. Second, the therapist should rid the patient of any fears and prejudices associated with hypnosis. Remember the second psychological law of hypnosis: the client's fear of the state of hypnosis and their susceptibility to hypnosis are directly

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related. This means that there are no bad clients; there are only poorly prepared ones.

The only thing that can prevent a person of sound mind from quickly reaching a state of hypnosis is fear. When a client tells me that they cannot be hypnotized because they have a strong mind, it is just a self-defense mechanism: they are afraid. Fear of hypnosis arises from ignorance. I educate my clients about hypnosis, and the fear disappears.

There are two views on how much information about hypnosis to provide to the client during the conversation. The first is to ask the client why they are interested in hypnosis and what related questions they may have. They may state that they know everything about hypnosis and have no questions. After that, the therapist begins the process of hypnosis and finds that they either encounter a very simple case or the client completely rejects hypnosis. This is because they had no questions. They are confident that the specialist can control their mind and make them do whatever they want. Still, they may have many prejudices that lead to their fear. The client should understand how hypnosis works and what will happen during the session, as well as knowing that they are fully in control of the situation.

Another perspective on informing the client is to use the interview time for a detailed discussion of hypnosis and its working mechanisms, including its limitations. If the hypnotist failed to achieve optimum results with the client, it might be because they did not spend enough time in the interview trying to rid the patient of fears and prejudices. As the client learns about hypnosis from a specialist, they begin to understand why their expectations were not met by another hypnotist and begin to perceive the new therapist as a true expert, thereby increasing their belief in its success.

### ***The Second Part of the Hypnosis Session***

This part consists of the hypnosis itself and can be further broken down into four components. The first is induction. There is a simple but important rule about this: later in the day, the induction should be shorter. Conducting a session at eight in the evening with a person tired from work, a competent therapist will not use progressive relaxation induction. If he does this, he is likely to hear snoring soon. In such cases, Elman's relaxation method will be more effective.

The second part comes when the therapist is fully confident that the client is in a somnambulistic state. This can be verified using Elman's reverse counting technique, a catalepsy test, or another test of the specialist's choice. If the client has not yet reached the desired state, other inductions should continue until he reaches somnambulism. The hidden layering test works best.

The third part usually involves therapy or making the suggestions necessary to achieve the required changes in the client. It is important to choose a mode of therapy suitable for him. For example, if a person suffers from depression, no direct suggestions for feeling good will work. In such a case, indirect regression to the past must be used to identify the real cause of depression. Only then should one of the rapid transformation therapies be applied to neutralize the effect of psychological trauma. The session should be concluded with a complex verified test to rid the client of all residual negative emotions. Suggestions should continue until the client fully accepts them.

The fourth and final part is often neglected. This is the post-hypnotic interview. Clients and, unfortunately many hypnotists, do not understand that when a person opens his eyes and comes out of a trance, this does not mean coming out of

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hypnosis. For the next sixty to ninety seconds, the client is still in an extremely suggestible state. This period of hyper-suggestibility should be used to apply the law of hypnotic layering and reinforce the suggestions just received by the client. In many cases, understanding and using the law of layering can be successful at this point, even in sessions that initially seemed unproductive. Understanding and using the law of suggestion layering is perhaps the main tool for direct suggestion techniques that can help to instantly achieve permanent acceptance of suggestions by the client.

The main tool of the hypnotherapist is their voice. A hypnotherapist should be able to use their voice like an artist uses a brush for painting. Successful hypnotists today no longer adhere to the principle of a monotonous voice. Voice control is important because when the client is in a state of hypnosis, the therapist is speaking to their subconscious. This emotional part sharply perceives emotional words and phrases. Anyone who wants to conduct truly successful sessions must pay close attention to the emotionality of their voice when the client is in a trance state.

Today's outstanding hypnotists, with few exceptions, do everything possible to avoid visualization techniques. The reason for this is the recent discovery that only eighteen to twenty percent of the population is capable of visualizing something. When a patient is told to imagine something, and they cannot do it, they feel that they are not able to follow instructions. This causes self-doubt. Once this happens, all subsequent suggestions will be rejected. Usually, clients are too ashamed to say that they cannot imagine a picture when they are asked to do so. They would rather leave the session without the desired changes. But the hypnotist's business depends on client referrals, so such situations cannot be allowed.



Another reason to avoid general visualization techniques is that the image a client is asked to create may scare them, leading to an undesirable reaction. In my opinion, the use of visualization is a fairly slow method of achieving the end goal. With all the quick non-visual techniques available today, more and more hypnotists prefer to abandon methods that only work for 20% of clients. The exception may be therapists who work in specific areas related to helping with various diseases.

As you can see, successful hypnosis sessions require more than just good hypnotist skills. What is also of important is the sequential organization of sessions, which allows conducting them according to the specialist's specific requirements.

## **Hypnotic Regression**

Hypnotic regression is a return to earlier periods of one's life and the psychological reliving of certain events that took place in the past.

As a rule, regression is used for two purposes:

1. As a method of detecting the initial sensitizing events and subsequent sensitizing events.
2. As a way to relax for people who want to relive past events for pleasure or out of curiosity.

However, sometimes (for example, during court proceedings) regression is used so that the client can remember important facts and details related to the case that he is unable to recall consciously. In such cases, the hypnotist must be extremely cautious and make sure he does not direct the client's thoughts.

To some extent, regression can be achieved in light stages of hypnosis. In this case, the client's memories of past events are likely to be in the past tense. More compelling regressions can be achieved at deeper levels of hypnosis such as

somnambulism, where the client's memories are more likely to sound in the present tense. Often at these stages, the client's voice, speech, and mannerisms may revert back to what they were like at the time he is recalling.

In any regression where information gathering is important for success or for resolving a dispute, a depth test is desirable to check the adequacy of the hypnotic state, the client's motives, his overall attitude, and mindset. All this needs to be studied to determine the accuracy of the disclosed data.

Signs to look for to determine regression are:

☑ Negative: Facial expressions indicating conscious attempts to recall, or clear articulation when giving answers to questions. Lack of changes in breathing rate when recalling exciting details. Absence of tears when recalling sad details. Lack of visible reaction to frightening incidents. Absence of signs of joy when recalling happy events.

☑ Positive: No signs of pondering responses or events. Quickened breathing when recalling exciting events. Tears or obvious sadness when recalling sad events. Obvious physical and emotional reaction when recalling any emotional events: both good and bad.

### Important Miscellaneous

For many years, the grand potential of hypnosis remained unnoticed by many people due to its simplicity. Psychology has taught us to look for deeply hidden, abstract, complex, intertwined, multifaceted causes for every mental disorder. But in most cases, it's not that complicated.

Due to all the publicity that psychology has been given over the past decades (unlike parapsychology)—which has led to indoctrination,—it is difficult for us to put aside our often futile

attempts at successfully solving problems at the conscious level. I use the rationality of consciousness to make changes in the emotional conflict (imbalance of thoughts and emotional energy) between the patient's past stored in the subconscious and his current conscious existence.

As long as we use rational, conscious, logical reasoning to solve the problem, we deliberately allow our consciousness to control the situation as a critical analytical thought. We don't have full access to the source of the problem in the subconscious.

Carrying out regression is quite simple. In what we called "ethical practice," there are inevitable repetitions of differently named parts of the hypnotic session. As you know, the preliminary conversation is a part of a successful induction into hypnosis, which, in turn, begins with a preliminary conversation. When regression is conducted as part of any transformational process, it becomes not only a technique of analysis but also an important part of the transformation. Reliving the initial sensitizing event underlying the problem is a form of venting with some appropriate "control" suggestions during abreaction, as well as the perception of correcting suggestions concerning the event during and immediately after abreaction. In this way, the ability of the event from the past to negatively affect the client now or in the future is eliminated. That is, in some cases, therapy ends at the analysis stage.

Posthypnotic "control" suggestions and suggestions before bringing the patient out of hypnosis should always elicit positive expectations. In this way, they become part of therapy.

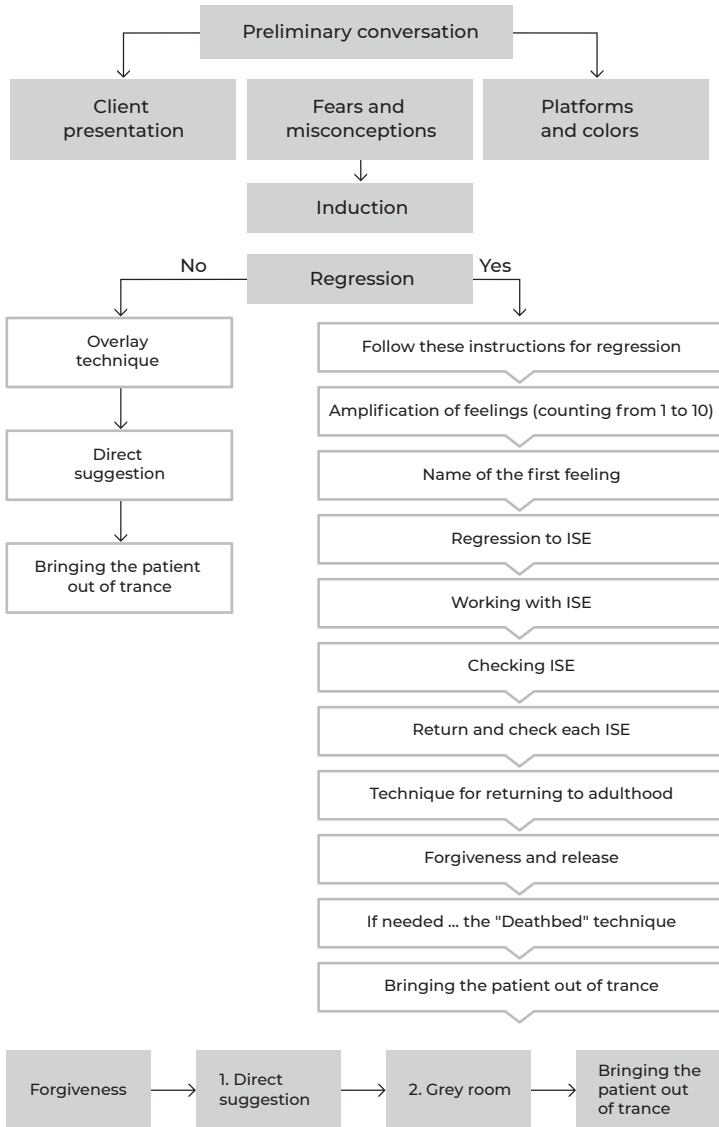
When you're hypnotized, regression is achieved by a simple technique of suggesting to you that it will happen. However, remember that you should not make any analytical decisions.

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Therefore, the suggestions of the hypnotherapist should be so simple (but comprehensive) that this could happen without your consciousness being involved and deciding how to do what has been suggested to you.

When achieving results, the most difficult part of hypnosis is thinking. During the preliminary conversation, observation and listening help the hypnotherapist to correctly determine the best technique of suggestion to use in order to fully realize its potential.

## Patient Work Plan



## Regression Technique Instructions

I want you to know: if I encounter resistance, I won't be able to do my job. I won't be able to help you. If you will work with me, then I can help you.

### *After Achieving Somnambulism*

When you are relaxed, like now, you can relive any part of your life. You have always thought that what has been experienced is either forgotten or stored in your memory. In fact, these experiences are always with you, every minute and every day. This is all part of you. You live your life in light of reflected actions. Everything that you did before, you can now reenact in your mind.

So I want you to go back to your childhood and find out whether the problem that bothers you existed when you were a small child. I'm going to take you back to a specific period (nursery, kindergarten, first grade). When I lift your hand and drop it, you will be in that place and time. Don't try to remember anything with your conscious mind: that will just spoil everything. Just tell yourself that you want this, and it will happen. So when I lift and drop your hand, you will see yourself in that period as clearly as you would have back then, and I will be talking to you as a child. When I lift your hand and drop it, you will be there, so just completely relax and watch it happen.

You are in the first grade. Do you like the first grade? Look around. Do you like the children? Do you like the teacher? You are in the first grade, and everything seems clear and understandable. Are you having fun in the first grade? Look at yourself: do you have any problems in first grade?

Depending on your answers, I will move you a year ahead or a year back. I will move in whatever direction I feel is necessary to find the origins of your current problem. I am moving you into a situation where you are doing something you like, and then I repeat the text and questions from the previous paragraph.

Now I'm going to lift and drop your hand. When I do this, you will find yourself on the first day you encountered this problem, and you will know what caused it. I raise your hand and lower it. What happened today has become the cause of the problem for the little you!

***Relive This Event and Change Your Attitude toward It***

I will count from one to ten. While I'm doing this, I want you to focus more on that feeling. I start counting with intermittent suggestions of increasing focus on this feeling.

This time I will count from one to three, touching your forehead. Then I will ask you a question. You will answer in letters. One... Two... Three... What makes you feel \_\_\_\_\_? Answer quickly. I will touch your forehead again. When I do this, you will say a phrase that includes the word \_\_\_\_\_.

Okay, now I'm going to count from ten to one. As I do this, we will be returning to an earlier time associated with the feeling of \_\_\_\_\_. I count in reverse from ten to one with intermittent suggestions of time travel. I lightly touch your forehead, and I ask: "Where are you now? Inside or outside? Is it day or night? Are you alone or with someone? Tell what's happening." I will record the answers on paper or on a recorder to use them in uncovering techniques and keep them in your personal file until the next session if necessary. Then we continue with uncovering techniques.

## Regression Corridor

Now I want you to remain deeply relaxed and immersed in a state of hypnosis. I want you to find yourself in a bright and cozy corridor. You feel at home, comfortable, free from any fears and worries.

You look at this corridor and notice that to the left of you is a smooth, blank wall all the way to the end of the corridor. On the right side there are doors at an equal distance from each other. All the way down the corridor, each of these doors has a number. These numbers are years of your life, or rather, your age. You look to the right and see that you are standing in front of a door with your current age. On the next door, the age is a year less. Further on, it is another year less, etc.

On “one” I want you to start walking slowly down the corridor, glancing at every door you pass and realizing that behind each door is a special year of your life. It contains all the memories of that year: good and bad. They’re all processed, so you’ll see them as soon as you want to. When you approach a door where you feel the need or desire to stop, stop and let me know by raising your index finger.

I want you to start moving on the count of “one.” I count with each of your exhales. Three, two, one! From here, I sit quietly and patiently waiting for a signal. After all, each client moves at their own pace. This is how a typical dialogue with a client goes during this corridor journey. It all starts with my question.

—Where are you now, at which door?

—Around the fifteenth.

—Have there been no doors where you would like to stop?

—No.

—Good, continue moving along the corridor. Check the other doors. If you go through the entire corridor without finding



the necessary one, give the same signal as if you had stopped at a door.

I wait again. When the client gives a sign, I resume the dialogue.

—Where are you?

—At the sixth.

—On the count of “one,” open the sixth door and enter the room, closing the door behind you. You will find that you have entered a rather large rectangular room with blank white walls. The only thing you will find in the room is a pedestal in the center, about waist high, with two buttons on it: one red, the other green. Walk to the pedestal and stop, then give me the same signal as before. Three, two, one! Enter, close the door behind you, and walk to the pedestal. Let me know when you get there.

The client gives another signal.

—On the count of “one,” press the green button. When you do this, some important event or incident from this year will appear on the wall opposite the door you entered, or it will come to mind. Either option will work. When you feel the need to stop at this event, press the red button, and it will disappear quickly. So, on the count of “one,” press the green button, then loudly tell me what happened. This event will appear in your memory or on the wall. Don’t ask questions, just tell me—whatever it may be. Three, two, one! Press the green button.

You gather patience again and wait for a minute—longer if necessary. You have to be ready for anything here. When the client presses this button, anything can happen: from no reaction at all to what seems like full-blown hysteria. This is a very significant and exciting moment!

The subconscious feels what all this is about, and its early attempts to reveal and release what it has stored are largely responsible for the client’s complaints. When the client reveals

to me what comes to them at this key moment, I get what I'm looking for. In every case such a revelation is very important. It could be: rape, rejection, the death of a loved one, a breakup, an accident, illness, childhood quarrels—almost any emotionally traumatic event. But whatever it is, when it is revealed in this way, it has great value for the client's therapy. I can be sure that this is true.

On rare occasions the client goes through the entire corridor without giving a signal. At first, I encountered this myself, and then it sometimes happened to my students. There can be three reasons for failure:

☑ The client didn't understand the instructions well. Think about whether the specialist has made the suggestion clear enough for the subconscious.

☑ The client was not in a state of hypnosis at this key moment. You need to discuss everything in detail. Perhaps they were just so afraid to miss something that they couldn't relax. This is already a reason to improve your skills in classifying and testing clients.

☑ In rare cases, it turns out that the I.S.E. starts even before the client's birth and there are no significant S.S.E. In this case, you need to start all over again, putting another door called "Womb" at the end of the corridor. Entering this warm and dark room, the client can return to their mother's womb. In these type of situation, I simply say: "Feel the safety and peace. Hear your mother's heartbeat. Feel yourself getting younger and smaller, like a fetus, to the very moment of your conception. Tell me when you feel discomfort."

It is necessary to guide the client from: the moment of conception to their development into a full-fledged fetus; the feeling of his mother's contractions; their own birth; and then

through the corridor to the present day when they will be ready to return. The main point in regression to a past life is when the client's soul separates from the body and goes where it waits for birth. It is very important to try to make the soul leave with either a positive or neutral feeling.

### The Gray Room Technique

This technique is perfect for cleansing the client's mind of negative thoughts and emotions. So let's get started. You feel good, safe, and comfortable. You remain relaxed and hypnotized. Your relaxation and hypnotic state are getting deeper and more complete. Imagine yourself in a comfortable small gray room. You feel at home: cozy and peaceful.

This is a small round room with gray walls and a dome-shaped ceiling. And now you realize that this gray room is your subconscious, your core, the very center of you.

Suddenly, you notice that pieces of paper are stuck to the room walls. Some are white, others are red. Approaching the wall, you realize that negative thoughts and emotional energy from your past are written on the red pieces of paper, such as fear, doubt, guilt, hatred, concern, feelings of rejection, and unhappiness. All negative, oppressive, and suppressing thoughts, as well as emotional energy and feelings from your past are stored in this room of your subconscious on these small red pieces of paper.

Here's what you need to realize. You can tear off these red pieces of paper from the walls and crumple them in your hands. Collect as many as you can, and take them to where there's a hole about fifteen cm in diameter opened in the middle of the floor, and throw them into this hole. Watch them dissolve into the darkness. They will not come back.

Gathering these pieces of paper in handfuls, taking them to the hole and throwing them away, you can feel that after

four or five rounds, you are cleansed of all negative emotions. Now, I want you to start working on it on the count of “one.”

I will quietly sit while you finish. When you have done this, just let me know by signaling with your index finger. On the count of “one,” begin. Clear everything! Three... Two... One!

After this, I usually have to wait four to five minutes. Noticing signs of distress and tension, I start to communicate. Again, I will give a typical dialogue as an example.

—What’s the matter?

—I can’t tear off the piece of paper!

—Which one can’t you tear off?

—Hatred/fear/guilt...

—Okay, grab it with your hand. On the count of “one,” all resistance will disappear. And with a little effort, the piece of paper will fall into your hand. Three... Two... One!

I quietly snap my fingers. If by this point the client still shows signs of tension or seems unable to tear off the piece of paper and relax, I simply suggest that they remember this piece of paper, leave it for a while, and deal with the others. I ask them to signal when they have finished getting rid of everything they can. I explain to the client that there is no need to fear leaving the paper behind, as they will come back and deal with it later.

Now let’s talk about the white pieces of paper. They contain exclusively good, positive, energy-charging thoughts and feelings. They expand and grow, filling all the space freed up by the red pieces you got rid of. They grow and expand until they fill all the walls and the ceiling with a beautiful white color.

Feel the resurgence of positive energy within you as you notice that the hole in the ceiling has closed itself and the whole room has turned white. What a beautiful, clean, energy-charging white! Take a deep breath. Breathe in the purity,

strength, self-confidence, love, serenity, and freedom of this atmosphere. Feel it penetrate every cell and atom of your body!

From this moment on, minute by minute, hour by hour, day by day, the thoughts and emotional energy of your subconscious will remain as positive, calm, and stable as they are now—as your body and mind remain calm, objective, creative, and function perfectly, the way God intended. On the count of “one,” all these images will disappear, but the positive effects will remain. Three... Two... One! The images disappear, and you are relaxed and hypnotized. You rest here, in my office.

Next, we can move either to some form of hypnoanalysis, or to specific therapy, or just to post-hypnotic suggestions, after which I will emerge you.

This exercise benefits any client. However, I prefer to first conduct a direct subconscious survey and/or regression and then proceed to the actual cleansing. If everything goes well, during special I.S.E., the gray room will serve to clear the residuals. If no special I.S.E. or S.S.E. arises, the technique will be particularly useful, being repeated in two to four sessions.

And a final important note. If the client cannot remove some red papers, two facts are evident:

1. This emotion directly relates to their problem.
2. Repeated sessions will help to cope with this.

## **Phobia Therapy Technique**

### Preliminary Conversation

The specialist's plan of action is as follows:

1. Listen to the complaint.
2. Ask what happened before the patient first noticed fear.

3. Ask the questions: Who? What? Where? When?
4. Discuss and eliminate fears and prejudices against hypnosis.

### Step-by-Step Therapy

The first three steps are as follows:

1. Induce a hypnotic state (somnambulism is mandatory).
2. Suggest that the patient imagine the incident that caused fear. Make them do it.
3. Finish with the case and suggest analyzing the time, their age, and all other aspects of what happened, and then find the origins of their fear. This way, all important details can be clarified.

My further plan of working with the patient is as follows:

1. Fade the scene, return to the first conscious event, analyze, and change the perception of this moment. Then proceed to the next conscious event, analyze, and change the attitude until all conscious events are worked through and the patient's attitude to each of them changes.
2. Explain to the patient that what happened in the past has no impact on them and that these fears are nothing more than events of long-gone days that can in no way make them afraid.
3. Refresh all conscious events in memory to show the true cause of fear and demonstrate that this fear no longer scares the client.
4. Convince them that they are incapable of feeling any fear associated with these events.
5. Suggest re-creating the situation they find most frightening and try to feel the fear. The more they try, the less fear they will feel. Next, use the gray room technique.

During the second session, if needed, let the client relive the previous frightening events to identify the causes of fear and increase the effectiveness of therapy.

## Experiment

Remember something pleasant from the past. Various images will come to your mind. Whatever they are, let them stay with you for now. If for some reason you can't find such a memory, just imagine something pleasant. Many people do this better with their eyes closed. As soon as you can imagine something pleasant, let it stay in your mind.

Now that you have a pleasant thought, pay attention to its visual aspects. What exactly do you see when you remember or imagine this event? Focus on the imagined picture. If you can't see it clearly enough, imagine how the pleasant memory "feels." Or just listen to some pleasant sounds (music, nature sounds, birdsong) and enjoy the internal feelings.

Now that you have a picture of the memory, make it bigger. Double its size. And then double the resulting picture again. Pay attention to what happened. What happened when you made the picture bigger? Has the intensity of the sensations increased?

Now shrink the picture. Make it smaller and smaller. Make it so small that it's hard to see. Stop for a while. Has the intensity of the sensations decreased? Experiment with alternately enlarging and shrinking the picture. Does the intensity of your sensations decrease when you shrink the picture? Does it increase when you enlarge it? If so, then experiencing pictures, sounds, and other sensations in your consciousness works on you just like it does on most people. However, this might be different for you. (If so, it doesn't matter.) We all encode experience in our consciousness in our own unique ways. Now give

your picture of the pleasant experience the format in which it seems most comfortable and pleasant to you.

Holding this picture, bring it closer. Just imagine it getting closer and closer to you and be mindful of this process. What happens to your sensations? Increase the distance to the picture. What happens when you push it away? Does the intensity of your sensations increase when you approach? Does the intensity decrease when you move away? This is how most people's consciousness / nervous system works. When you push the picture away, the intensity of the sensations will probably decrease. Notice that when you change the mental representation of the experience in your mind, your sensations change. This, by the way, indicates a way in which we can "distance" ourselves from some experiences, doesn't it?

Let's experiment with the color palette of the picture. When you are focused on certain images, do you see them in color or in black and white? If they are colorful, make them black and white and, vice versa—if they are coded for you as black and white. When you change the color, do your sensations change? Consider the focus of your images: are they focused or not? Do you see yourself in the picture or see the scene as if with your own eyes? Is your picture three-dimensional or flat? Is there a frame around it, or do you see it as a panorama? Experiment with how this experience is represented in your mind. Change the location of the picture. If it is coded for you on the right, move it to the left.

## Quitting Smoking

### ***Technique No. 1***

After induction and deepening, you should read the following.



The most important thing is the mood with which you will now go through this change. Your key task is to help yourself, and one thing will help you more than anything else. You should think and accept everything with a mood that is called “I like it and I know it will work.” In this case, you have a guarantee that it will really work.

When you open your eyes, I will ask you if you are now free from the old habit. I can immediately determine if it worked and you did what you needed to do on your part. You must be sure.

You have only one answer, and that is “Yes.” You will answer me “Yes” because you are already here, and we have done this. There is only a small detail left. Today we are not trying here, but doing. You tried before and failed, so you are here today. Today you will not try or hope. Today, you will do what you came here for.

Today you are here because you finally decided to quit smoking forever. You made the final decision to quit smoking right now, not tomorrow, not in a week, not in a month, and certainly not next year. You have decided to do it now. You will not let anything change your decision because you have finally decided to quit smoking forever.

But why do you want to say goodbye to smoking? Because you realize all the problems it has caused you, including shortness of breath, coughing, and chest pain. Perhaps it’s the dirt that was inside your body and, like the black tar, it didn’t allow you to gain full life energy, which you rightfully should own.

But now none of this matters. The main thing is that you decided to quit smoking for yourself. Motivation is a very important factor in breaking bad habits. You realize this, and since you no longer need smoking, you simply give up this harmful habit forever.

And now think about what you have given up. You have given up coughing, pain, problems, diseases, and possibly even premature death. And you did this to gain what you really need and value: health, self-love, life energy, inner purity, and most importantly: life.

You also give people who love you the opportunity to be with you longer. Now you are immersing yourself deeper and deeper into relaxation. All sounds are moving away from you, and you only hear my voice. Everything I say will have a powerful effect on your mind, body, and spirit.

Now we are going to use direct suggestion. And I want you to help me with this. Repeat the phrase you hear along with me, but to yourself. You don't need to repeat it out loud. The more energy you put into it, the more effect it will have on you.

Repeat twenty to thirty times: "I am free from cigarettes, and it will always be so" and "I have rid myself of cigarettes, and it will always be so."

Now you understand more than ever that nicotine is a poison. It is one of the strongest poisons on the planet, and you know that even a small drop can kill a horse, let alone a human. Poison is present in cigarettes, and you poisoned yourself every time you smoked. Poison is harmful to you; it causes you harm. You have decided once and for all to get rid of nicotine addiction and start a new, healthy life. And so now you will start doing things that are beneficial.

From now on, you will have more time to take care of yourself. You are now free from the old harmful habit and have decided to give yourself a wonderful gift: time and health. Your body will thank you for this. You know this. You want this. Now you will listen to your body. You will know what your body needs: whether it's a jog in the park, a walk by the ocean, or just workouts at the gym. You can do millions of things that

will bring you relaxation, peace, tranquility, and focus. All this you can now have without poisoning yourself.

Now you know that the poison did not actually make you more relaxed or calm. In fact, it made you more irritable. Poison can't give a person anything good. Poison is only good for getting rid of rats and cockroaches. Don't punish yourself for anything. You are not guilty of anything. These ideas have now disappeared; you have finished with them once and for all. And the thought that you needed poison disappeared with them. Let all of this dissolve. You no longer need poison or cigarettes. Everything you need, you already have: relaxation, comfortable relaxation. It's a pleasant feeling that comes without additives, especially poison. You are relaxed now, and you don't need any help from poison.

You immerse yourself deeper and deeper into relaxation and feel better and better. You like life. You feel comfort inside. You feel that you have lost the craving for tobacco. You realize that you no longer need tobacco in any form. You don't need poison. Turn away from it and say to yourself, "I'm done with you." You'll realize that your words have gone nowhere because there's nothing left. You got rid of the poison. Allow relaxation, energy, self-confidence, and tranquility to take its place. You immerse yourself deeper and deeper into relaxation and only hear my voice. All sounds recede from you, and everything I say will have a powerful effect on your consciousness, body, and spirit.

Every person who has ever smoked has associated this process with other activities. Some smoked when they opened their eyes in the morning and when they went to bed. Maybe they smoked after dinner, or maybe before dinner. Or in any other situation. These people associated smoking with other things, simply because they did it simultaneously. Over time, a strong association formed. Now, we will destroy all these

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mechanisms. Now, they are gone. They have been erased, dissolved. Nothing is associated with smoking anymore. Nothing is associated with smoking, poison, and tobacco anymore. If you were one of those who started smoking in the morning, you have now changed. Instead, every morning you will have a huge desire to drink a glass of clean and cool water or juice, which will invigorate your body. Even the thought of a cigarette in the morning will be disgusting to you. For you, a puff will become like a spoonful of poison, which only causes disgust. And smoking after lunch or dinner will seem foolish.

Imagine yourself enjoying a wonderful dinner and then ruining all this sumptuous flavor with nicotine poison. Nothing can be worse than this now. On the contrary, you will want to finish the meal with a cup of coffee, tea, or simple water. But you no longer need a cigarette. It is repulsive to you. I hope you never smoked in bed. Everyone knows how dangerous this is. Smoking in general is a very dangerous activity. It is dangerous for your lungs and your entire body. If only this danger was appreciated by someone! But no one will even praise you for it. On the contrary, for you, smoking is an unnecessary, disgusting, and poisoning habit. From this moment on, it is repulsive to you. You have reviewed all the situations related to smoking and tobacco in your life.

Cigarettes no longer mean anything to you. They are left in past situations of: relaxation, tranquility, and disappointment; in the morning, at lunch, and in the evening; at a meeting with friends, at work, on vacation. Nothing can provoke you to want to puff on poison. Cigarettes have nothing to do with these situations anymore. There are millions of ways to calm yourself down. There are many ways to please yourself. Cigarettes only take your life energy and do not allow you to relax. When you work, cigarettes only interfere with your concentration. When you relax, they also distract you from relaxation.

Now you are immersing yourself deeper and deeper into relaxation. All sounds recede from you, and you only hear my voice. Everything I say will have a powerful effect on your consciousness, body, and spirit.

Everything you do will be more pleasant without cigarettes and the poison contained in them, whether it's a walk, work, games, or communication. It's much better to engage in all this with clean lungs and clean blood. You will enjoy all of this more when you are healthy and have lots of life energy. Therefore, now the connections between nicotine and any activity associated with it are being broken. In return, new connections are emerging that have nothing to do with nicotine and tobacco in any form. And you will always remember this.

Now everything will come to you very easily. You've lost the attraction to tobacco in any form, in any place, under any circumstances, in any situation. The craving for tobacco is destroyed in all its forms. You are sinking deeper and deeper into relaxation, all sounds are moving away from you, and you only hear my voice. Everything I've said will have a powerful effect on your consciousness, body, and spirit.

You haven't just quit smoking; you've also completely lost the craving for cigarettes. From this moment, you no longer care about smoking. You've lost the desire to poison yourself. You can't smoke anymore, no matter how hard you try. You've quit smoking, and that's it. You stubbornly refuse to smoke. This is a very useful stubbornness. You hate cigarettes. You will stubbornly refuse cigarettes, no matter what events confront you, what feelings you experience, or how nervous you are. You can deal with it all.

In any situation, you will stubbornly reject cigarettes. No more cigarettes! Nothing can change your decision to be free from cigarettes. No one and nothing can change your opinion. You hate smoking. It's nasty, dirty, and expensive. You find it

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disgusting. You are free. No one can change you. You now have a new lifestyle: beautiful and free. Now you can fully enjoy your life. Many say they have a lot of free time. You can fill this void with what you most want in life. It's so wonderful! You can use this free time as you wish. All that time you once spent on poisoning yourself is now yours. You can do whatever you want with it.

You already feel better. And you will feel better every day with healthy lungs, a healthy body, and a healthy spirit. You got rid of tobacco poison, and nothing can make you change your mind. You're done with poison! You find it disgusting. You've always hated it. There's nothing more to discuss here.

From now on, you will start to notice that every time you see the color red, your desire and aspiration to remain a non-smoker—consciously or subconsciously—will become stronger and stronger. Now you won't need to look for the color red, you will notice it automatically. Every time you see red, your desire and aspiration to succeed in every area of your life—consciously or subconsciously—will grow stronger and stronger. Each suggestion that was made here today will continue to work more and more effectively each time you see red.

You've reached a very important crossroads in your life's journey. Imagine standing at a junction. One road goes to the right, the other to the left. To your left, the road leads to a cold, dark, and dangerous place. There is a black sky, heavy rain, bare trees, and the grass has long been replaced by dirty rocks. A cold wind is blowing. It's a dead place. This is the smoker's road, littered with the bodies of those who have sacrificed their lives for smoking. The smell of decay is in the air. This road leads to pain, suffering, and an early death. It is a very dangerous path.

Returning to the junction, you see a beautiful road going to the right. The sun is shining, and birds are soaring in the blue sky. Green grass lines the path, the trees are adorned with

leaves, and the air all around you is clean and fresh. This is the path of a person free from nicotine. As you begin to walk down this path, you feel a pleasant light breeze and notice the scent of flowers. You feel healthier with each step. You have more strength and energy. This path leads to a long, healthy, and joyful life. With each step, you feel more alive and confident, knowing that you will never return to that dirty, scary, and dead smoker's road. You choose life. A long healthy life. And no one can change that.

You are now a free person! And you will always be free. No one can change your decision to remain free from smoking. Very soon you will begin to emerge from hypnosis. As you do, you feel happy, proud, and confident that you have become a non-smoker once and for all.

Now I'm going to count from five to one. At the count of "one," your eyes will open, and you will feel wonderful in every way.

Five... You are now an example to others.

Four... You feel that you have discovered something wonderful. This is your discovery, and you can share it anytime, anywhere, with anyone.

Three... You feel and know that this has been one of the best investments in your life.

Two... You are ready to take control of your life once and for all.

One... Open your eyes. You are fully energetic and happy!

How do you feel? Are you now a person free from cigarettes? Yes or no? Will you ever let cigarettes control your life again? What will you say if someone offers you a cigarette? What if they say, "Come on, one cigarette won't do anything?"

## ***Technique No. 2***

After induction and deepening, you need to read the following text.

Right now, the subconscious begins to work with us and will accept all suggestions for changes that will completely eliminate the desire to smoke. This is because the subconscious now understands that smoking cigarettes is a deadly habit that can cause disease and lead to premature death. Thus, the subconscious reactivates its original function—to protect us from danger. Therefore, it will quickly rid you of the desire to smoke.

Now I'm going to ask your subconscious a few questions. If the answer to the question is "Yes," you will raise your index finger, and if "No," then raise your little finger.

Is the subconscious ready to accept and forever leave the suggestion that will get rid of your nicotine cravings for the rest of your life?

Is the subconscious ready to create three new useful behavior models instead of smoking?

Are the conscious and body ready to accept the new behavior models that your subconscious has created?

Can the subconscious start using them right away?

Can the part of the subconscious that was responsible for smoking change and help us now?

Do all parts agree to quit smoking? Can you quit smoking forever right now? Will you quit smoking forever right now?

Great, now you're using more of your consciousness than ever before. Your consciousness and subconscious are now working together. Now you will notice quick and powerful changes in thoughts and feelings about cigarettes.

Now we will use the technique of direct suggestion to fully cover every part of your consciousness and body with suggestions. I want you to help me do this. I want you to mentally



repeat the sentence you will hear with me. You don't need to speak out loud, just repeat to yourself. The more energy you put into this sentence, the more it will work for you.

Excellent, let's get started.

"I am free from cigarettes, and so it will be forever."

Once again. "I am free from cigarettes, and so it will be forever."

Repeat at least twenty to thirty times.

Great! I want you to continue to relax and keep repeating this sentence over and over again while I continue to talk to you.

You are here today because you made a decision. This decision is that now you will quit smoking once and for all. Not tomorrow, not next week, not next month, not next year, but right now, at this very moment. This is your decision, which means you will succeed. Because you really want to quit smoking forever.

And now, as you continue to relax, just let the sound of my voice guide you deeper and deeper into relaxation. All other sounds dissolve in the distance; you focus on the sound of my voice and notice that all the suggestions you hear penetrate deeply into the subconscious—so deep that nothing can change them. They will change the way you feel and think about using tobacco in any form.

You're doing great!

And now we insert a list of scenarios. Each of them will correspond to a reason to quit smoking.

### ***1. Cigarettes Are Controlling***

You continue to relax. I want you to understand that you're not here just to quit smoking. You are here because you've made a very powerful decision: to take back a part of your life

that was controlled by cigarettes. After all, you would never allow another person to control your life because no one and nothing has the right to control you: neither your friends, nor your relatives—let alone a pack of lousy, worthless cigarettes. They have no right to control you. Now you're taking back control over your life and will never let cigarettes control you again. Because now you fully control your own behavior and habits, don't you?

### ***2. Smoking Is Too Expensive***

Now, when you've quit smoking, think about all those things you'll be able to buy with the money you save. Money that used to be wasted on poison can now be spent on what you really want. The money you used to spend on poisoning yourself with cigarettes is now yours. You can use it as you wish. You could afford a new car, a vacation abroad, or a complete wardrobe update. It's the same as getting a bonus or a hefty salary increase. You can use this money as you please. And you understand that the money you spent here today became one of the best investments of your life.

### ***3. Children and/or Grandchildren***

Quitting smoking has many positive aspects. One of the most important is related to your children and grandchildren. You're giving them two very precious gifts. Firstly, you will be with them for as long as possible. Secondly, you set an example of how to prevent health problems. All of this means that you're making the right step for the benefit of yourself and your children.

Imagine that there is a park bench in front of you and your children and grandchildren are sitting on it. I want you to make

them a promise. More than that, I want you to give them your word of honor that you will always be there and that you are now ready to regain control over your life once and for all.

I want you to give your word of honor to your children and grandchildren that you will never take a single puff again. When you do this, just let me know by nodding your head. You can already feel great about this decision. These emotions will become stronger and stronger with each new day.

#### ***4. The Bad Smell of Cigarettes***

Becoming a non-smoker here and now, you are freeing yourself from the stench of smoking. One of the first things that non-smokers notice is how repulsive the breath, hair, and clothes of smokers smell. You will be surprised at how strong this stench is, and you will be very pleased that from now on you are completely free from it. From this moment on, you will be very pleased to realize that your hair, clothes, and breath smell wonderful. You will be proud of this change.

#### ***5. Current Health Problems***

You are no longer poisoning your body. You will be very surprised at how soon you will start feeling healthier. You will have more strength and vitality. You will start feeling better and better with each new day. Your lungs will be recover and become healthier because now you are only breathing clean air. Your body is filling with life. By deciding to quit smoking, you have eliminated all health problems related to smoking. Your immunity to diseases and infections is increasing with each new day.

## **6. Potential Health Problems in the Future**

Becoming free of this old, unwanted habit today, you are using what I call foresight. Many people are not privy to this sort of premonition, and they are forced to do nothing and just wait. And then there comes a point when it's too difficult or even too late to change anything. Then they say something like: "If only I knew then what I know now..." or "If only I had one more chance..."

Of course, in reality they all knew, but they didn't have this foresight that you have. Because today you are thinking about tomorrow, planning ahead and freeing yourself from the habit of smoking before you start having serious health problems. Because you are thinking ahead—right here and now. You are avoiding potential health problems. And you won't have to utter phrases like: "Oh, if only I had quit in November 2020!" or "Oh, if only I had one more chance, if only I could do it again!"

You have made one of the most important decisions in your life by quitting smoking today. You are experiencing a wonderful feeling when you realize that you won't have to just wait, suffer, and not have the ability to do something—now or in the future. This is your decision, and this means that you can be and will be successful.

## **7. Cough**

Quitting smoking is great. This is a new way of life for you. You feel better with each new day, and you enjoy your lifestyle. Moreover, you have never felt better! Your lungs are becoming cleaner and healthier because you are now breathing clean air. Your body is recovering and filling with life because you are no longer poisoning it. You will be surprised when you discover

that you can quit smoking in just a few short weeks and say goodbye to the chronic cough. By ridding yourself of tobacco poison, you will make your breathing easy and natural, and the cough will leave you.

With each day you will feel better and better, and your breathing will become easier and easier. The cough was simply a way for your body to rid itself of this tobacco poison. Now that you have stopped poisoning yourself, your lungs will recover quickly.

### ***8. Breathing***

Now I want you to take five deep breaths of the purest, most wonderful air with your lungs. Ready?

One... Inhale. Feel how pleasant it is. There is no smoke or anything related to cigarettes in this air. Now exhale.

Two... Take another deep breath. Deeper... And now fully exhale. Feel how this fresh air cleanses your lungs and energizes your entire body.

Three... Another deep breath. And as you inhale deeply and exhale slowly, you notice that you are starting to experience a deep desire to always breathe clean and fresh air.

Four... And again a deep breath. Notice that wonderful feeling that arises when you inhale deeply and exhale. You realize how nice it is to breathe clean, fresh, air free from cigarette poison. This is good for you.

Five... Now take a deep breath. Deeper and deeper. Take the deepest breath you've ever taken. Great! Exhale. You are developing a wonderful desire to breathe in fresh, clean air. As you continue to do this, your lungs are getting significantly healthier. That's right. You will be pleasantly surprised that over the course of just a few weeks, your lung condition has improved significantly. It will become easier and easier for you

to breathe. You will have more and more energy as your lungs take in more oxygen. You will be pleasantly surprised by the feeling of well-being.

### **9. Death**

I want you to picture the following scenario. A man goes to the doctor, and he is told that he will die if he smokes one more cigarette. The patient leaves the doctor's office, shocked by what he has heard. Is it true? Can smoking kill him that quickly? This person decides to confirm this diagnosis with other doctors.

He goes to the second, third, fourth, fifth, and finally, the sixth doctor. All of them—after examining the results of the tests—state that they are not sure about such a prognosis. From each of these doctors, the patient heard something like: “Yes, possibly, you may die instantly if you smoke even one more cigarette. But it's not a fact.”

Now suppose this person is already driving home. He is confused. One doctor said that he would die immediately if he smoked even one more cigarette. The other diagnoses were not so specific.

One chance of dying against five chances of surviving. What to do? He turns on the radio in the car and starts listening to the news. The news reports that someone has just committed suicide by playing Russian roulette. He loaded one bullet into a revolver with six chambers, spun it, and pulled the trigger. He died instantly. The man in the car is shocked by the news. How could anyone gamble with their own life like that? Even with only one chance of dying and five chances of surviving, why would anyone take such a risk? The man at the wheel of the car immediately realizes how similar this situation is to his own: one chance of dying versus five chances of surviving.

He chooses life, throws his pack of cigarettes out the window, and never smokes again.

We both know that this story is made up. But what if it was true? Would you play such a game with your own life? Of course not! You are here today because you want to quit smoking forever. I want you to understand that you have done it: you have rid yourself of a harmful habit before it is too late, and you have prevented a possible disaster. By freeing yourself from tobacco poison, you are giving your body a chance to restore itself and thereby ensure a longer and healthier life.

### ***10. Pressure from Those around You***

You knew that one fine day you would quit smoking forever. You just didn't let someone else make you do it. However, all this time you knew that you would not turn into a seventy-year-old man sitting in his rocking chair, gasping and coughing from the smoke of his own cigarette. That would just be ridiculous! Therefore, the question is not whether you will quit smoking or not but where and when you will do it.

You solved both problems today. This is your day to get rid of a harmful habit. This is the day you chose yourself. You are doing this for your own benefit and health, which means you will succeed in this. Remember how people looked and what they thought about you when they found out you smoke. Now just imagine what you will think of yourself, knowing that you have overcome the craving for smoking. You will never need cigarettes in your life again. You will never want to smoke again. But don't thank me: it's natural when your mind wants you to be healthy and successful.

## ***11. Inconveniences***

Among the many advantages of quitting smoking, the most notable is the relief from all the inconveniences it brings. From today on, you are free from the constant search for a place to smoke and from inventing all sorts of stories and excuses to leave the room. You no longer need to stand outside in terrible heat and suffocate in the hot humid air. There is no need anymore to freeze and get wet just to smoke a worthless cigarette. You are now free from all of this. You are free from unpleasant trips for cigarettes on cold and dark evenings. You are free from all the inconveniences that cigarettes used to bring you. You are also free from the control they had over you. You will also probably have to think about what you will do with your free time, which you used to spend on cigarettes.

## ***12. Smoking Is Not Socially Accepted***

Many years ago, when you just started smoking, this habit was considered fashionable. But times have changed, and society is increasingly rejecting it. For example, finding a place to smoke is getting harder and harder every day. It's absurd that some people let cigarettes control them to such an extent that they have to stand on the street in any weather to smoke.

Many say that after quitting smoking, they can comfortably communicate with their loved ones again. You can now spend time with whoever you want, whenever you want, and as much as you want—because now you have regained control over your life. I'm even curious how much more pleasure you will get from being able to communicate freely at any time. How wonderful that now you can use the time you used to devote to poisoning your body for something pleasant and useful.



### ***13. Premature Aging***

Many people start smoking at an early age to appear older. When you were a teenager, you probably thought you looked older with a cigarette in your hand. But do you want to appear older than you are when you turn fifty or sixty? Of course not. That's why you're here today. You don't want to become a stereotypical old man with a cigarette dangling from his mouth. That would be ridiculous. By quitting smoking now, you will prevent premature aging.

Moreover, in just a few weeks you'll notice your skin starting to look much fresher due to improved blood circulation. You will feel healthier and look younger. You continue to immerse yourself deeper and deeper into relaxation, imbuing your consciousness with these tips and suggestions. Wonderful!

### ***Overcoming Smoking***

Every person who has ever smoked has associated this habit with some other activity. Some reach for a cigarette as soon as they wake up in the morning—and before going to bed, or when watching TV, or with a cup of coffee or tea after a meal. Everyone has their own set of triggers. Therefore, when engaging in similar activities, the association mechanism is triggered. This makes you think about a cigarette.

Now, I want you to use your rich imagination to imagine how we break free from all these mechanisms. Imagine that we are now breaking from all of them, without exception. If you are one of those people who smoke as soon as you wake up in the morning, everything will change for you. Instead, in such a situation, you will want to drink a glass of water immediately. This will even become a kind of necessity for you. If for some

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reason water doesn't suit you, you can choose something else. Whatever it is, it cannot be related to smoking.

Moreover, from this moment on, smoking in the morning will become the most disgusting thing you can imagine. It just tastes terrible. When you remember this aftertaste, you want to vomit, and a feeling of nausea begins to rise in your throat. Now you wonder how you could have put this poison in your mouth in the mornings. Moreover, the very thought of smoking becomes ridiculous and disgusting to you because you have an unpleasant taste in your mouth. And smoking after dinner is even worse.

Imagine you're having a wonderful dinner, and then you spoil its wonderful flavor with disgusting cigarette poison. There's nothing worse than this. You want to enhance this taste with a cup of tea, coffee, or just a glass of water. The only thing you don't want right now is a disgusting cigarette.

Cigarettes are a thing of the past for you: during and after dinner; during, before, and after work; during moments of calm and irritation; in the evening and morning—in none of these situations will you want to light up a cigarette and poison yourself with this toxin. Never again!

This is because there are a million ways to calm down if something upsets you. There are a million ways to enjoy relaxation. When you're working on something, cigarettes are just an obstacle: they take up a lot of time, energy, and concentration. They also prevent you from relaxing because nicotine is a stimulant. After all, you really want to relax! There are so many things in your world that only cause you stress and tension. You just want to relax, and nasty poisonous cigarettes will prevent this. So, you reject the poison once and for all.

You immerse yourself deeper and deeper into relaxation. Let all these suggestions soak deeply into your subconscious where they will produce changes in your feelings toward

cigarettes. Among the suggestions you accept here today is also the suggestion that we are breaking all connections between smoking and any other activity in your life.

Because from today, there simply isn't a situation that would remind you of smoking or make you smoke. There are no longer any situations in your life that force you to do this. Moreover, now all activities—whether you are walking, sleeping, working, having fun, eating or drinking, parties, or just relaxing—have become much more enjoyable now that you have finally become a non-smoker.

Now everything you do is much more pleasurable without coughing and other breathing problems. Everything in life more enjoyable with clean lungs full of fresh air. Everything in life is much more enjoyable when you are healthy. And you will remember this. From now on, you will be pleasantly surprised by how nice it is to have completely lost the craving for tobacco in any situation.

Now—immersing yourself deeper and deeper into relaxation—allow the sound of my voice to relax you even more. You know that you didn't just quit smoking today. You have lost the desire to smoke. You simply don't care about smoking. You are completely indifferent to cigarettes because you made a decision. And this means you will never smoke again.

You will never smoke again not because I said so but because that's the nature of your own consciousness: to make you successful. You will never take another puff of a cigarette in your life—not because of me or what I shared with you today, because you chose this day to become completely free of this terrible old habit.

Now you hate cigarettes. You can't stand them. You quit smoking once and for all. You confidently refuse to smoke, no matter what happens and despite whatever feelings arise.

Regardless of the cravings or stressful situations that arise in your life path, you are now dealing with your problems effectively.

Nothing will attract you to a cigarette because now you control your own life, habits, and behavior, and also stubbornly refuse to smoke. There can be no deliberation, debate, or voting on this matter because you made this choice consciously and subconsciously.

You are using your consciousness more actively than ever, which means you can and will be successful. You are done with cigarettes, tobacco, and smoking. You hate it; it's a disgusting, dirty, expensive habit. You don't like it, need it, or want it, and you will stubbornly refuse to smoke.

And, of course—now that you are fully ready to quit smoking once and for all—be alert! Yes, be alert and don't let anyone try to manipulate you directly or covertly to bring you back to the old disgusting habit of smoking. Men, women, relatives, friends, neighbors, work colleagues, acquaintances: do not allow anyone to talk you into smoking again. Be on guard and do not allow anyone to manipulate you directly or covertly to return you to the old disgusting habit of smoking—be it calmness, balance, pleasure, anger, stress, or success. And most importantly, do not allow thoughts to manipulate you directly or covertly to bring you back to the old disgusting habit of smoking. It doesn't matter if they are your thoughts or someone else's. It doesn't matter if they are from the past, present, or future. Now you will be on guard with people, situations, or thoughts that could deceive you. You will never need to smoke again because now you and only you control your own habits, behavior, and life as a whole.

Immersing yourself deeper and deeper into relaxation, you now understand that becoming a non-smoker is a guarantee of a new beautiful lifestyle. Thanks to this, you feel better and

better. And you enjoy your life with more confidence and faith now that you have rid yourself once and for all of a terrible, disgusting habit: smoking.

### ***Anchor***

While you continuing to relax, I want you to remember a time when you felt great. A time when you felt like you could control anything. A wonderful time. It could have been a time when you were an adult, a child, or a teenager. It could be a birthday or another holiday, or it could just be a well-spent time that makes you smile inside and out.

I want you to nod when you start remembering such a time. When I touch your hand, I want you to recall that wonderful feeling. When I touch your hand again, make this feeling even stronger. When you feel that this feeling has become even stronger, just nod your head. Every time I touch your hand, these feelings will become stronger and stronger. And the stronger they become, the more you will want to smile.

Let's take a break.

Now I want you to imagine that you are thinking of smoking a cigarette. And now imagine (touching your hand) that you tell the cigarette "No" and reject this thought. You have that wonderful feeling again. Because it's so wonderful to be a non-smoker!

Let's take a break.

Now I want you to imagine that someone else is offering you a cigarette, and you decline and say, "No, thank you" (touching your hand). Notice how great you feel. Now I want you to notice that I don't even need to touch your hand for you to have this wonderful feeling.

Imagine that you are at home alone and you have the thought of smoking a cigarette. Now imagine how you mentally

say “No” and refuse the cigarette. Note how wonderful you feel. Imagine that someone offers you a cigarette and that you refuse it. Notice how great you feel.

Now, when people smoke around you, it doesn’t bother you at all. Maybe it’s someone living with you: relatives or your significant other. Or maybe someone you are always around, such as: bosses, colleagues, clients, guests, friends, acquaintances. They can smoke as much as they want. You simply don’t care. You are simply indifferent to this fact. Even if they blow smoke in your face, you don’t care. On the contrary, it even makes you a little disgusted.

What you feel toward these people, in fact, is more like compassion. Because you understand: they have a problem—a problem they haven’t yet overcome as you have done today with the help of hypnosis. You can be proud of yourself. Every time they smoke, you even feel better. The smoke from their cigarettes hits your face, and you feel even stronger. Every time they smoke, you become even more confident. You have no craving for cigarettes. You have no cravings for tobacco in any form.

After the end of this session, you will feel better and better: because your lungs will heal, and your body will be filled with energy; because you have stopped poisoning yourself with tobacco; because no one and nothing can make you smoke again; because you stubbornly reject smoking and that’s it.

You have reached a very important crossroads in your life. I want you to imagine yourself standing at this crossroads. When you look to the left, you see a cold, dark, and lifeless road. There is something extremely unpleasant about it. There is a cold rain there. It is gloomy and scary. The trees are all bare, without a single leaf. The grass has long been replaced by bare black stones. A strong cold wind is blowing. It’s a very sad, dead place. This is the smoker’s road. It leads to pain, suffering, and early

death. It is covered with bodies of people who have died from smoking-related diseases. This road is cold, dead, and lifeless.

Quickly turn away from this road in the other direction. There you see a beautiful, cheerful-looking road. A bright warm sun shines in the clear blue sky. Trees are decorated with green leaves and beautiful flowers, and underfoot, like a magic carpet, lies thick green grass, sprinkled with small beautiful flowers. This is the non-smoker's road. Step on this road and walk down it. Breathe in the fresh clean air with its aromas of greenery and flowers. Fill yourself with this air, soak it up. Feel as strongly as possible how good it is here. Beautiful colorful birds are singing in the trees. Listen to their singing. With each step down this road, you feel stronger and more confident because you are heading for a better life: longer, happier, and healthier. With each step, you feel more alive and gain more confidence that no one and nothing can ever make you go back to that old, dead, cold, and scary road. Because you have chosen a long, happy, and healthy life. This is your decision, and you know that now you are free from cigarettes and will always be until the end of your life.

The craving for cigarettes is now replaced by a strong desire to be healthy and happy for many years. That's what you want now. You want it so much that there is simply no room left for the desire to smoke. You have simply pushed it out, and in its place is now the desire to live a long healthy life. From this moment on, every time you refuse a cigarette, you have a great sense of joy and health. Cigarettes no longer control you. You can and will remain calm. You will never have a craving for cigarettes again.

Now I will ask your subconscious a few more questions. If the answer is "Yes," you will raise your index finger, and if the answer is "No," then raise your little finger.

☑ Have all the suggestions I have given, which you received today during the session, been accepted and reinforced?

☑ Have you now quit smoking forever, for the rest of your long, healthy, and happy life?

Great! You already feel wonderful about the decision you have made, and these feelings are getting stronger every day.

After the session, you will be surprised that every time you see the color red, your desire to remain a non-smoker consciously or subconsciously can and will become stronger. Now you don't need to look for the color red; you will notice it automatically. It will be bright, sharp, and clear to you. Every time you see the color red, your desire and ambition to succeed in all areas of life consciously or subconsciously will grow stronger. And every suggestion I gave you here today will continue to work more and more effectively each time you see red.

Very soon you will start coming out of the state of hypnosis. As you do this, you will feel happy, proud, and confident that you have now become a non-smoker once and for all. You understand that you have now found a way to penetrate your subconscious and are starting to share this information with those around you.

Now I will count from five to one. On the count of "one" your eyes will open, and you will feel wonderful in every respect, as these few minutes of hypnosis have been very effective and beneficial for you.

Five... You are now a role model for others.

Four... You begin to feel that you have discovered something wonderful. This is your discovery, and you can share it anytime, anywhere, with anyone.

Three... You feel and know that this was one of the best investments in your life.



Two... You are ready to take control of your life once and for all.

One... Open your eyes. You are fully energetic and happy!  
How do you feel?

Are you now a non-smoker? Yes or no?

Will you ever let cigarettes control your life again?

What will you say if someone offers you a cigarette?

What if someone says, "Come on, nothing will happen from one cigarette"?

## **Advertising Audio Recording Text for Nicotine Dependence Therapy**

Good morning, afternoon, or evening to you, depending on when you decided to listen to this recording, one that has the potential to change your life for the better. Let me introduce myself: my name is Paul Healingod. I am a qualified member of the Hypnotherapists Association, as well as the president of the American Academy of Hypnosis. On this side of the recording, I'm going to explain how I can help you get rid of nicotine addiction in one session of holistic psychotherapy.

On side B, you will find a free gift: a recording of a relaxing anti-stress training based on self-hypnosis. Normally, clients pay a considerable amount for this information, but I am sending it to you for free: this is to congratulate you on your first step toward becoming a healthy, calm, and happy person who has quit cigarettes forever.

You can listen to the recording on side B in any stressful situation or at any other time when you wouldn't mind relaxing. But do not listen to it while driving or while working with machinery: the deep relaxation you will experience could be dangerous.

You will surely have many questions, and on this side of the recording, I'm going to answer them. So let's get started.

### What Are the Benefits of Quitting Smoking?

You will become healthy, calm, confident, and happy. Quitting smoking has three simple consequences:

1. You will preserve your health.
2. You will have more time.
3. You will save your money.

Now let's take a closer look at all three results.

### ***How Will Your Health Improve?***

Smokers are playing Russian roulette in almost a literal sense: every time they light a cigarette, they are a step closer to death. By continuing to smoke, you risk adding to the shocking statistics. Here are just a few facts you should think about:

For example, in the UK alone, about 120,000 people die each year from smoking-related diseases.

That is, 330 people die every day in this country from smoking.

Research has shown that at least half of smokers die prematurely due to their harmful habit.

The risk of a heart attack in smokers aged thirty to fifty is five times higher than in those who do not smoke.

Smoking gives you bad breath. Your clothes, home, and car smell like smoke. This, by the way, decreases your attractiveness to the opposite sex.

Contrary to popular belief, a smoked cigarette does not provide relaxation but only increases the level of stress. Consequently, the risk of stress-related diseases increases.

Once you quit smoking, you will enjoy all the flavors and smells that you didn't notice before.

As for your health, everything mentioned above is just the tip of the iceberg. I haven't mentioned the dozens of different ailments—like cancer, for instance.

But there is good news: you can avoid the nasty consequences of smoking and become a healthy, confident, and happy person again as soon as you quit smoking. And the sooner you do this, the better.

Nicotine is excreted from the body within a day. So isn't it worth ending the slow daily suicide with a session of hypnotherapy to help you live a longer, fuller life?

### ***And What About Your Time?***

There are plenty of advantages here too. Think about what you are getting rid of and what you are gaining:

A person who smokes two packs a day (forty cigarettes), spends 460,000 minutes on smoking in their lifetime. That's 24,320 hours!—or almost a thousand days!

Imagine that over twenty years: you waste two years and nine months on your bad habit. On average, over the entire “career” of a smoker, it turns out to be more than five years wasted.

Imagine that you have sentenced yourself to five years in prison simply because you continue to remain a slave to your harmful habit.

Most people who quit smoking extend their lives by an average of five years. And these will be years full of health, calmness, and confidence. These are years that can be spent on many pleasant and useful things!

In general, by quitting smoking, you will add approximately five years to your life. Add another five years that you could

have spent on cigarettes and, in total, you could easily get ten years of health, happiness, and freedom.

And another important “time” aspect: quitting smoking with hypnotherapy will take only one hour of your precious time!

### ***Do You Want to Know about the Financial Benefits?***

If you smoke between twenty and forty cigarettes a day, you are wasting approximately \$1000 to \$2000 a year. This means, for example, that over twenty years you could save \$20,000 to \$40,000. And over forty years it might be \$40,000 to \$80,000! And this is simply from quitting smoking.

For sessions that help people quit smoking, I charged \$700 early in my career in the US. Even then, clients considered it a great investment. This is because they realized that if they quit smoking, they will save tens of thousands of dollars.

Imagine if you put this \$700 in a bank account, say, at 5% per annum. By simple calculations, we get an annual profit of \$35. Of course, this is peanuts! But if you spend this \$700 on getting rid of nicotine addiction, you will more than recoup this investment in just a year in what you save on cigarettes.

This is an annual profit that exceeds 100% of the investment. And for a lifetime! No bank in the world will offer you such favorable terms. Minimum risk and maximum profit: that’s what I offer you.

### ***Why Does a Holistic Therapy Session Cost \$700?***

It may seem like a huge amount to you, but think about how you can recoup your expenses in less than one year simply because you will stop being a smoker and you will no longer need to buy cigarettes.

It doesn't matter whether you come to me directly or to my students. In any case, you will be in the hands of a professional in the field of hypnotherapy who will help you achieve your goal with surprising ease.

Sure, you might contact some random hypnotherapist you found on the internet they who will agree to help you quit smoking for less money. But can you be sure of the result?

Getting rid of nicotine addiction is one of the most ambitious goals in your life. This is a very important step toward a healthy body and a successful investment in your future, so saving here threatens the risk of failure. This is a case where you can only trust professionals.

### ***Why Should You Choose Hypnotherapy Specifically?***

The answer is simple: by signing up for a hypnotherapy session, you are choosing the simplest and most effective way to defeat smoking and become a healthy, happy, and calm person. This method will help you achieve the best results easily and without side effects.

In January 1968, an article titled "The Use of Hypnosis and a Thousand Nicotine Maniacs!" appeared in the *American Journal of Clinical Hypnosis*. The article discussed the results of a clinical study of a thousand smokers who had undergone a single hypnotherapy session. The results were striking. One and a half years after the session aimed at freeing the subjects from nicotine addiction, 94% of the experiment's participants had still not had a cigarette.

You are even luckier, because these days, you have a wide range of advanced methods for personality change at your disposal. It will be even easier for you to achieve what you want, and the result will be even more reliable. Otherwise, I wouldn't offer a lifetime guarantee.

And finally, the best news: a 1996 government study proved that hypnosis is completely safe for humans, which can't be said for many other alternative ways of getting rid of nicotine addiction.

### ***And How Does It Feel?***

During a hypnotherapy session, you will have mixed feelings. On the one hand, you will feel more excited than usual. You will be able to smell, see, hear, and touch much better. On the other hand, you will be relaxed enough both physically and mentally so that any changes at the subconscious level become as simple as two plus two!

Yes, all people are different, and everyone's experience in a hypnotherapy session is different. And you, too, will feel and realize positive changes within yourself.

Smoking is a habit controlled by the subconscious. It controls various processes in the body: the flow of blood through the vessels; breathing at night; and even all good and bad habits—including smoking.

Therefore, this problem should be tackled using NLP, hypnotherapy, and holistic mind therapy—as they work directly with the human subconscious. Its operating principle is the same as that of a computer. The therapist, working with the subconscious, essentially erases one of the malicious files: the one responsible for your bad habit.

### ***Conversation with a Patient Who Smokes***

Many smokers who come to me have tried many methods: patches, pills, e-cigarettes, and chewing gum. A typical dialogue looks something like this:

—Have you tried anything to quit smoking?

—Yes, I smoked a special herb, e-cigarettes...

—How long did you manage to give up smoking the first time?

—Two years. I just quit smoking on my own.

—You smoke a pack a day. And for what reasons did you decide to quit smoking?

—First, because my wife was nagging. Second, it's harmful to the kids. Third, it became totally inconvenient because I had to leave the house each time. Fourth, my liver is failing. Fifth, my lungs are troubling me—there's a cough, phlegm.

—And what's the main reason?

—I think it's because my wife has been nagging.

—Imagine two options: you quit smoking for life today, and you don't quit smoking. How do you see yourself in ten years?

—I can't picture myself at all. I don't know what can happen in ten years.

—Yes, no one knows. But, you can imagine.

—Yes, I can. I walk around, coughing all the time, my complexion is poor...

—Let's move on to the option where you quit smoking forever today. In this case, how do you see yourself in ten years?

—I have small children. And the younger I look by the time they grow up, the more likely it is that no one will say that my children came with their grandfather.

—So, you look young and fresh next to your grown-up children? Now imagine another scenario: you continue to smoke over these years, you come to an event with your fourteen-year-old children, you have a gray face, and look bad overall. A completely different feeling, right? By the way, what about the liver?

—Are there any deviations? Doctors say that I have fatty liver, high cholesterol, and smoking probably adds to the problems.

—Have you ever thought about quitting smoking for life? Regardless of the situation.

—I have quit before, but I succumbed to temptation, thinking it was temporary and I would quit again.

—How old were you when you first started smoking?

—About eleven.

—Did you like it the first time?

—No.

This is how personal information is collected. Among smokers, it is very common to believe that it is a chemical addiction. They rely on patches, but they don't help. Those using patches still smoke. A pack of cigarettes contains 10 mg of nicotine. When you use patches, you start with 21 mg, then switch to 11, and later to 7. So, when a person sticks a 21 mg patch, they get a larger dose than from cigarettes. That's why they feel nauseous from excess nicotine.

Imagine that you have an acquaintance with a strong addiction. They are a drug addict. Do you know what addiction is? It makes a person feel sick. Sometimes they experience almost unbearable pain. Do you know what happens to a smoker? Yes, physical withdrawal does not threaten them. Now imagine that you have a friend who wants to quit smoking. Do you think, *If they are injected with heroin, will they quit smoking?* Would you suggest such an option to them?

Do you know anyone who “got off” cigarettes and “got on” nicotine patches? Does it matter how to get nicotine: through the skin or by smoking? Does it matter to an addict where to inject: the right hand or the left?

I want to explain that there is no nicotine addiction: there is only a habit. Nicotine stays in the body for only seventy-two hours. And then nothing happens. Now the question: Have you ever given your word of honor that you would quit smoking? Imagine your children in front of you. You gave your word,



looking them in the eye. What kind of feeling do you have? Are you ready to give your word of honor forever today?

The task of the therapist is to make the person understand that they are making a decision for themselves and only for themselves—not for someone else. This is their life, their children, and their family. How much longer do you think you would live if you quit smoking today? No one knows the answer. It can only be assumed.

Now you understand that you can afford to quit smoking. All I can do is help you. You love your children. And my job as a therapist is to create a feeling of such great love that it will be remembered.

The conversation with a smoker ends as follows: “Do you have cigarettes with you? Bring them here. (*Take a cigarette and crush it*). Take it. All you need to do is just—looking at the cigarette—say everything you think about it. That you no longer need it; you no longer want to depend on it, etc.”

## **Regression**

We have already talked about this technique before, but let’s revisit it. It is used both for treatment and for finding the problem itself. Regression is also called “human situation hypnoanalysis.” Why do we need this analysis? To find out exactly where the damages in consciousness are and where the signals for help come from. What needs to be done in the preliminary conversation before regression? We must find the key points in order to roughly know where to regress.

In the preliminary conversation, I prefer to ask a few questions, because listening to a long story from the patient is useless. They do not know what their problem is. What needs to be found at this stage? We need to find where the feeling is located and what color it is. Then I suggest patients go back

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to childhood and remember the two best moments in their lives before the age of five. In fact, I don't need them to do it; I just need to connect with memories. After all, regression is primarily about memories.

Then you need to find out what the patient's worst memories are up to age five. We need what immediately came to the person's mind. This creates a platform for regression. Then I suggest the patient recall their two worst moments between the ages of five and ten. Then from ten to fifteen. This is primarily what interests me.

At this stage, I have six negative moments from the patient. Next, I find out which of these memories was the worst. Thus, an approximate picture of what was happening to the person throughout their life is drawn. This is all you need to know for regression.

It is important to mention here such a phenomenon as a crisis. What this means is that a special state manifests itself within three days after working with problems using regression. Therefore, the next meeting with the patient is possible only after three days.

What is the most important thing in regression? Let's imagine a timeline. On the time, there is a point "Now." This point is when a person comes to me with a problem. They have a future and a past. Let's put the points "Conception" and "Birth" on the line. A person comes with a problem and says that because of an indefinite feeling, they feel bad, they suffer, and no one can help them. I need to make this feeling more understandable for the patient and show where it is located and what color it is. Now this feeling is no longer an abstraction: it is here. And with the help of this feeling, I, as if along a path, lead the person back to the time when it all started.

You need to find the root of the problem. When did this feeling appear for the first time? Let's call it fear. I once read

that there are only two feelings: fear and love. Everything else derives from them. Moreover, there is only one feeling of fear: fear of the feeling of fear itself. There are no other fears. People are afraid of the feeling they will experience when experiencing something bad. No one is afraid of the moment itself.

So, I induce a trance and use this feeling to guide them back to the past—to the moment when a similar feeling was first experienced. It needs to be intensified. Here's what I say in the process:

I will count to five, and with each count, the feeling will intensify.

One... (*I shake the chair*). Intensify this feeling. Let it do with you what it has always wanted to do. It knows what needs to be done.

Two... (*I shake the chair*).

Three... (*I shake the chair*).

Four...

Five... Let this feeling take over you from head to toe... (*I add discomfort—I shout or shake the chair*).

Now on the count of “three,” you will return to the moment when this same feeling first appeared. You will even be surprised at how small you were.

One...

Two...

Three...

I touch their forehead with my palm. The person is shocked: “Where am I? Is it day or night now? Am I alone or with someone? How old am I?” The patient can't think; images are pounding in their head; regression is happening.

If the patient is not in childhood but has returned to, say, ten years ago, I write down what happened there and continue.

Again, on the count of “three” you will go even further back, when such a similar feeling first appeared. One... Two...

Three... Then, move the palm to the forehead or tap on it with a finger. Return another seven years back. I write down what happened there and move on. I go, as if I am moving along a chain of similar feelings.

I count again: “On the count of ‘three’ you will return to childhood, when such a similar feeling first appeared.” Return another two years. I need to make sure this is not the stopping point. I count again: “One... Two... Three... Imagine that you are now in the first moment of your life, on the first day of your birth. Was there such a feeling? Yes or no?” Snap of the fingers. “No.” “Was there such or a similar feeling between birth and 2 years?” Snap of the fingers. I need to make sure that I really found the moment when this feeling originated.

I make sure it occurred at the age of two. A feeling does not appear by itself: it comes with some belief, with some thought. Many have a feeling that no one loves them: “I’m alone in the room, it’s dark, they left me.” Actually, the situation of regression is not important, but the decision that the person made about himself is important. “I am not loved!” It’s like a life sentence. It’s even more interesting when regression goes back to the moment of conception or prenatal development. The mother wants to have an abortion; she has doubts, and the child exists in the “kill the baby or not” state. It all starts with fear and ends with the belief that “No one needs me.” A woman who was unloved and hurt by her father convinced herself that she had to die. She suffered from cancer for most of her life and underwent multiple surgeries. Another woman, who had abortions in her youth, could not get pregnant when she wanted a child. She had a feeling of guilt and a belief that she was unworthy of giving birth to children. When starting to work with a person, you need to know which feeling to interact with and what problem to deal with. After all, the problem is always associated with a feeling.

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When in the process of regression, a person finds themselves in his mother's womb, the dialogue goes something like this:

—It's dark, I can't see anything, I don't understand.

—What is your sensation? What kind of feeling do you have? Now you will know what is happening outside. One... Two... Three...

Snap of the fingers.

—Where is your mom, outside or inside?

Snap of the fingers.

—Inside.

—Who's nearby?

Snap of the fingers.

—Dad.

—What's happening?

Snap of the fingers.

—They're arguing.

There's another important point. If the subconscious collaborates with the hypnotherapist, we are given some moment that needs to be corrected, and then it drops us into a very real and specific problem. If, for example, a person doesn't go further back—but again and again falls into the same point on the timeline—it means that this moment needs to be corrected. The negative feeling should be changed to a positive one in order to feel more comfortable in that situation. Only when the therapist deals with this moment does the subconscious allow him to go further.

In addition, the situation itself can be changed. How does it work? Your memory is merely your opinion about an event. And since it can change, you can alter the situation using NLP techniques. For instance, at the moment when a child is upset, an adult returning to childhood picks up their younger self and takes that self to a better place—to a park, on a swing, etc.

You can even go back a few minutes before the incident and explain to the child what should not be done or what needs to be done. You can also lead them away from that place. All of this is what should be done if a person gets stuck at one point in time during regression.

Upon identifying the problem, I act like a magician. Because there's no logic in the subconscious. If there's not enough money, you can bring a cart full of money. If there's not enough love, bring a hose of love and fill the heart with it. My task is to do everything necessary. How I do it doesn't matter. The main thing is that the person feels good as a result.

There are many techniques, but the most important one is imagination. You can ask the patient what needs to be done in this situation. Sometimes, the situation can be quite serious, even tragic: the death of a loved one, severe injury, rape. In this case, it is necessary to dissociate the person from their feelings. Dissociation means observing from the outside. Thanks to this technique, the feelings decrease because the person is not in their body.

There is a technique called "cinema." Let's say a person feels bad when remembering a certain situation. I suggest they imagine being in a cinema. I describe the room: the seats, the screen, the stairs to the projection room.

"You enter the cinema and sit in the middle. There is nothing on the screen. Just a white canvas. Imagine that you leave your body, go to the end of the hall and climb the stairs to the projector room. From the window, from where the beam is projected onto the screen, you see yourself sitting in the hall and on the screen. There is a double dissociation. In front of you is a control panel with buttons *Forward*, *Back*, *Pause*, *Start*, and *Stop*. Now you press the *Start* button and you will see yourself. It will be like watching an old black-and-white movie about what happened to you. As you watch something terrible that

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happened to you on the screen, you may experience feelings as strong as they were then. But you're in the room, watching a movie, sitting down. Stand in a way that the wall of the room, and the window through which the film is visible, are in front of you. You do not see it; the wall blocks the screen. You see yourself sitting in the hall and can see your reaction to what is happening on the screen. Press *Start* again. When the film ends, rewind it back."

The film runs backward. What happens in a person's consciousness? The same situation plays out in reverse. In a way, I am confusing the consciousness. I twist it back and forth, then speed it all up. The film just started, but it ends immediately. I can play cheerful music—like what you might hear at a circus. I can seat a deceased loved one next to the patient. Let them watch this funeral film together, eat popcorn, and discuss what's happening, smiling, and joking. First, you need to achieve a neutral state in the patient, rewinding the film until they get tired of the plot.

—"Now go down the stairs into the hall and return to your body. Watch the movie one more time. What's the feeling?"

—"I'm already bored of it."

—"Now imagine that you get up from the chair, go to the screen and enter the film. What's the feeling?"

—"Neutral."

—"We've neutralized the feeling. We've healed this moment, now we need to create something good. You're in the present, give your past self what it lacks from that moment. Make sure it's okay there."

At the end of the session, I make sure that in each of the marked moments of life, the feelings have changed from negative to positive. If everything is done correctly at the starting point, the feeling automatically changes throughout. It's very important for the adult—who came back to help the version

of themselves in the place where something happened—to be told: “You will live, everything will be good for you.” If they don’t believe, you need to take their hand and stand on the threshold of the future. This is one of the techniques used to convince the suffering patient that they will survive and everything will be okay.

After the regression, you need to give suggestions and positive affirmations.

### Regression into a Past Life

Let’s say, we have helped the patient regress back to the moment of conception. What do we next? In this situation, the timeline continues to the left of conception. After all, we all exist somewhere before conception: in a place where souls are waiting to come into this life. When we reach the point of conception during regression, I tell the patient the following.

“Imagine that you are rising upward, toward the light. There’s light all around you. You see doors. There are several of them, and they are located in a corridor. What do they look like? Describe them. Ask the one who will be here with you and will help you to appear before you. When they appear, tell me what they look like.”

This could be a guardian angel or some other guide. The main thing is to never suggest or direct who this will be. In the process of working with a person, you need to constantly reassure them that they’re doing well.

Thank them. Now you need to intensify the present feeling. Let it intensify and consume you completely. Now let your feeling draw you to the door it came from. When you get to it, let me know.

One...

Two...



Three...

(*Snap of the fingers*). When you go through this door, you'll end up at the most important moment of that past life, when this feeling first appeared.

One...

Two...

Three...

(*Snap of the fingers*). Alright, you're there. Describe what's happening. Is it day or night? Are you alone or with someone? What's happening around you? We continue to move backward to find the beginning. And most importantly: the moment of death in that life. What was the person's feeling when they died? What feeling do you experience when your soul leaves the body?"

And this will be the same feeling I'm working with. The task is to ensure that the person doesn't experience this feeling at death. You need to change the situation again so that they can switch from a negative feeling to a positive one. It's also important that they understand that this feeling doesn't belong to them in this life and that it came from the past.

The fact that this happened in a past life—and the patient is now living in another—works very well as a metaphor, even if we don't know whether past lives exist.

The most important moment of regression into a past life is the separation of the soul from the body and its departure to where it awaits birth in your life. You must do everything to ensure that the soul leaves either with a positive feeling or a neutral one. Also, if a person can transfer negative feelings from a past life into this one, then why not take more positive things from the past life? The patient can imagine taking all the positive in the form of light, knowledge, and understanding. And most importantly, at the moment of transitioning into this life, they no longer experience that negative feeling.

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When working with emotions, our tasks are to create the opposite of what already exists: a new situation with a new feeling. How does this happen? When a person has a phobia, they reproduce the same feeling each time. A system has been developed. And to break this system, you need to get rid of the phobia.

What is a phobia? It's a reaction to something—for example, a reaction to some image. A picture appears that evokes a feeling. Let's consider a situation where a woman, for example, is afraid of mice:

—“Imagine a mouse running at your feet. What's the feeling?”

—“Shiver, horror, the body seems to jump on its own.”

—“Wipe the mouse off the floor, off your picture. Do you have a pet at home?”

—“Yes, a little dog.”

—“Do you love her, play with her? Now picture a scene in front of you. In it, you're holding your dog. A good feeling arises, right? Describe this picture to me. There are many different techniques, here's the first example. Imagine that we're making a frame around the picture, and one that is beautiful, worthy of your dog. We bring the picture closer. Something small is running around its frame. It's not even clear what it is. It runs back and forth, but you only see the dog. We bring the picture even closer. Your dog becomes huge and beautiful. And something is running back and forth on the frame. We bring the picture closer again. We put it on the floor, and your dog jumps over the frame. What happened?”

—“The dog chased this creature then smothered it like a cat. Now it sits and looks at it.”

—“Do you remember the sensation when you pet the dog? Imagine that sensation in your hand. You feel the fur. This

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sensation begins to form into something alive. What color is the fur?"

—"Brown."

—"Now imagine that the color changes to a lighter one, becomes gray. Eyes appear, it looks at you, its paws tickle your palm. This creature is kind, just like your dog. (*At this time, I touch the patient's shoulder*). Imagine that this little gray mouse is sitting on your hand. You look at it. Imagine that someone's dog wants to pounce on this mouse."

—"I would cover it with my other palm."

—"What feeling arose in you?"

—"A feeling of love."

—"Imagine that you let it go on the floor, it runs in front of you. It's grateful to you for giving it life. Take a deep breath. Now exhale. Imagine a mouse running here now."

The reaction is calm. The woman is no longer afraid.

Here's another example. A patient talks about panic attacks at moments when he was driving. After one six-hour session, the man drove a car on his own. Residual sensations still remained. After the second session, the patient behaved behind the wheel of a car like any other person. But then he was not alone in the car. However, after the third session, the man drove completely calmly alone.

In his case, the problem was that he was afraid to be alone. He needed someone to constantly be with him. He had various unpleasant situations in his life. Eventually, he was forced to live with his parents. The root of the problem lay in his childhood. When the patient was four years old, he underwent a serious surgery. He vividly remembered the moment when he was taken away on a cart, and his parents turned around and left. For a child, it was akin to death. The thought "I want my parents" was deeply ingrained in his subconscious. But we

did regression, found this problem, solved it, and everything passed.

The “Mirror Work” technique proves effective in such cases. A person sees themselves as they really are. Why is this necessary? So that the patient can connect with the feeling that they have once experienced and attach to themselves. Working with this feeling, one will see profound change in a person.

### **Description of Techniques from the Seminar**

A seminar participant who said that she could not fully complete any serious task was called up. She feared that the same thing would happen with my training. We started a dialogue:

—“What do you feel when you remember this?”

—“A feeling of inadequacy and dissatisfaction.”

—“And what arises in your mind? What do you see when you feel inadequacy?”

—“The image of an unhappy person.”

—“Describe it.”

—“The person feels fear of the end.”

—“And what words do you tell yourself?”

—“If I do this, I will rise above the person who is next to me. He doesn’t want that and blocks me.”

—“What do you feel when you are blocked?”

—“He is pressing on me.”

—“And what feeling does this evoke in you?”

—“Resentment.”

Here’s what happens during the dialogue. The woman is looking down, gesturing, and telling herself something. She has a feeling that her husband is pressing on her. But there is also

another pressure: from the supervisor who did not allow her to finish the dissertation. The desire? To defend the dissertation.

—“What does your feeling look like?”

—“Like a black pyramid in the chest with the tip upward.”

—“Imagine that the pyramid is on your palm. How does it feel in your hand?”

—“It turned into a soft fluffy ball.”

—“How can you name this part? Say the first thing that comes to mind.”

*Snap of the fingers.*

—“Sprout.”

—“How old is this sprout?”

*Snap of the fingers.*

—“Twenty.”

—“Ask what this part is doing for you.”

*Snap of the fingers.*

—“It destroys me.”

—“Great. Ask this part why it’s destroying you. What does it want to get? What is this feeling?”

*Snap of the fingers.*

—“Self-satisfaction.”

—“What is more important than the self-satisfaction of this part?”

*Snap of the fingers.*

—“I.”

—“What is more important than you?”

*Snap of the fingers.*

—Myself.

—“What is more important than you yourself?”

*Snap of the fingers.*

—Nothing.

—“What does “myself” mean?”

*Snap of the fingers.*

—Self-expression, self-improvement. To complete my 'self.'

—Does this part understand that it lives in you? What if something happens to you? Will this adversely affect it?

—No, it doesn't understand.

—Very well, we will explain to it now. Let this part show you the moment in life when this feeling first arose. How old were you then?

—Five.

—Excellent. Imagine a little five-year-old girl. What happened to her when this feeling arose? And now visualize what the part looks like at this moment. Where did it go?

—To Mom.

—What does the part look like?

—A gray ball.

—This part left Mom and came to you. What did Mom lose then?

—Time. Love.

—Are you ready to return this part to the owner?

—Yes.

—Do you understand that this part did not belong to you?

—Yes.

—Imagine your mother's image in that situation. You're a little girl. Return the part to Mom and thank her for giving a part of herself to you. Imagine that Mom got better. She finally found the part that she lacked. You feel wonderful because you got rid of what did not belong to you. A wonderful future awaits you. Now imagine that you have a huge empty bucket in your hands. Take three deep breaths. With each exhale, the bucket will fill up with precious stones that you really like. Inhale-exhale. Look at how everything is shimmering. Once more: inhale-exhale. One more time: inhale-exhale. Fill the bucket to the brim. Pour out its contents and visualize your bright future. All these colors are wonderful moments of your

future. You have figured out yourself and now know that you are a free person. Accept this feeling and remember the place where it entered. Fill this place with light.

I raise the woman's hand to shoulder level.

—When you are ready and when a wonderful feeling fills you, only then will your hand drop. When your hand drops, you will feel completely changed. How do you feel?

—Now I really want to finish everything at this stage of life.

The image of a bucket with shimmering stones that scatter and turn into a road creates the belief that this new, good feeling will now accompany a person in the future.

What were we doing right now? We were working with parts. There are several types of obsession. There is spirit possession and spirit fragmentation. Something transitions from one person to another. For example, an idea transitions from one person to another. The child accepted the idea or feeling of another person. But since the child was not born to experience these feelings, they feel discomfort because of them.

Another important aspect of such work is empathy. If during a session a person is overcome by this feeling, it means that they have similar problems. But neither the patient nor the therapist needs this empathy. And the most important tool in the office is a box of tissues.

Let's consider another example. A woman comes in complaining of an allergic reaction.

—What are you allergic to?

—To leaves in spring. Especially irritated by lilacs.

—Remember this state. What do you see?

—Everything is blooming, it's warm.

—What does your body feel?

—I sneeze, my eyes and nose are running.

—Imagine that there is a chair in front of you, and a bunch of lilacs on it. You feel this smell. Imagine that I have a branch

with budding leaves in my hand. I'm waving it in front of your face. What do you feel?

—Fear.

—Where does it come from?

—From here. (*Points to the throat*).

—Lilac didn't work for us. We'll treat for leaves. Imagine that you are in the middle of a flower bed now. You are in an enclosed space, under a glass dome. Imagine flowers around you that you have never been allergic to—for example, roses. Recall your feelings when you were given a bouquet of roses.

Actually, working with allergies is a replanning of the subconscious. There is an element, no reaction. There is an element, you feel good. The hypnotherapist chooses something similar to what causes the allergy (leaves, flowers, roses, cats, dogs), and this is often enough to alleviate the allergy problem.

There is a technique for working with allergies using regression. For example, something happened to a person when the gardens were blooming, and now they have an allergy to flowering plants. We work with phobias in the same way because an allergy is a phobia.

Now, let's talk about forgiveness. How does one work with offenders and with those who experience, for example, the death of a loved one and they did not have time to say goodbye? What should you do if you find out during regression therapy that something happened to this person. For example, maybe they were bitten by a dog as a child and were resentful toward their father for not protecting them. Often, children blame their loved ones in such situations.

And what to do if a patient has experienced rape or other types of abuse? They need to be put into a trance where the following text is recited: "Imagine that you are now in a room, a regular room. There is nothing there except two chairs. You sit on one of them. I'll start counting, and at the count of



‘three’ the person who hurt you the most will appear on the chair opposite.”

The first figure to appears is always the rapist or the person who caused serious harm to the patient. Emotions are very important in this kind of forgiveness. The person has been carrying pain and resentment all their life. Their first task is to say everything they think about the situation—everything they could not or were afraid to say. Let them gather their courage and say it. Next to the client, I have a table with a pillow on top of it next. The pillow is there so the client can pound it with their fist. The person beats on the pillow and then speaks their mind. I’m cheering them on! When there, you need to get to the point where they has nothing more to say. This means that the emotions have come out.

Next, I say the following: “When I touch your shoulder, you will stand in the place of the offender. You heard what they told you. Answer him. Express your opinion. Express everything you are thinking.”

Then, I again suggest to them that they switch roles: “When I touch your hand, you will switch places again. What will you say to him now?”

I repeat these procedures until the person has nothing more to say. Mostly everything comes down to the fact that the offender didn’t even understand that the person they hurt felt so bad. If the conflict does not subside, I help the client to forgive the offender.

The process is concluded by a question: “Are you ready to forgive your offender?” In difficult cases, you need to say in advance: “Now I’m going to tell you a secret. You’re not forgiving for their sake, but for your own. You have carried this pain and all these feelings inside you for many years. To let them go, you need to take a very important step, and make a

responsible decision. Forgive this person for your own sake. Are you ready to forgive them?”

Having heard an affirmative answer, I continue: “Now tell your offender ‘I forgive and let you go, I forgive and let you go.’” Then send this person a beam of light, and love from your heart. You don’t need to love them, just send them a beam of light. And only then, when you truly forgive the offender, will they disappear from this chair. Now the next person who hurt you will appear on this chair. Who is it? Now you will tell them what they did and how they affected your life and made you suffer.”

Again, there are fist clenches; again there are blows to the pillow. The idea is for all this to come out before following the script. If the parents do not appear among the offenders, I still recommend working out a variant with their mother and father. The first three acts of forgiveness are the most important. Beyond the first three—if people continue to appear on the chair—then these are not such serious cases. So I suggest to the client: “If someone appeared on the chair, tell them right away that you forgive and let them go, and also send them a beam of light and love. If there are many such people, imagine a bench where they all sit down.”

Sending a beam of light is a very important tool that changes the setting in a person’s subconscious from “I am a victim, I have been abused” to “I am the master, I give, I can forgive.” Forgiveness gives strength to a person. They become the master of the situation. By forgiving, they make a choice.

—“Now a person who offended you the most will appear on this chair. Who is it?”

—“It’s me.”

—“Tell yourself, sitting opposite them, how they made you suffer and put you in agony.”

This should happen with the same aggressiveness and energy.

—“Now switch places. Give an answer. Are you ready to forgive yourself?”

—“Yes.”

—“Now imagine that both of you start moving toward each other. Say: ‘I forgive and accept you in my life.’ Now you have hugged each other.”

The person hugs themselves. You need to help the patient put their hands on their shoulders.

—Now merge into one whole. Now you will be one whole. Now you know what to do and how to do it.

The person has sorted out their parts and solved their problems.

Sometimes forgiveness doesn’t work and the person wants to kill their offender. In this case, you need to give them the opportunity to do this in their consciousness. In the same way, you can work with people who have lost their loved ones. Use the same room, but instead of a second chair, use a pedestal.

“When you are ready, allow a pillar of light to descend in front of you. The one you are waiting for will come out of it.”

Here I let the client cry and then continue on:

“Now, out loud or in your mind, ask your loved one to tell you everything they want. Then, tell them what you wanted to say. Ask your loved one how they want you to live and with what kind of feelings: bad or good?”

Why do people suffer? They suffer because they didn’t have the opportunity to talk about their feelings, to demonstrate their love. Often it’s simply not acceptable to show this in public. But now, after the conversation, they have to forgive each other for not having the time to say it. And after forgiveness, they send love to each other and create a communication channel they can use whenever they want.

## **In Conclusion**

No matter what problems weigh heavily on you, you have the power to deal with them and become free from this unpleasant burden. Do you want to be a slave to your past, and to psychological blocks and emotional traumas? Or would you rather be the person you have always dreamed of becoming? The choice is obvious. It has always been obvious, but it is only now that can you easily make it. Now you are the healer of your own mind. At your disposal is the limitless power of hypnotic techniques that will help you and your loved ones confidently navigate the waves of life's ocean.

CHAPTER 3.

**NLP: IN THE  
BEGINNING  
WAS THE WORD**

**T**hanks to various teachers of this “successful success,” neuro-linguistic programming (NLP) has practically become a dirty word. People far removed from psychology, therapy, (and in the worst cases, from common sense), imposed NLP on their audience as a miracle tool for managing others: there is no scientific basis, no deep understanding of processes, just loud promises and colorful stories about verbal magic. Is it any wonder that many have come to regard NLP as a favorite tool of charlatans?

No, I will not defend the honor of this technique here. There’s no need. Its effectiveness is proven by years of practice of true professionals in their field, who have built their work on a solid foundation of psychology and hypnotherapy. Without false modesty, I consider myself one of them, because I know how and why one technique or another works.

And now you will learn too—because the knowledge base you have been given in the previous chapters allows you to delve into the essence of this technique and achieve stunning results.

## **Using NLP Techniques in Hypnosis**

Neuro-linguistic programming (NLP) is a relatively new scientific discipline that emerged only in the mid-1970s, and is reliably evidence based. NLP originates in several areas of knowledge, united by its two creators: John Grinder and Richard Bandler. The latter very aptly characterized his brainchild in the following way: “NLP is a position and methodology that generate a whole range of methods.”

Let’s go back to those distant times when Dr. Grinder was a Professor of Linguistics at the University of California at Santa Cruz, and Bandler was a student at this same university studying mathematics and computer science. By that time,

Dr. Grinder had already published several books in the field of linguistics, known at the time as “transformational grammar.”

Richard Bandler had an extraordinary ability to identify and accurately describe patterns of various processes. He most vividly demonstrated this talent in describing human communication. Richard was keen to study, analyze, and model communicative processes in psychotherapy. Then, he began to actively study the techniques of Gestalt Therapy, managing to also identify, describe, and independently test the models of this psychotherapeutic approach.

The results of this work impressed his colleagues, and success in solving complex tasks directed Richard’s talent toward studying, and then modeling the techniques of other outstanding specialists. With the support of Grinder, Bandler was able to model the techniques of Virginia Satir—at that time the most famous family psychotherapist in the world. Richard quickly identified the seven patterns used by Virginia. When Virginia and Richard, along with John, began to apply these patterns, they found that they could model her psychotherapy methods and get the same results.

Sensible computer programmer Bandler knew: to program the simplest “mind” (a computer with “on” and “off” states), you need to break down behavior into components and provide the system with clear and unambiguous cues. To this simple metaphor, Grinder added his extensive knowledge of transformational grammar. From this field, they borrowed the concepts of deep and surface structures that transform meanings/knowledge in the human brain. Thus, this duo began to build their model of programming people.

Later, the world-famous anthropologist Gregory Bateson introduced Bandler and Grinder to MD Milton Erickson. He, in turn, developed a model of communication known as Ericksonian hypnosis. In 1958, the American Medical Association

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recognized that hypnosis as a useful therapeutic tool during surgical operations. Having modeled Erickson's work, Bandler and Grinder found that they could achieve the same effect. Therefore, many of today's NLP techniques are based on the techniques Erickson used.

Based on this experience—as well as the study of unifying factors and principles—Bandler and Grinder developed their first communication model, reflecting a theoretical understanding of how we are “programmed” through languages (sensory and linguistic) to regular and systematic actions, reactions, psychosomatic effects, etc. This model also defined ways of using the components of subjective experience for psychological (mental-emotional) changes in human behavior.

Since then, NLP has come a long way in its development. The model has expanded by including data from other disciplines: cybernetics (communication in complex systems, both mechanical and living); philosophy; cognitive psychology; unconscious research; and neurology. Today, NLP institutes exist worldwide, and many authors apply this technique in areas related to: medicine and health, psychotherapy and psychology, business, education, sports, law, Christian religion, etc.

### Basic Presuppositions of NLP

1. No one possesses the absolute truth.
2. All clients are different, and each has their own views on what's good and what's bad. Each person lives in their own model of the world, and this model inevitably differs from the world itself: “The map is not the territory.”
3. In any situation, each person makes the best choice from all the options they can imagine at that moment. That is, the client is always right in their own way and is not obliged to be agreeable or pleasant about it.



4. Every person has an internal resource, an inner potential to solve their own problems. If they recognize the problem, it means they already know (but may not yet realize) a way to solve it.

5. There's a difference between a person and their behavior. Successful communication with the client depends on the therapist's ability to understand the client's ways of thinking and behavior, i.e., their world.

6. Behind every behavior, there's some positive (positively directed) intention.

7. The meaning of communication lies in the response elicited and not in what was intended.

8. In human interaction, the person who exhibits the most flexibility and diversity in behavior has the most influence on the outcome. If you keep doing what you've always done, the results will always be the same.

9. Memory and imagination use the same neural pathways.

10. Knowledge, thinking, memory, and imagination arise from sequences and combinations of representation systems.

11. The mind and body are parts of the same cybernetic system. Therefore, there's a parallelism and interrelation between our internal neural processes and our externally observable behavior.

12. Trial and error is part of the learning process. If you haven't achieved the desired results, it doesn't mean you've failed. There are no failures or no work is unsuccessful. There's only feedback about your interaction, and all you need to do is analyze it for future use.

13. You can get stuck if you go without knowing where you are going. And this can happen no matter where you go.

14. There are no dead-end situations. Every problem has a solution.

15. If you haven't achieved the desired result after taking certain actions, do something differently. If there's still no result, then do the exact opposite.

## Predicates and Process Words

In communication, we cannot not communicate. You cannot not express anything about yourself. Thus, every time we open our mouths, we perform a verbal representation of our world model. This also applies to the representational system. People who primarily classify and encode their thoughts auditorily will mainly form auditory predicates. Visuals will do this in the visual system, and kinesthetics in the kinesthetic one. It only make sense. If we think in terms of images, sounds, or sensations, this is reflected in our external language maps: words.

The world model is a map of reality, a set of principles for a person's activity, a unique representation based on the generalization of one's own experience. Accordingly, if we listen to the specific predicates or process words that a person uses (these are mostly verbs, adjectives, and adverbs), we can learn about their primary representational system. Thus, these predicates act as language cues (linguistic markers) for a person's internal processing of information (representational systems). Cues are the pieces of information that help understand a person's subjective structures. These include eye: access cues, predicates, tone and tonality of voice, breathing, poses, gestures, etc.

What value does knowing about the use of predicates in a communication partner's speech provide? The use of predicates is the main indicator of how a person forms their worldview and constructs their internal reality. In this way, predicates provide us with the cue to a person's subjective reality—a "green street" to their thinking, feelings, and reactions.

Predicates also greatly help us in establishing rapport with people. Since rapport implies achieving harmony, agreement, and affinity, the knowledge and use of predicates allow us to quickly learn to “speak in another person’s language.” This is an opportunity to quickly hear and use the same language patterns that the interlocutor uses.

We don’t know of a simpler way to establish solid rapport with another person than by matching predicates. You verbally mirror the other person’s way of thinking when you reflect the predicates of their primary representational system.

Mirroring is the process of reflecting another person’s physical behavior or providing feedback about their behavior. Matching predicates is a refined, graceful, and elegant process of pacing. Having practiced consciously for a while, you will soon notice that you have unconsciously started to match predicates. When you do this mirroring in matching and pacing repeatedly, this becomes an unconscious pattern of your reactions and languaging.

### Examples of Sensory-Defined Words and Expressions (Predicates)

#### ***Neutral Words***

Decide, think, remember, know, meditate, understand, intend, realize, evaluate, learn, motivate, change, relate

#### ***Visual Words***

Look, picture, focus, imagination, insight, blind, visualize, perspective, shine, reflect, clarify, examine, eye, focus, foresee, illusion, illustrate, notice, view, gaze, point of view, show, appear, announcement, see, overview, review, vision, spectacle, observe, unclear, dark

### ***Auditory Words***

Speak, accentuate, rhyme, loud, tone, resonate, sound, monotonous, deaf, ringing, request, emphasis, articulate, hear, discussion, declare, make a remark, listen, chime, fall silent, uncommunicative, vocal, sound, voice, silence, dissonance, consonant, harmonious, piercing, quiet, mute

### ***Kinesthetic Words***

Grab, hand over, contact, push, rub, rigid, warm, cold, rough, undertake, squeeze, tighten, strain, tangible, perceptible, tension, solid, soft, gentle, clamp, hold, climb, bear, heavy, smooth

### ***Olfactory Words***

Fragrant, aromatic, smoky, stale, fresh, fragrant, stinky

### ***Gustatory Words***

Sour, salty, sweet, tasty, juicy, savor, bitter

### ***Visual Phrases***

I see what you mean.

I'm looking closely at this.

We see eye to eye. I have a vague idea.

He has a blind spot.

Show me what you mean.

You'll look at this and laugh.

This will shed some light on the matter.

He looks at life through rose-colored glasses.

This has become clear to me.  
Without a shadow of a doubt.  
Look skeptically.  
The future looks bright.

### ***Auditory Phrases***

On the same wavelength.  
Living in harmony.  
Speak in gibberish.  
Let it go in one ear and out the other.  
Ring a bell. Set the tone.  
Word for word.  
Unheard of.  
Grant an audience.  
Hold one's tongue.  
The manner of speaking loudly and clearly.

### ***Kinesthetic Phrases***

I connect with you.  
I grasp this idea.  
Hold on for a second.  
I feel it in my gut.  
A cold-hearted person.  
A cool-headed person.  
Thick-skinned.  
Itchy hands.  
Not to touch with a finger.  
Didn't lift a finger.  
Solid ground.  
To be fired up with desire.  
Reach for the stars.

Smoothly adjust.

### ***Olfactory and Gustatory Phrases***

A bitter pill.

A taste for the good life.

A saccharine person.

A sour face.

Here's an exercise for identifying predicates. One person tells a story, another listens, and a third observes. The task is to identify the representative system based on cue words. Compare new results with old ones (by eyes). If someone did it before, ask questions in the same modality. Allocate half an hour for this work. Keep in mind that for successful pacing, it is important to first hear and then use predicates of the same modality.

### Matching and Mirroring

Matching is needed to unconsciously inform the person about our similarity and establish friendly contact. The main benefit of matching and mirroring is the creation of a “we-space” or rapport. Keep in mind that this “we-space” cannot be simply technically portrayed. You have to enter it. You have to experience it. But the process of entering can be technologized.

### ***Types of Matching and Mirroring***

- By posture and gestures;
- by breathing and rhythm;
- by melody; by tone;
- by cue words;

- ☑ by eye movement patterns;
- ☑ by representative systems (in stressful situations, a person uses one leading system);
- ☑ by values and beliefs.

Matching and mirroring techniques allow you not to portray something qualitatively—as many mistakenly think—but to actually live and experience the desired state. Please note that these are techniques, which means they need to be performed rather than just understood—ideally, automatically, unconsciously. This happens by engaging in comprehensive training and reinforcing this in practice. It's like a driver's skill in shifting gears. An experienced driver does not think about the procedure but simply performs it. Similarly, on autopilot, we must mirror and establish rapport.

Matching and mirroring work at different levels. The simplest and most understandable way is through the body. Among body mirroring, the first thing to remember is posture matching. In general, there are two types: matching and mirroring.

Matching involves carefully looking at and assessing the posture of your interlocutor and then adopting a pose that is as close as possible to theirs. Do this subtly, otherwise your interlocutor will think you are mocking them. Have you ever seen five people sitting in a row on a bench, with one leg resting on the other—all, for example, with their left leg on their right? And then you notice how they almost simultaneously change legs, seemingly without thinking about it? That's what I'm talking about. Or, for example, your interlocutor leans on the table and supports their cheek with a fist, and soon you find yourself in almost the same pose. Has it ever happened to you?

Mirroring implies that your posture will be symmetrical to the interlocutor's posture, as if reflecting it like in a mirror. Otherwise, everything is the same. For example, two friends

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are sitting on a couch, turned toward each other. They put one arm, bent at the elbow, on the back of the couch; they place the other on the thigh. And you find them passionately talking in these mirrored poses. They even fix their hair almost simultaneously. Do you recall such situations?

I should note immediately that the described variants are crude matching and mirroring. This is how beginners work. But even here, there are nuances. Any matching or mirroring should be performed with less intensity than the actions of the interlocutor. He laughed, you smiled; he crossed his legs, you crossed your ankles; he crossed his arms on his chest, you put one palm on the other; and so on. The goal is not to portray the interlocutor's body as accurately as possible but to feel their internal physical state. Therefore, it is not important how accurately you copy the pose, but whether the same muscles are tense; whether the weight of the body is distributed in the same way; and whether you are comfortable in your pose. This is because the interlocutor is comfortable in their pose. And if, based on matching the pose, you catch a similar internal state—rapport is established. This means that empathy has arisen, and that's what you need.

## Anchoring

An anchor is any stimulus or combination of stimuli (internal or external) that trigger certain representations or behavior. Each time a part of an experience is invoked from the outside, other parts of it are independently reproduced. Therefore, any part of a certain experience can be used as an anchor (trigger mechanism) that gives access to another part of this experience.

Establishing anchors in many ways resembles the “stimulus-response” concept in behavioral models. However, there are at least five important differences between them:



1. Anchoring does not require prolonged exposure. Yes, it does contribute to this process, though the anchor is often set by the first experience.

2. There is no need for direct reinforcement of an outcome resulting from the association between the anchor and the reaction. That is, anchors (or associations) are established without direct reinforcement or reward for the association. Like prolonged exposure, reinforcement can contribute to anchor establishment but is not necessary.

3. Internal experience is considered just as significant in terms of behavior as overtly measurable reactions. In other words, internal dialogue, image, or sensation are as significant reactions as Pavlov's dog's salivary response.

4. Anchor establishment creates a link between some representations or a group of representations (experiences). The stimulus or representation only makes sense in terms of the reaction it causes in a particular individual. Anchors are usually external, meaning they arise in the external environment and cause internal states.

5. A stimulus that is associated with a certain physiological state and triggers it, is called an NLP anchor. Essentially, anchors are anything that cause emotional states not directly but through associations.

## Anchor Installation

According to the NLP concept, if the anchor is set at the peak of the emotional state, a single coincidence is enough for it to be established. Thus, we begin anchoring at the moment of going over the peak of emotion and hold a little after.

There are three types of anchors, if we refer to the so-called VAK classification. The first type is visual: symbols, images, pictures, and appearance. The second is auditory: sounds,

words, phrases, and intonations. The third is kinesthetic: sensations and feelings in the body, plus combinations of stimuli in different modalities. An anchor is especially strong if it is represented in all three modalities. Essentially, these are three anchors for one state, which are engaged simultaneously.

You see, hear, or feel a loved one next to you, and you already feel good. Kinesthetic anchors are more convenient to set on bones, as muscles are mobile and there is a chance of not hitting the same place next time.

So, anchors should:

- ☑ Coincide in time with the peak of intensity of the state.

- ☑ Be unique and discernible. If a lot of different things are associated with this stimulus, then it is no longer a unique stimulus and it will not be an anchor.

- ☑ Be easily reproducible. In pursuit of uniqueness, you can make things so complicated that you won't be able to reproduce it exactly and the anchor won't work.

- ☑ Be associated with a state that is clearly and easily experienced, not with complexities like overlays of several vague emotions at once. An anchor can be set using any of our sensory modalities:

- ☑ Facial expressions and gestures (visual);

- ☑ Tone and pace of voice (auditory);

- ☑ Touch (kinesthetic);

- ☑ Smells and tastes (olfactory/gustatory). Once again, I draw your attention to the fact that anchoring needs to be done at the peak of the state.

## Anchoring Strategy

The idea is to create a sequence of sensations where each subsequent state and its associated representation serve as

an anchor for the next. Let's immediately define a couple of effective techniques.

☑ **Stack of Anchors:** This is the setting of the same anchor (touching the same place, the same tone of voice, the same word) on a series of similar states, thus achieving the enhancement of the anchor's effectiveness. This is necessary when we want to create a positive anchor that will be stronger than the negative one, from several weaker ones on their own.

☑ **Collapse of Anchors:** It is used when it is necessary to remove an already existing anchor, usually an unpleasant one. We make a strong anchor on the opposite state and then reproduce both anchors simultaneously several times. We get a third—neutral—state and the destruction of both anchors.

### Step-by-Step Scheme

☑ **Step 1:** Identify the problem.

☑ **Step 2:** Set a strong resourceful positive (+) anchor. For anchoring, use the left knee, shoulder, or forearm.

☑ **Step 3:** Establish a negative (-) anchor. For this, use the same pattern as for the positive anchor, only evoke the negative state that you would like to get rid of. For anchoring, press on the right knee, forearm or shoulder.

☑ **Step 4:** Check if the anchors are working, i.e., whether the polar experiences we anchored are evoked by touch. Use calibration and verbal contact.

☑ **Step 5:** Neutralization. Simultaneously press on both knees, shoulders, or forearms. Usually at this point, the patient's face shows bewilderment, eyeballs run or the gaze becomes glassy, but there can be other reactions. Hold them until these reactions stop, and the person starts to look neutral.

☑ Step 6: Check the effectiveness of neutralization. Press on the negative anchor. Do negative experiences still arise? If yes, then establish another (positive) anchor and repeat the procedure until the anchors are completely neutralized.

☑ Step 7: Future pacing. Press on the positive anchor. I ask you to review all similar situations in the future and maintain a resourceful state while doing so.

### Three Universal Modeling Processes

The meta-model is a set of techniques designed to collect linguistic information. It connects a person's speech with the experience conveyed by it.

Since we do not work directly with the world in which we live, we create its models (maps) and use them to guide our behavior. We create our models through three universal processes of human modeling:

- ☑ Deletions;
- ☑ Generalizations;
- ☑ Distortions.

These processes help us survive, develop, learn, and understand the richness of the surrounding world. How? Generalization allows us to form large blocks from a multitude of similar types of information, deletion lets us omit insignificant information, and distortion enables us to fill gaps, and lack of data by substituting past or nonexistent experience to maintain a complete picture. But if we mix our subjective reality (map) with genuine reality (territory), then these same processes start to limit us and suppress our abilities, leading to errors in perception. Therefore, in a situation of failure, it makes sense to disassemble all these violations to find out where the error

that led to the problem situation crept in. This is what the meta-model is for. It allows you to clarify the structure and tidy up a specific part of the world picture.

You can quickly identify the diversity and limitations of both the assumed information and the modeling processes themselves used by the interlocutor. Listening and responding in accordance with the categories of the meta-model, you can thoroughly understand any communication. The world picture is not the world itself, but the person relies on it, interacting with it. Everyone in the process of growth and development forms their own map with their own ciphers, codes, and other complications. The meta-model helps in understanding other people's complications: other people's vision of the world.

### ***Groups of Meta-Model Violations***

This is a lack of information (unfounded deletions), limitations of the interlocutor's model (unjustified generalizations) and semantic violations (unproductive distortions). As they say, it's not strange that people use words but that they also understand each other.

In NLP there is no "Why?" there is only "How?" And there is also, "Why did you do this?" and "How did you do it?" The meta-model allows us to understand how a person was able to think and perceive the world just exactly as they think and perceives it.

### Deletion

Lack of information (deletions) can be divided into four categories:

- ☑ simple deletion (comparison, judgment);
- ☑ lack of referential index;

- ☑ unspecified verbs;
- ☑ nominalizations.

### ***Simple Deletion (Comparison and Judgment)***

Deletion is a process in which we pay attention to certain aspects of experience and omit others. Here, relevant questions are used to clarify exactly who or what is being discussed. Here are some examples.

- “I don’t understand.”
- “What exactly do you not understand?”
- “I’m afraid that no one will come.”
- “Who exactly might not come?”
- “I’m a slowpoke.”
- “In what exactly are you slow?”

### ***Lack of a Referential Index***

The lack of referential index is the deletion of details necessary for understanding a person’s world model. Questions based on “Who exactly?” and “What exactly?” are needed.

- “Nobody loves me.”
- “Who exactly doesn’t love you?”
- “They are stubborn.”
- “Who exactly is stubborn?”

### ***Unspecified Verbs***

These are verbs that do not provide a clear understanding of the described experience. All verbs are non-specific: for example, “to kiss” is more specific than “to touch.” Questions are needed to clarify how exactly this was done.

- “He punished me.”

- “What exactly did he do?”
- “He helped me.”
- “How exactly?”
- “She offended me.”
- “How exactly?”

### ***Nominalizations***

Nominalizations are verbal nouns. They turn a process into a thing or event. To identify, you can use the “cart test”: if what is being discussed can be put in a cart (like a chair), then it’s an object; if not (like friendship, failure, love), it’s a nominalization. To highlight the meaning of a nominalization, it needs to be returned to its verbal form.

- “What a failure!”
- “What didn’t work out for you?”
- “We have such love!”
- “What exactly do you love?”
- “I have a bad memory.”
- “What exactly do you remember poorly?”

### Generalization

There are two types of limitations in the interlocutor’s model (generalizations): universal quantifiers and modal operators.

### ***Universal Quantifiers***

Universal quantifiers are words and expressions like “all,” “always,” “never,” “no one,” “at all,” “in life,” “any,” “each,” “any,” etc. Questions should be like “All-all?,” “No one-no one?,” “Is there even one case when this is not so?”

- “All men are scoundrels.”
- “All of them?”
- “All men are scoundrels.”
- “Is there at least one who’s not quite a scoundrel?”

### ***Modal Operators of Possibility and Necessity***

Modal operators are verbs and adverbs indicating a lack of choice: “must,” “can’t,” “need to,” “obliged,” “not allowed,” “definitely,” “it’s my duty,” etc. Accordingly, relevant questions are like “What will happen if you don’t do this?”; “What exactly is stopping you?”; “Who do you owe?”; “Does duty help you in life?”

- “I have to go to college.”
- “Who exactly do you owe?”
- “I can’t do this.”
- “What exactly is stopping you?”
- “I have to take care of others.”
- “What will happen if you don’t do this?”

### Distortion

Semantic violations (distortions) are divided into four types:

1. violation of cause-and-effect relationships;
2. mind reading;
3. lost performative;
4. presupposition.

### ***Cause and Effect***

A “cause-effect” violation (delirium of influence) is based on the belief that some actions or combination of circumstances



inevitably cause certain consequences. The question should sound like this: “How exactly does this affect that?”

- “My students irritate me.”
- “What exactly about what they do irritates you?”
- “Sunlight makes flowers grow.”
- “How exactly does it do that?”

### ***Mind Reading***

Mind reading is the speaker’s belief that they understand the thoughts and feelings of others without direct communication from them. Questions like “How do you know that?” and “Where did you get that information?” should be asked.

- “I know what you’re going to say now.”
- “How?”
- “I know you think I’m a fool.”
- “Where did that information come from?”

### ***Lost Performative***

The lost performative is a generalization (usually a judgment) in which the speaker demands complete compliance of the world with their world model. Remember that the model is not the world. Questions like “For whom is this the case?” and “Who exactly?” should be asked.

- “Oral sex is indecent.”
- “For whom exactly?”
- “Everyone steals.”
- “Who exactly?”
- “It’s shameful to get married.”
- “For whom exactly?”

### ***Presupposition (Implication) and Choice Without Choice***

A presupposition is an implicit assumption contained in a statement that limits choice. For example, “Will we go for a walk at seven or nine?” Responses to them should be questions like “How do you know that?” and “What made you think that?”

—“When you get sick, you’ll remember me.”

—“How do you know I’ll get sick?”

—“You’re as stupid as your friend.”

—“How do you know for sure he’s stupid?”

### Reframing

Reframing is a very powerful communication tool. In the general theory of communication, there is a basic axiom that a cue makes sense only within the frame or context in which it appears. An unexpected delay in a flight is a nuisance for passengers on board but a gift from fate for a passenger who is late. Perception of something as an advantage or disadvantage depends on the frame in which the message is understood. Effective reframing leads to a change in the experience of the experience.

Reframing is the algorithm of creating a frame in which all parts of the system are arranged in a line toward achieving the result. There are three main types of reframing.

### ***Content Reframing***

This is a change in content, leaving the context the same. Behavior, in and of itself, means nothing. You can give it a meaning that makes it useful. The formula “I feel X when Y

happens (X reaction is associated with a class of Y events, complex equivalence)” is suitable for reframing content.

If it’s a complaint, ask yourself: “What other implicit aspect of the same situation could create a different frame of meaning?” or “How else could I describe this situation?” Find a new meaning that can serve as a transition from a complaint about behavior to at least a partial recognition of the value of this behavior. To achieve the greatest effect, you need to know what criteria are important to the person you plan to reframe with.

### ***Context Reframing***

This is a change to a context in which a given reaction represents value. You change the context, leaving the content the same. The formula “I am too X” or “They are too Z” (complaint as a comparative message about oneself or someone else) is suitable for context reframing.

### ***Outframing***

This is a useful variant of reframing for changing the frame when there is a conflict, dispute, or difference of opinion. The communication goes by the formula “A insists that it is X. B insists that it is Y. X and Y contradict each other.” Ask yourself, “What frame would suit both of these contradictory positions?” Find a larger frame (enlarge it) in which both positions are valid.

## **Moving on to Exercises**

To learn to use reframing, you need to start practicing with specific reactions and forms of behavior. First, identify the form of reaction to determine which type of reframing is

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more appropriate: context or content. In the case of complex equivalence, create several different meanings that this behavior could have in the specific context in which it appears (content reframing). As you make comparative generalizations, create several other contexts in which this behavior would have a different value (context reframing). The easiest way to start is to compile a list of problematic behavioral reactions that you encounter, and methodically create a meaning, or contexts, for each that would lead to positive changes.

After practicing on paper by creating meanings and/or contexts for the behavioral reactions you are interested in, team up with someone and practice reframing directly. One person plays the behavioral reaction, and the other suggests possible reframing options.

### Searching for a New Context

During this exercise, you need to work in groups of four people. You need to pick funny sentence starters (see examples below) that could end with direct speech. You have five to seven minutes for this.

Now, everyone should formulate what is currently bothering them: “Alone, all alone”; “I am not needed by anyone”; “I have big ears”; etc. Now, plug in your complaints as the endings of several invented phrases. After all, if a complaint can be voiced, it can also be reframed. In addition, try to sing or dance your problem. Write a poem about it. Go out on the street and shout it out. Here are some examples of amusing and absurd phrases into which you can plug your complaints.

“As she fell into the lake, the old woman managed to say...”

“The best way to ruin your life is to claim that...”

“The dog looked at the food with hungry eyes and thought...”

“The veterans’ choir sings...”

“It was written on the bank’s door...”

“Little Red Riding Hood jumped out of the wolf’s belly and said...”

“At the demonstration, the worker carried a poster...”

“Burn the note that says...”

“The madman told his wardmate...”

“The elephant said, looking at the mouse...”

“And now a ballet dancer will perform a dance...”

“Pinocchio opened his eyes and said his first words...”

“Today in the theatre, the opera *La Traviata* is being replaced by the performance...”

“Taking the microphone, Paul McCartney started singing...”

“Climbing out of the burned car, the senator noted...”

“No one will hear if I say...”

“Hamlet pulled out his sword and said to Laertes...”

“Grabbing the live wire, the electrician exclaimed...”

“The statue of the Pharaoh was brought to life, and it said...”

“Looking down the barrel of a machine gun, the hostage thought...”

“It was written on the wall in the ladies’ restroom...”

“Each time Chuck Norris broke his skis, he would say...”

“Walking in front of the line of prisoners, the camp commander thought...”

“When the washing machine is filled with powder, it thinks...”

“Dodging the slipper, the cockroach thought...”

“One sex worker complained to another...”

You have twenty minutes for this. For effective reframing, you will have two types of reactions:

☑ Internal: Relaxation, easy breathing, a more attractive picture of the content.

☑ External: Rosiness of the skin, as well as changes in breathing and muscle tension.

### Dissociation of the Conscious and the Unconscious

The aim of this exercise is to learn how to construct complex sentences that have a certain influence on the interlocutor. Remember that you are just practicing sentence construction. Here you will need to use the table below.

Choose one sentence from the left side of the table and attach to it any sentence from the right side of the table. After some time, start coming up with your own sentences. The scheme of your actions is as follows.

1. Using the table, Partner 1 makes a statement on the dissociation of conscious and unconscious.

2. Partner 2 also uses the table and makes a statement on the dissociation of conscious and unconscious.

3. Continue to alternate between Partner 1 and Partner 2. Five minutes is allotted for the exercise. Consider the possibility of using synonyms for “conscious” and “unconscious,” “foreground of consciousness” and “background of consciousness,” “center of attention,” and “periphery of attention.”

## And While As But

Your Consciousness		Your Subconscious
1. Listens to what I'm saying.	And  While  As  But	1. May start the necessary changes to your state.
2. May want to know what will happen next.		2. Can start to recall the events that are most important to you
3. May be focused on one thought or another		3. May start its journey into the world of experiences different from the usual ones
4. May doubt the meaning of what is happening right now		4. Has learned a lot, and you can use this later
5. May realize the feelings you are experiencing right now		5. May have its own ideas about what you want
6. Is concerned with doing everything correctly		6. Can create images that will seem amazing to you
7. May realize what is happening here and now		7. Unveils hidden wisdom
8. Is occupied with a certain thought		8. Goes into an even deeper trance
9. Strives to understand the meaning of what I'm saying now		9. Begins to understand something very important to you
10. Reflects on and critically evaluates what is happening		10. Opens up to deeper knowledge and wisdom

## Use of the Particle “Not”

This section is about hidden forms of verbal manipulation. It is also a pattern of suggestive influence. In the human experience—to which the unconscious part refers—there is nothing that corresponds to, for example, something being “not a stone.” In our experience, there is only “stone.” That’s what a person will remember. Therefore, instructions with the particle “not” are perceived differently by consciousness and the unconscious. “Don’t shout” in a trance state is perceived as an instruction to shout.

## Well-Formed Outcome (WFO)

It is not by chance that Well-Formed Outcome (WFO) is often one of the first techniques to be studied. Before starting to change, one must make sure that a person is ready to accept it and wants exactly this. The WFO is used to define the final goal of action and to check for ecology (safety) of change.

If you do not know where you are going, how will you know when you have arrived? Moreover, if you don’t know where you’re going, you’ll hit a dead end no matter where you go. People often don’t know what they want. Sometimes, they don’t know if they really want what they want.

WFO helps us to understand our perspective and enhances motivation. Sometimes one WFO is enough—that is, if a person knows what they want, and they can often cope on their own afterward.



## The WFO Procedure for Correction Looks Like This

1. Establish rapport with the interlocutor using verbal and non-verbal connection.

2. Collect information in explicit sensory form about the person's current experiences and desired outcomes.

3. In gathering information about the current and desired states, your main tool is sensory observability. Using the meta-model, you can get a more complete verbal representation of the interlocutor's experience.

4. Your goal is to help the person expand their choice, not to take away reactions or ways of behavior—and not just to replace one behavior with another.

5. Having established rapport and identified information about the current and desired state, help the interlocutor move from the current state to the desired one using the change methods developed in NLP.

### ***Current State***

☑ What are you experiencing right now? How do you create this state in yourself? This refers to the problematic state. Calibrate the client. The most interesting of these are repetitive behaviors that the interlocutor is forced to repeat, especially when they are not aware of them.

☑ In what situations do you experience this? Are there cases where you do not experience this?

☑ What positive advantages are there in the current state? What prevented you from changing earlier? This is a secondary benefit.

☑ What ways to resolve this problem have you already tried? What results did you get?

☑ A careful study of these attempts to solve the problem not only shows what kind of changes should be avoided, but also reveals what exactly supports the situation that you want to change. This gives an understanding of what changes should be made.

### ***Desired State***

☑ What exactly do you want to achieve? An important part of the therapeutic process is formulating the desired outcome in a positive sense, because it is practically and logically impossible to communicate the denial of experience to someone.

☑ Is this desired result realistic? A utopian goal can become pathological. In pursuit of the unattainable, we make the feasible impossible. Be wise in striving for progress and don't chase the illusion of perfection. Consider the premises embedded in what the interlocutor wants and how they ask for it. They reveal information about a person's model that they themselves may not be aware of.

☑ Have you ever had such a state? How did you know about it? What was it like? This is explicit sensory information. Calibrate the client.

☑ How will you feel when you achieve the result? How will you know you're moving toward it? Show me the state you'll be in when you achieve the desired result. What will be concrete evidence for you that you have achieved it? This is explicit sensory information. Calibrate the client. First of all, the interlocutor should know what they are striving for and also be able to demonstrate it. Such a clear representation (not verbal, but experienced from their own experience) along with the person's sensory observability, make it possible for them to perceive and evaluate progress toward the desired result—as well as to recognize when it has been achieved. Calibrating this

demonstration of the desired state allows for an accurate way to assess the interlocutor's progress and the ability to verify whether the desired state has been achieved.

☑ Where do you want to achieve this goal, and where do you not want to? Who do you want to achieve the goal with and who do you not want to? This is primarily about context.

☑ How will achieving this goal help you? Will you achieve only what you wanted to achieve? What is preventing you from achieving this result now? What advantages or benefits from previous behavior could be lost? What problems could arise when you achieve the desired result? How will achieving this goal affect other aspects of your life, such as family, work, and the people around you? Do you have any parts that object to this goal? This is already an aspect of ecology. Carefully study all potential problems that may arise as a result of working with the interlocutor. Carefully note any signs of internal disagreement (incongruence). This is a significant part of communication: one that is very important for you but often not consciously perceived by the interlocutor. For the ecology of the desired result, it should bring only what the person wants, and it should preserve the advantages of the old behavior.

### ***Plan to Achieve Change***

What abilities, mental states, and knowledge do you need to find in yourself and how do you use them to achieve the desired result? This is sensory information. Calibrate the client.

What specific actions will you take to achieve the desired result? What will you do today to start this process? What will you do next to successfully complete this process? Sensory information. Calibrate the client. For the desired result to be achievable, control over it must be concentrated in the hands of the interlocutor. Flexibility of internal reactions and external

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behavior are also needed. This matters so the progress toward the desired result and its achievement can happen in different contexts and situations.

### Future Pacing of New Behavior

☑ Set an anchor for the necessary resources for the interlocutor, making sure that they are represented by the VAK representative systems.

☑ Let them identify the stimuli (V, A, and K, internal and/or external) that naturally occur in the desired context.

☑ Let the interlocutor enter the situation in which they want to achieve the desired result, and clearly see, hear and feel these stimuli.

☑ While they are doing this, use the anchor to link the resources to the stimuli they perceive. While applying the anchor, let them experience that they have these resources in the desired context, and then practice (rehearse) the desired behavior.

☑ Check your work by suggesting that the interlocutor imagine, without an anchor, how they transition to a future situation. When the stimuli of the situation trigger the desired results, it will mean that you have completed the task.

### Well-Formed Outcome in Steps

☑ What do you want? What will achieving this final result give you? Is this final result positively formulated (what you want, not what you don't want)? Can it be your initiative? Can you control it? Is this a big life-changing result or a step in that direction? Break it down into smaller parts if necessary.

☑ How will you know that you have achieved what you wanted? In the process of justification, use a description

exclusively in terms of sensory systems (see, hear, feel, smell, taste), not interpretation.

☑ Where, when, and with whom do you want this (context)?

☑ What is preventing you from achieving this final result right now (existing limitations)?

☑ What positive and negative consequences may achieving this final result have for you and the people around you (ecological check)?

☑ What resources do you need to achieve this result? Information, internal state, training, money, help from other people, etc.? Is the first step to achieving your final result feasible?

☑ Do you have only one way to achieve this goal, or are there other ways? If so, what are they?

☑ When would you like to achieve this (timeframe)?

☑ Imagine that you have achieved your goal. Look back and determine what steps were required to achieve the result you got (the “As if...” frame).

### Exercise on Well-Formed Outcome

You need to break down step by step why a person is studying NLP and what they want. Usually, I suggest doing this exercise in triads with two role changes.

A well-formulated outcome involves the following elements:

- ☑ positive formulation;
- ☑ active position (I do it myself);
- ☑ precision (clearly, step by step, in detail);
- ☑ confirmation (how will you know that you have achieved the result, and what will you see, hear, and feel?);
- ☑ resources (what will help you?);

- ☑ dimensions (you can break down a huge goal into smaller intermediate ones to make them seem easier to achieve);
- ☑ ecological framework (consequences of achieving the result).

## Quick Phobia Cure

Eliminating phobias is a journey that I guide my patients through in just nine steps. You can do it too. Just familiarize yourself with the sequence and arm yourself with it.

☑ Step 1: I suggest defining the situation in which the phobia exists and ask the client to imagine it.

☑ Step 2: I calibrate the client's phobic state. I do everything quickly and get him out of this state as soon as possible.

☑ Step 3: I instruct the client that they are sitting in a comfortable cinema chair. On the screen is a still black-and-white frame in which they see themselves (dissociated) in the situation immediately preceding the onset of the phobic reaction.

☑ Step 4: I suggest the client imagine that they fly out of their body into the projection booth, from where they can see themselves sitting in the hall watching themselves on the screen.

☑ Step 5: When I see that the client has taken these three places of dissociation, I give them all the instructions before they start the next exercise.

☑ Step 5a: I ask the client to start the black-and-white image and watch their behavior in the hall during the movie. I tell them not to look at the screen.

☑ Step 5b: I tell the client that, having watched this movie, they should stop it, turn the last frame into a color slide, and jump into it. That is, they should associate themselves with the image on the screen. Depending on the strength of the phobic reaction, you can repeat this step several times.

☑ Step 5c: After the client fully associates themselves with the image on the color slide, I ask them to rewind the whole film backward in a version that is now colored. I suggest they notice that all the people are moving backward, and all the actions are happening in reverse. I also advise them to try to accompany this film with some repeating melody.

☑ Step 6: After the client successfully completes the sequence of actions described above, I ask them to think about the subject of their phobic reaction, to see what they saw at that moment. I calibrate and compare with observations at the stage of Step 2.

### Quick Allergy Treatment

Here, again, I solve the problem in nine steps.

1. I identify the allergen. I ask what it means for the client to be in the presence of an allergen. I calibrate their physiological reactions, eye accessing cues, breathing, etc.

2. I explain how the immune system makes mistakes in marking something truly harmless as dangerous. This retraining usually takes effect quite quickly.

3. I check for ecology / secondary gain. What would a person's life be like without allergies? Are there many positive or negative consequences? At this stage, I apply any NLP technique that can help address issues of ecology before proceeding further.

4. I find a counter-example—as similar as possible to the allergen—to which the immune system reacts normally. I anchor this reaction and then hold it throughout the entire process. If possible, I allow the individual to suggest their own example of something similar.

5. I suggest the client construct a transparent screen across the room. While maintaining the anchor, I suggest they envision themselves there, on the other side of the screen. They

should see themselves as they want to be, with an immune system that reacts normally.

6. Gradually, I “introduce the allergen” into the space of the “double,” calibrating the client’s reaction. I don’t rush; I allow the client to get accustomed to the new state.

7. I associate the client, returning them to their own body, so they can imagine themselves in the presence of the allergen. I continue to hold the anchor.

8. I facilitate future pacing. I suggest they envision how they behave in the future in the presence of the allergen.

9. I conduct a test. If it’s possible to test immediately, this should definitely be done.

## Swish Technique

Swish strategies perfectly illustrate the process of programming future behavior. The swish is a very potent technique that works effectively at the behavioral level.

The three main elements of the swish are:

- ☑ defining the cue that initiates the swish;
- ☑ creating a desired resourceful image of oneself—attractive and appealing;
- ☑ utilizing powerful changes in submodalities necessary for the first and second points.

## Cue Identification

The “cue” is a trigger that propels the pattern of new behavior. This is a representation, conducted internally or externally, that occurs just before the problematic behavior starts. Therefore, it is crucial to identify the cue that will act as the trigger.



## ***Addiction***

☑ External Cue: If the problematic behavior is smoking, you can be sure that there is a cue associated with the craving for a cigarette. The main thing is to ensure that such a cue is present before the start of problematic behavior and appears in any context related to this behavior.

☑ Internal Cue: Sometimes the push for problematic behavior is given by internal states, triggered by various external cues. For example, a woman experiences excitement in several different situations (being late, hearing her children scream, throwing a party at her home, etc.). These are identified by various external cues. Common to all these excitement-inducing situations is that she imagines herself being very small and overwhelmed by the situation and its possible outcome. Here, it is easiest to use the internal state as the cue rather than an external cue.

## ***Associated Cue***

If the cue representation is represented by an external cue from the real world (for example, you see a cigarette and you reach for it), you need to be associated. That is, the person sees their hand in the process of moving toward the cigarette. This helps to develop a new desired response to the cue from the real world. If the cue representation is represented by an internal state that triggers problematic behavior, it should be just as it is felt before the problem reaction occurs.

## **Desired Self-Image**

This is an image with a lot of possibilities. Unwanted behavior is not a problem here. There are several aspects that make the image a powerful change-motivating factor.

☑ When the desired self-image is dissociated, it becomes an attractive opportunity, not something that has already been done (associated image). Perhaps you will want to temporarily associate yourself with it, or try it on to see how the image feels to you. But in the swish technique, you use a dissociated image.

☑ The image should include qualities, abilities, and choice, not specific types of behavior. For example, if the problematic behavior is smoking, the desired self-image would be an image of a resourceful person who has several choices regarding cigarettes, not some specific behavior like chewing gum. For a woman experiencing excitement, her desired self-image would be her own image as a resourceful person capable of effectively responding to the demands of the situation, not some specific reaction, such as being calm and balanced when something goes wrong.

☑ It's important to ensure that the image includes the resources necessary to satisfy the positive intent of unwanted behavior. People smoke to relax and take a break, etc. There can be various positive results associated with problematic behavior. In the desired self-image, there should be you: for whom cigarettes are irrelevant, and who has many options for how to relax and what to do during a break.

☑ The image must necessarily be a balanced representation. If the initial image of oneself turns out to be too sharp, it needs to be modified. For example, if it is “always strong and indefatigable,” then a bit of lightness and empathy should be added to the image. If “constantly unwavering and agreeable” then add a bit of flexibility to it so you can have the ability to act as a serious person.

☑ Make sure the image matches real criteria. It must be real for you. If it turns out to be unreal and impossible, it will not be effective.

☑ Contextualization is important. If the new behavior is desirable in all areas of life, make this image general, and the background not very clear, so that it can fit into any picture from life. Contextualize as little as possible. The less clear the context, the more choice the change gives.

### Connecting the Cue with the Desired Self-Image

There are also conditions that allow this connection to be made most effectively.

☑ Choose the two strongest submodalities to connect the cue with the desired self-image. Use those submodalities that change the reaction the most.

☑ Ensure simultaneity: For greater effectiveness, ensure that both changes occur simultaneously and that the undesirable reaction to the cue image occurs synchronously, with an increase in the reaction to the desired self-image.

☑ It is important to make the swish in one direction: from the cue image to the desired self-image. Use clearly expressed intermediate states before each repetition, for example, clearing the visual screen (open your eyes, look around, etc.).

☑ The faster the swish technique is performed the better. Determine the conditions calmly, as you want yourself. Go through all the steps slowly to understand them. Remember that in practice, the change of images is faster.

☑ Do not neglect repetitions. To reinforce the swish technique, five to ten repetitions are enough. If it doesn't settle after ten quick repetitions, you may need to make some changes for it to work.

☑ Carry out calibration of cue access to submodalities. Use external feedback for assurance that the instructions are

being correctly executed. Calibrate external non-verbal signs of behavior accompanying changes in submodalities.

### Six-Step Reframing

☑ Step 1: Define the strategy or behavior that needs to be changed.

☑ Step 2: Establish communication with the part this behavior belongs to. Turn inward and ask yourself a question. Stay attentive to record any changes in sensations, visual images, or sounds that occur in response to your questions. The question is: “Does the part to which behavior X belongs want to communicate consciously?” Be attentive to any manifestations of VAK-system reactions. Thank the part for its cooperation. Then ask the part (let’s call it part X) to increase this signal if it wants to answer “Yes,” and decrease it if it wants to answer “No.” Then test the answer by asking the part questions for “Yes” and “No” so that you can accurately distinguish the answer. Calibrate external indicators for “Yes” and “No.”

☑ Step 3: Separate intention from behavior. Thank the part. Then ask it if it would like to let you know what it is trying to do for you using behavior X. After this question, be attentive to whether it answers: “Yes” or “No.” If the answer is “Yes,” ask the part to reveal the positive intention of behavior and move on to Step 4. If the answer is “No,” then move directly to step 4.

☑ Step 4: This involves creating alternative ways of behaving to satisfy the intention. Thank the part for the answer. Turn inward and find your creative part. Ask it to create ten, twenty, or maybe even a hundred alternative behavior options that would be just as good or even better for satisfying the intention of part X. Ask the creative part if it wants to use the unconscious level and introduce part X to these alternative

options. Ask part X to signal when it has received these alternative possibilities. Thank the creative part.

☑ Step 5: Part X chooses three alternative behavior options and takes responsibility for their generation in relevant situations. Ask it to choose from these alternatives of new behavior as or even more suitable than behavior X. Then ask part X to generate new behavior in the relevant context when the intention needs to be satisfied. The time period is four to six weeks. Thank the part.

☑ Step 6: It's time for an ecological check. Ask the part that has been responding to you to remain silent. Turn inward and ask if there are any parts that want to participate in these negotiations. Be prepared for any internal reaction. If the answer is "No," the reframing is complete.

Now the "Future Pacing" test. Ask your partner's subconscious: "Fantasize about experiencing new ways of behavior in suitable conditions. Tell me either 'Yes' if it works or 'No' if it doesn't work." Thank all parts and say goodbye to them: "I say 'Goodbye.' I part with these parts and wish them all the best."

## **In Conclusion**

What you say will affect your interlocutor. Exactly as you planned for achieving your goal. Because now neuro-linguistic programming is not a cryptic phrase or a marketing gimmick for you, but an effective tool for subtly influencing others. Stop throwing words into the wind: let each of them bring you benefits. Sharpen your techniques, combine methodologies, analyze results—and soon you will get tangible improvements.

CHAPTER 4.

**EXORCISM:  
BEYOND LIFE**

**E**xtraterrestrial entities, exorcism... I know what you're thinking right now: "Maybe you'll tell me about demon possession, too?" Admittedly, when I first read about entities in the venerable Dr. William Baldwin's books, I thought they were the ravings of a madman. Clusters of alien energy attached to the physical body, demons that need to be encapsulated to direct them toward the Light, memories of past lives: What does it all remind you of? Correct, like the plot of a bad B-movie. This doesn't happen in real life, does it? In real life, everything can be explained from scientific—or at least quasi-scientific—positions. I thought so, too. And at first, I laughed at Baldwin's description of the red eyes of dark entities. But soon I would stop laughing.

Fifteen or so years ago if someone had told me that Paul Healingod would practice exorcism or even touch on this topic in a book, I would have never believed it. In youth, it is easy to throw around the word "never." Non-material entities—from folklore and biblical characters to vibrations and clusters of energy—attach themselves to people's bodies and influence their lives. For example, they suck out energy, leaving the person unable to live fully and realize their potential. They may also provoke ailments that doctors can't identify. They can even spoil one's character: yes, that happens too! All this sounds quite absurd, doesn't it? But with age, I've learned not to trust stereotypes. Instead, I trust my ears and eyes.

This chapter describes only what I have personally encountered. Naturally, I had to delve into the works of other specialists when I was getting to know entities and learning to interact with them. But over time, I developed my own system. Every word in this chapter, and in the book as a whole, describes my own experience. All examples and dialogues with entities (yes, you'll have to get in contact with them) are real. I admit that time may have erased certain details from memory.

But I can guarantee that the essence of everything presented is conveyed with a jeweler's precision. Cast aside your skepticism, as I once had to do, and prepare to meet the unknown and the seemingly impossible.

Such is the path of enlightenment. Only those who are ready to know the world—however it turns out to be—will cope with it. It takes courage. The courage to look truth in the eye.

## **How Entities Affect Our Lives**

I know what you're thinking right now: "What other entities? Maybe you'll talk about demon possession and exorcism too?" When I first read about entities in the books of the venerable Dr. William Baldwin, I also decided that these were some notes of a madman. And at first, I laughed at the description of red eyes of dark entities. But then I was not up to laughter.

My career as a hypnotherapist began innocently: I was helping clients quit smoking. No mysticism was involved: just a couple of simple techniques that allowed them to forget about nicotine addiction forever. This service is as in demand today as it was twenty years ago, as tobacco tycoons—through advertising and mass media—produce smokers much faster than hypnotherapists can heal them. First, I got rid my neighbors of this harmful habit. Then strippers from nearby clubs started coming to see me, and after a while: Hollywood celebrities. They were interested in healing not only from nicotine but also from drug addiction.

As word of mouth spread the glory of the all-powerful Paul Healingod, I began to be approached by patients with very a diversity problems. I treated enuresis in children, reduced the frequency of epileptic seizures, helped normalize relations between spouses—suddenly I became a jack of all trades. Often people came to me who could not be helped by



traditional medicine. It wasn't that pills weren't created for their diseases, it was that doctors couldn't even diagnose their problems. Tests said that the person was absolutely healthy, and yet they suffered and withered literally before our eyes. Something that X-rays did not record seemed to be eating them from the inside.

In such cases, many of my patients began to behave strangely. No, they didn't crawl on the walls or speak with a demonic voice: we're not living in the movies. But their loved ones noticed significant changes in character and behavior, which cannot be attributed to adolescence, difficulties at work, or irritability due to poor health. They asked: "What has gotten into you?! What the hell has come over you?!" When I tried to help such clients, I was haunted by a feeling of *deja vu*. I had not encountered such conditions before, but I somehow knew about them. How did I know about them? I knew about them through Dr. Baldwin's books! That's when I decided to read his works again—this time with less skepticism.

That's when I found out that William Baldwin was not some raving lunatic, but a real scientist: a Doctor of Philosophy (PhD). I believe that, academic degrees carry a lot of weight, and if someone manages to become a PhD, they should at least be listened to (or in this case, read carefully). I did just that. And it changed my view of science in general and my idea of obsession in particular.

### **Dogmatism vs. Pragmatism: How True Science Works**

The entire history of humanity is an eternal struggle between conservatives and dreamers. Some are afraid of changes, while others crave them. In the UK, this dualism is even officially enshrined in a two-party state system. And here, in the

United States, the difference between Republicans and Democrats—if you separate the wheat from the chaff—also lies in their attitudes toward radical change. I used to be convinced that science was not affected by this. I thought that in the US they only deal with facts and always bravely face reality. This is not the case. The scientific community is full of conservatives. And in the field of science, there is no place for this kind of dogmatism—only in religion.

At the dawn of aeronautics, the Catholic Church claimed that as soon as a person takes off from the ground in a hot air balloon, God will immediately kill him with a lightning bolt. This is because the Bible says nothing about flights. Therefore, it will surely offend the higher powers. Conservative people—from the sciences, who are also dogmatists—think in a similar way. If something is not mentioned in a dusty textbook, it means it does not exist—even when observations suggest otherwise. They are ready to invent the most absurd explanations, just not to conclude that their “sacred scripture” is outdated. Try telling such a person that neural networks are getting closer to deciphering the language of animals, and the dogmatist will reply that this is fake. In his opinion, this cannot be because it can never be.

Much of what seemed impossible just yesterday has become part of normal life today: mobile communications, computer technology, wireless charging, vertical landing of rocket ships, etc. All this is possible thanks to those who understood science as not just a collection of canons that cannot be questioned, but as the current level of knowledge about the world. We sadly know very little about everything that surrounds us. And that means we also know very little about what is possible and what is not. Dreamers are ready to experiment and analyze the data obtained; if it turns out that something works contrary to the old textbook, they will happily rewrite it.

This is a pragmatic scientific approach. And it has always been this way. The textbooks that dogmatists are fervently defending today were written by the dreamers of the past. They, in turn, had to overcome the resistance of the dogmatists of the past who claimed, for example that: the Earth is flat, or only a few thousand years old, and that the Sun and Moon revolve around it. Dogmatism contradicts the scientific approach because it denies the cognition of the world. Its task is simply to conserve the current state of affairs, allowing no change.

When it comes to attached entities, dogmatists go through the stages described by Elisabeth Kübler-Ross. However, most of them stop at the third stage, which is bargaining. Let me explain. When a dogmatist encounters a case of soul possession, the first stage—denial—comes into play. They try to dismiss what they consider impossible. Then comes anger. Insults and conspiracy theories come into play: they shout that the patient is actually a hired actor. They claim that if you believe in possession, you are ignorant or have gone insane. Finally, comes bargaining. The dogmatist admits there is a problem which is unsolvable by modern medicine, but insists that it is definitely not related to an attached entity. It's anything but that. The fourth and fifth stages, depression and acceptance, usually don't occur: the dogmatist simply forgets what happened in order to preserve their worldview as coherent.

William Baldwin, as you've already guessed, is not from this camp. When he encountered situations that could not be explained in any other way than by the attachment of entities, he did not dismiss them but continued his research. He delved deeper and deeper into this topic, analyzed different patients, interacted with attached entities—and ultimately developed an effective healing system: one that he not only used himself, but also a system that my students and I continue to use.

Is his wording correct? Is the place where the entity of an unborn child goes after being detached from the mother really called the Light? I don't know. Can every dark entity really be turned to the Light by calling on a guardian angel? I don't know. Is it correct to call this creature a guardian angel at all? I don't know. But the methods he described do work. I used them (and improved them), and then I watched as people who just yesterday were suffering for mysterious reasons return to normal life.

This is science—because science is what works.

## **Exorcism and Spirituality: History and Modernity**

All civilizations in every age have agreed that a person can come under the influence of certain mysterious forces. Even isolated populations—such as the indigenous peoples of North and South America (Inuit, Crow, Mandan, Quechua, Macushi, Chimú, and many others)—came to this conclusion before these continents were “discovered” by Europeans. Therefore, the likelihood that one civilization borrowed the concept of possession from another is ruled out. People encountered this phenomenon, tried to understand it, and could not find a better explanation than that the person had fallen under the power of some immaterial destructive beings. Hypotheses about their origin and their methods of interaction vary, but the following three theses unite most cultures:

☑ Physical is not identical to spiritual: Consciousness is separated from the body and continues to exist after physical death. This is what we are used to calling the soul. It penetrates the body even before birth, in the womb of the mother (I have often had to deal with entities attached to victims of

interrupted pregnancy). After death, it can attach to another body, get a new full embodiment, or go to rest in a place that I will simply call Light.

☑ Life has different forms: These include those that a person is unable to recognize under normal conditions. We perceive the world not as it is, but through the prism of available senses and the filter of consciousness. Perhaps what we call other dimensions (or worlds) is not on the other side of some portal, but simply lies outside our perception. Therefore, it is not surprising that in a state of altered consciousness, expanding the “field of vision,” a person gains the ability to notice entities and even interact with them. By the way, the abundance of life forms does not contradict modern science because it would be foolish to assume that in an infinite Universe life originated only on one planet and only in one form: water-carbon.

☑ There is good, and there is evil: Yes, everything is relative and a person cannot claim to understand the categories of absolute good and absolute evil. Instead, we substitute them with personal benefit and harm. Based on these considerations, we divide entities into useful and harmful ones. Unfortunately, in the vast majority of cases, attached spirits function in the paradigm of parasitism, not symbiosis. That is, they cause harm. Sometimes this is due not to malicious intent but to the way different forms of life interact. A person, for example, does not consider hand washing evil, but for many microorganisms every such procedure turns into a genocide. It is often not difficult to detach an entity that harms a person without malice: it is enough to contact it. But there are dark, hostile entities. Demons, devils, shaitans, jinn, dybbuks: people have given them dozens of different names, but always described their intentions in the same way. Why would that be?

Now you are probably thinking, “Yes, I’ve heard of cases of possession, but it’s such a rarity! Neither I nor my loved ones

have been affected by it and most likely will never be.” If I’m right, you’re greatly mistaken. Some researchers of spiritual possession claim that from seventy to one hundred percent of the population of our planet, at different moments of life, were subjected or continue to be subjected to the influence of attached entities. The fact is that intervention from the other side is not always accompanied by manifestations that we usually see in movies about demons.

An entity can also manifest itself in a more mundane way. For example, I encountered a case where a fragment of a man’s consciousness—this man had died never having recovered from stomach cancer surgery—possessed a young woman. The dying patient was fed through a tube, and his last feeling in life was hunger. This feeling did not leave his soul even after death. Attaching to a young slender woman, the entity provoked a feeling of constant hunger. She tried to quench it and in just a few months, she lost her slim figure, gaining more than thirty pounds.

Exorcism is undoubtedly one of the oldest professions. Spiritual possession has been plaguing humans since ancient times. It started long before the emergence of institutionalized religions, when there was a need for someone to help get rid of evil spirits. When there were no cities or states—only tribes of primitive humans trying to survive by hunting and gathering—the functions of an exorcist were performed by a shaman or elder. Naturally, these practices had varying degrees of success—as interacting with entities is an extremely meticulous process, accessible only in a state of altered consciousness. The knowledge at that time was limited as you can imagine.

I didn’t just remember institutionalized beliefs out of coincidence. It is precisely the Abrahamic religions (Christianity, Islam, and Judaism) have taken care of formalities and turned exorcism from a mysterious and often semi-legal practice into

an official profession or, more precisely, into a religious order. Perhaps at the mention of this word “exorcist,” you imagine a kind of killer priest, ready to pull out a multi-shot crossbow with silver bolts at any moment. This is just the influence of pop culture. But did you know that the rites of exorcism are detailed in many lives of Orthodox saints and, for example, in the biography of the righteous John of Kronstadt? And did you know that the Orthodox Church officially performs exorcism rites even as I write these lines in 2023?

In 1973, the Roman Catholic Church—in an attempt to please modern skeptical youth—abolished the official position of exorcist, which had existed since 1545. Yet the ritual of exorcism is still considered canonical. Moreover, in a simplified form (so-called minor exorcism), it is undergone by everyone who is baptized, regardless of age. The Catholic Church is convinced: to convert to faith, it is necessary to first get rid of attached entities in general and the influence of demons in particular. As for the great exorcism—that is, the treatment of those possessed by the devil—such a rite is still performed. But it is not carried out by an exorcist but by a presbyter with the blessing of a bishop. The only difference from those described by Thomas Aquinas is a medical examination. The modern church does not try to cure diseases that doctors can handle perfectly well.

Muslims refer to evil spirits differently, but the essence of the exorcism rite here is the same as in Christianity (these seemingly warring religions have a lot in common overall). According to Islamic beliefs, Allah created angels from light, humans from clay, and jinn from fire. Jinn live an ordinary “human” life: they need food and drink, they marry, have children, and die. Allah sends them prophets; and after death, those righteous *jinn*s, appearing before the great judgment, go to heaven. But there are also renegade *jinn*s who have entered the

service of the fallen angel Iblis. Muslims call them “shaitans” and believe that they can possess a person, which can either lead to severe consequences or just petty mischief (for example, scaring away suitors from a beautiful young girl). Reading *ayahs* (verses of the Quran) can burn the shaitan or convince him to move to the light side. Therefore, the exorcism ritual is most often performed by an *imam* or *hafiz* (a keeper of the Quran, who knows The Book by heart).

The Jewish (or rather, Kabbalistic) exorcism rite most closely resembles modern techniques—as the one who exorcises the *dybbuk* relies not only on the power of biblical texts but also on his ability to negotiate. Jews are convinced that the *dybbuk* is an unrepentant sinner’s soul stuck in limbo. The weight of sins does not allow her to go to Gehenna, where she could be cleansed of sins and have a chance at eternal rest in heaven. The *Tzadik* (righteous one) in the presence of a *minyán* (ten Jewish men older than thirteen years and one day) makes contact with the *dybbuk*, agrees on the conditions under which it is ready to leave the body of the possessed, and, essentially, acts as his advocate before God. To call the evil spirit to talk, the exorcist reads funeral prayers backward, blows the shofar (Jewish ritual horn), and repeats: “Get out, *dybbuk*, get out!”

You’re probably thinking, what does all this have to do with modern “evidence-based” medicine? But in ICD-10 (the tenth version of the disease and health-related problems classifier, which was adopted by the World Health Organization in 1989), the ailment “trance and possession” is mentioned, which is characterized by “temporary loss of personal identity.” The Russian version of the classifier gives a more detailed description of this disease: “Some of the patient’s actions are controlled by another personality, spirit, deity, or ‘force.’” What forces are we talking about? Aren’t they the ones that devotees of spiritualism are trying to contact?

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On March 31, 1848, Kate and Margaret Fox managed to establish the cause of unexplained mystical oddities in their father's recently purchased house. At night, the family heard footsteps, and the daughters swore they felt the touch of cold hands on their faces. It turned out to be the spirit of a wandering trader who had been murdered there. At first, the girls asked him "yes" or "no" questions, which he answered with special knocks. Then, they developed a more complex system that allowed the spirit to "knock" out his story. The people who had lived in the house before, the Bells, had murdered him, and the body was buried in the basement. Starting the search, the old Fox found a fragment of bone and hair, and the local doctor confirmed that they belonged to a human, not an animal.

More than half a century later—when the Fox sisters were already dead—a wall in the basement of this house collapsed. It turned out, there had been a walled-up corpse in the basement. Skeptics who had been accusing the sisters of fraud all this time had to shut their mouths. And the popularity of spiritualism, of which they were the founders, grew even stronger. The essence of this religious-philosophical movement is that the living can communicate with the dead through "conductors"—people with special psychic abilities—called "mediums." Expressing that which keeps the souls of the deceased restless—anger, grief, thirst for justice or revenge, or simply asking for forgiveness from loved ones—they get a chance to finally go to the Light. It turns out, spiritualism is unique because it heals not the living but the dead.

But both exorcism and spiritualism lack a breadth of perception. More precisely, it is important to understand that entities are diverse and not limited to those that fit into the afflicted person's religious or philosophical beliefs. It's time to

compile a classification of immaterial forms of life that attach to the physical body and affect one's health and consciousness.

## Such Different Entities

Mendeleev claimed that science begins where measurement starts. As soon as I began to quantitatively analyze cases from my practice, I immediately came to a sensational conclusion: trouble never comes alone. I almost never encountered just one attached entity. More often there were several—and in advanced cases even dozens. Of course, the healer's efforts are primarily directed against the most destructive and dominant spirit. But to expel this spirit, sometimes you have to untangle quite a complex series of knots. For example, it may happen that the soul of a deceased person is not strong enough to go to the Light together with the attached entity. In that case, it will just inhabit another person. This scenario can repeat dozens of times in a row. I call these “nested entities.” Removing layer after layer—and when you get to the root cause of all problems—you often face a dark force. Not surprising, is it?

But we are not just talking about evil spirits here. Entities are as diverse as our world. I don't claim to have a comprehensive classification; I'm just sharing observations from my own practice and the conclusions of those colleagues whose experience I trust. One quick caveat: don't nitpick the formulations. Many of them reflect only a simplified model of what is happening. A full understanding—let alone describing all the nuances of the interaction of the entity and the victim—is simply impossible. In a normal state, a person is incapable of perceiving such an experience, so there were no suitable words for it in the language. But those I will use are quite pragmatic. They provide an opportunity to understand enough to develop

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the correct action plan. So, what entities can you encounter by looking deeper than doctors are willing to?

☑ “Fairy-Tale” Characters: This includes, for example, demons, gnomes, trolls, mermaids, plant spirits. Skeptics claim that this is nonsense. They say that since these creatures are found in folklore and fiction, they can only be the stuff of fantasy: either the healer tells lies about the “entity in the form of a gnome,” or the patient decided to trick everyone. But this argument, which skeptics hide behind as a shield, actually proves them wrong. All these “creatures” appeared in the legends of different peoples precisely because people have long encountered them. And they continue to face them to this day. It’s just that it happens a little differently than described in fairy tales. Remember, people don’t have words to accurately describe such an experience, so they do so as best as they can—that is, figuratively: with metaphors and allegories. And in this way they try to protect themselves from these entities. What if I tell you that many fairy tales about evil forest spirits are actually warnings about drug addiction? I have encountered cases where the exorcism of a plant spirit cured addiction to opiates and marijuana.

☑ Fragments of the Minds of Living People: Usually, it’s about a part of a mother’s mind that has attached itself to a child. Often, this is caused by overprotectiveness elevated to mania. The possessive mother is so obsessed with the idea of controlling someone else’s life that she doesn’t notice how a fragment of her mind settles in the child and then stays with them for many years. Whatever the patient does in such a situation—whether they stop communicating with an inadequate mother, or move to another city (or even country)—they constantly feel her control. And because of this, they are unable. For example, they are unable to build harmonious relationships

with the opposite sex. When I freed people from such an “inheritance,” all of them claimed they felt relief. They no longer felt as if the mother was watching them and disapproving of every action. But it’s not always about overprotectiveness. Sometimes a fragment of the mind breaks off due to a healthy fear for their child: for example, a woman left alone with a child in her arms in a difficult financial situation. Then unmotivated anxiety will torment the patient even many years later.

☑ **Souls of Dead People:** Sometimes even victims of terminated pregnancies are involved. I will not get into the morality of abortions, I would just advise women who perceive artificial termination of pregnancy as a harmless medical procedure to reconsider their views on life. However, I have had to deal more with those who were born, lived a long life, and died. The soul in this case should ascend to the Light, but many factors can keep it here. This includes, for example: an inflated ego; fear of punishment for their sins; feelings of guilt toward relatives and close friends; thirst for revenge; anger; sadness; and even excessive curiosity. The soul of a jealous husband can enter the body of his widow; the soul of a murder victim can enter into the body of the killer; and the soul of a mother who died during childbirth can enter into the body of the child. But this does not mean that the entity and its victim necessarily had to interact in life. Sometimes possession is a matter of chance. For example, the spirit of a dying person in a hospital can attach itself to a ward neighbor. Those who were victims of an explosion or fire rarely ascend to the Light. Their souls are simply afraid of bright radiance. For example, I heard about a case when a healer found in a patient the souls of Japanese schoolchildren killed by the explosion of the atomic bomb in Hiroshima.

☑ **“Aliens”:** First of all, these are entities from other dimensions and worlds. This can include: crystals; shapeless drops and shadows; thought forms; various implants; and

other energies. They are different, but they have something in common: their form of existence—including also their goals and tasks—is simply incomprehensible to a human. Therapy is possible in this case, but it's extremely difficult to work with such uninvited guests. Another matter is extraterrestrials. Yes, beings from other corners of the Universe can influence our lives. Just because humanity has not yet discovered other civilizations and has only dreamed of colonizing Mars (the nearest planet to us), doesn't mean that we are alone in the Universe or that other forms of life (not necessarily carbon-based) are as backward as we are. Extraterrestrials are distinguished by intentions. Often, they don't want to harm humans; we are objects of study for them. And no, it doesn't mean that UFOs kidnap people for experiments, as we might read in the tabloids. Everything is much subtler and more complex.

☑ **Dark Forces:** These are also known as demons, devils, *dybbuks*. They are called different things and attributed with different external characteristics, but their essence is always the same. Dark forces are hostile and arrogant, and their main function is to undermine love in any form. This is an ancient, chthonic evil, and it has neither a final goal nor compassion—nor a desire to make contact. Attached entities of dark force are the most severe form of possession. Sometimes these entities really do remind of what we often see in horror films. For instance, can you believe that a preschooler can curse at everyone around them with a frighteningly demonic voice? I have encountered such cases. The signal colors of the dark force are red and black. If, entering a state of expanded consciousness, the patient notices that the attached entity has red eyes, then things are bad. Demons can change the color of their eyes, but cannot keep this color for long. If there are many different kinds of entities, the dark force is likely to subdue all others.

It's important to understand that this classification is created by humans. Entities do not have a hierarchy (except maybe for demons); they do not wear badges, and they do not seek to reveal themselves. The healer, in turn, is forced to work under extremely difficult conditions, almost by intuition. They must interact with the entity not directly, but through the patient, who is in a state of expanded consciousness. The healer doesn't know for sure how many spirits they are dealing with, how aggressive they are, and whether they have encountered embedded entities. Therefore, identification is one of the most complex stages of exorcism (or as I prefer to call it, therapy of spiritual liberation). It requires knowledge, experience, and the courage to look beyond. In general, don't try this at home—at least not until you have read this book thoroughly.

## **Five Stages of Spiritual Liberation Therapy**

I've already mentioned that I don't like the word "exorcism" because it reeks of inquisition bonfires and cheap horror movies. "Spiritual liberation therapy" sounds less provocative. I assure you, nine out of ten patients who urgently need to get rid of attached entities would not go to an exorcist but to a hypnotherapist. Moreover, "spiritual liberation" much more accurately describes the process of interacting with entities. In most cases, the therapist doesn't have to expel anyone, i.e., forcibly evict them. They show the path to the Light and thus helps both the lost entity and the person suffering from it. Sometimes it even works with demons because all beings are created by what we are used to simplifying as God. Even in the dark forces, there was once a spark of good: the monad. This means it can be rekindled and the wayward spirit can be directed back to the Light.

But let's go in order. For spiritual liberation therapy to be successful, it is necessary to follow the instructions clearly. I arrived at some of these points through trial and error; others I read in professional literature and confirmed their effectiveness. Here they are, the five steps to freedom:

☑ Identification: After putting the patient into a state of expanded consciousness, I ask them to scan their body, not to miss a single sensation, and to listen to themselves. This includes identifying: pain, tension, heaviness, shadows and contours, faces, and suspicious geometric objects—all this may indicate that we are not alone. A metallic band squeezing the head, a black bubble in the intestine, outlines of human faces under the heart: this is how the entities manifest themselves in the patient. Then I ask questions, for example: “If the pain in the lower back could speak, what would it say?” If I get rudeness and swear words in response, then almost certainly the dark force is on the line. In other cases, it's necessary to find out the name (victims of interrupted pregnancies don't have one because names are given only after birth), gender (only human souls can name it), and age.

☑ Negotiation: Once it's clear what you're dealing with, it's necessary to find out from the entity why it attached itself to the patient and then explain that its actions are harming them. In most cases, such beings have no evil intent. They just couldn't make it to the Light and clung to a person like a man clings to an oasis in the desert. They are lost. When the therapist extends a helping hand, such entities (we're talking about fragments of living minds and souls of deceased people) are willing to make contact and follow instructions. It's not so simple with “strangers.” But if the exorcist is persistent, the alien will leave the patient's body: giving up one of the subjects of their research activity is not such a big price to pay for peace.

The only type of entities that will stand their ground to the end are the dark forces. But the exorcist has leverage over them.

☑ Separation from the Body: A specialist practicing spiritual liberation therapy is unable to snatch a patient from the clutches of an entity. After all, he is just a human being and does not possess “magical” abilities. The task of the exorcist is to call for the help of the Spirits of Light. Depending on religious preferences, the specialist can turn to Archangel Michael, Jesus Christ, Archangel Gabriel, Shiva, Brahma, or Vishnu: the names don’t matter. The main thing is sincerity and good intentions. The Spirits of Light will either accompany the peaceful entity to the place prepared for it, or form an impenetrable Light capsule around the belligerent demon. When the entity finds himself in it, neither threats nor taunts will help. The capsule will start to shrink, and if nothing is done, the demon will perish. However, I prefer to give the dark entity a chance to renounce darkness. I’ll tell you later how to do this.

☑ Filling with Light: What remains after the entity is detached? That’s right, emptiness. It will be gladly filled by other, possibly even more dangerous creatures. So, at this stage, it’s necessary to point the patient to their inner Light: the monad. The longer the patient gazes at it, the more the Light grows. It needs to fill all the voids and wounds inflicted by the entities. Only then will the patient feel fully healed. This can be compared to a surgical operation: after removing a tumor, sutures need to be applied.

☑ Supportive Therapy: This stage is not directly related to exorcism. But I insist that it is necessary. No one is insured against the attachment of otherworldly forces, but there is a certain “spiritual immunity.” Emotional instability, a sense of guilt eating away from within, psychological traumas (usually from childhood): all these factors make a person more vulnerable. Otherworldly forces, especially dark ones, will find



it much easier to take over their soul and body. That's why you shouldn't wait until the patient returns to you with a new attached entity but help them resolve their issues, thereby strengthening their inner defense.

## **What Did You Agree upon with the Dark Forces?**

On a sheet of yellowed paper, in Gothic script, appears the following words: "Citizen so-and-so pays for power, wealth, or success with women with his immortal soul." Below is your signature and (as Lucifer assures, pure formality!) a drop of blood. Is this how you imagine agreements with dark forces? If so, I hate to disappoint: real life is not like blockbuster movies. Or rather, the procedure of "concluding a contract" is nothing like the Hollywood version, but the motives for "selling the soul" have remained the same for many centuries. Often, it's the thirst for money and power. Dark forces fulfill their part of the contract. Many politicians and oligarchs you see on TV have made such a deal, and that's why for decades they have only increased their influence. But what are decades compared to eternity?

Some, however, get nothing at all. They say there are no atheists in a fox's den. Confronted with mortal danger, a person indeed remembers what they used to call "god." But God does not hear their prayers, as a prayer should not contain evil intent. And what does a soldier ask for? To help him survive by killing the soldier on the other side of the front line. Such places are the domain of dark forces. They perceive this dark prayer as consent to make a deal. Nobody asks the soldier if they understand what they're dealing with and how they'll have to pay. Nobody passes the contract on for approval; and it does not require a signature. Just one thought: driven by fear,

they destroy a human soul! When the contract is concluded, the dark forces give the soldier confidence and a false sense of invincibility. They push him into the hell of battle but do not endow him with superpowers. The soldier dies and finds himself captured by dark forces, tied to the earth for many centuries.

What happens if a person, after death, often unknowingly, has made a pact with the dark forces? I deliberately avoid the formulation “a pact with the devil.” Our understanding of immaterial forms of life is conditioned by cultural context. It is so deeply ingrained in the mind that even the patient, in a state of expanded consciousness, can see within themselves an anthropomorphic creature with horns and red eyes. This is if they were raised in an environment where Abrahamic religions dominate. If the patient is a Hindu, they will perceive the dark entity as a dragon on a chariot, harnessed by black horses (this is how the supreme demon Rahu is depicted in Hinduism). The representations of the external appearance of dark forces do not matter. The main thing is their malicious essence.

“To sell the soul” means to agree to the attachment of a dark entity. When such a person dies, their soul either becomes incapable of rising to the Light and thus attaches (along with the embedded dark force) to another person or goes through the cycle of rebirth and gains a new life. In the second case, immediately after birth, a dark entity attaches to the person. They know nothing about their past incarnations, have made no deals with otherworldly forces, but from birth they find themselves enslaved by a demon. When it comes to dark entities, these unfortunate people then tend to consult a specialist who practices spiritual liberation therapy. Is it possible to help them?

Yes. But first, you need to make sure that the attached entity is indeed a dark force and that it has visited the patient precisely because of the unfortunate agreement. Sometimes during a regression session into past lives, they themselves

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remember that they once made a deal with the dark forces. If it's not that simple, the therapist puts the patient into a state of expanded consciousness and asks to scan their body for any strange emotional or physical sensations. When something suspicious is detected, it's time to ask questions, for example:

- ☑ “If this object had size and shape, what would they be?”
- ☑ “If this object had a color, what would it be?”
- ☑ “If this object could make sounds, what would they be?”
- ☑ “If this object could speak, what would it say?”

Entities usually willingly engage in contact, responding to questions through the patient's mouth. Earthbound souls and fragments of the human mind are often frightened because they have been discovered. Non-material forms of life from other dimensions and distant corners of the Universe are surprised that someone is interested in their activity. Dark forces are provocative, hostile, and arrogant. If it turns out that the evil entity is attached to the patient due to a contract with the dark forces made in a past life, it is desirable to find out under what circumstances this happened. “Remember the moment when you chose the darkness!” asks the therapist, who then usually gets a precise answer. It happens that the contract was made many centuries ago—and therefore many lives ago. For example, an innocent woman accused of witchcraft and burned at the stake cursed everyone around her and thus chose the darkness.

Surprisingly, a contract with the dark forces can be unilaterally terminated. If the patient has managed to remember the moment when they turned away from the Light, then they are already ready to return to its embrace. The therapist gives the patient phrases that must be repeated: “I renounce any actions in the name of darkness. I cancel all contracts, pacts, agreements, and rituals of initiation into the darkness. Forever

and ever, as long as my immortal soul exists. In the name of the Light!” This is not a spell, so it is not necessary to repeat it with perfect accuracy. The words are just a form; the essence is the intention to renounce the darkness. Depending on the religious beliefs of the client, it is permissible to mention Jesus Christ, Allah, or any other earthly name of what people call God.

Then there will be silence, which will be broken by the therapist: “What do you feel?” The answer is almost always the same: “Relief.” This is what modern exorcism looks like—no holy water, crosses, or other religious iconography. The patient and the therapist may not even be in the same room: thanks to video conferencing, spiritual liberation therapy is available to anyone who has a smartphone or a computer with internet access.

## **Exorcism vs. Humanism**

The word “humanism” is not quite apt here, but it’s close enough. This ideology—or rather, a system of social construction—prioritizes human life. From the perspective of exemplary humanists, not every material life represents the highest value—only human life. Nevertheless, we are accustomed to demanding that humane treatment be given to nonhuman life forms. Vegetarians are promoting humanism when they give up meat. Animal rights activists engage in humanism by sheltering a homeless puppy. We understand humanism broadly: do not harm if you can avoid it, and help if it is within your power. I believe that specialists who practice spiritual liberation therapy should also practice humanism—and not only toward patients but also toward entities, even the dark ones.

It would be an exaggeration to say that we are responsible for those who have been driven out of an innocent person’s body. Demons are driven by chthonic evil; they would like to

see the whole world in flames, and they make a lot of effort toward this end. And still, even in them, there is a divine spark: the monad that I have already mentioned. This is the property of every living creature: it contains a particle of the consciousness of what we are used to simplifying as “God.” In a state of expanded consciousness, patients describe it as a candle, flame, flicker, pearl, red-hot coal, diamond, crystal, ruby, or small sun. If God created demons—or at least allowed these creatures to choose darkness—does a person have the right to destroy them?

This is a matter for discussion. After all, we kill many living creatures that threaten us or are just unpleasant, don’t we? People exterminate rodents and insects, destroy whole colonies of bacteria when they wash their hands, exterminate viruses with pharmaceuticals. The dark entity threatens a person much more than, say rats or cockroaches. Maybe we shouldn’t worry about it? This is a strong position. But it is not pragmatic enough. What do you do when you pull a nail out of a punctured tire? Surely you don’t throw it on the road for another poor soul to struggle with a spare tire? Expelled from one body, the entity will immediately try to find another. If the exorcist is not experienced or careful enough, they may even become its new victim—or it will try to return to the patient, their relatives, or anyone in close company.

I am convinced that the only correct solution is to try to return the dark force to the Light. When it is confined in an impenetrable capsule and it begins to contract, the demon is less arrogant and aggressive. They are ready to make contact, as they feel that they are about to be destroyed. It’s not about death—which essentially means only a new rebirth—but about complete, irreversible annihilation. The edges of the dark force become blurry, ragged, gray—and now it obediently listens to the therapist. It’s time to ask if the Light burns it. Servants of darkness believe that Light means pain, that Light burns. Now

the dark entity has the opportunity to check if this is so. If it admits that in fact the Light is pleasant, the dialogue should continue something like this:

—“But your masters claimed that it will burn you. So, they lied?”

—“It seems so.”

—“Do you want to continue serving them after they deceived you?”

—“Not at all!”

After that, it is necessary to suggest the dark entity look inside itself. This stage requires persistence. Most likely, at first, the demon will not see anything inside its own being except darkness. They may reply that they see only hatred for all living things or black all-consuming slime. It is necessary to insist that the dark force look more carefully, make its way through the darkness until it notices the spark of Light. If the demon has been serving darkness for many centuries or even millennia, this spark is very tiny. It fades as the entity commits evil. But as long as it is alive, the monad cannot be extinguished completely.

When the demon sees the source of its inner Light, it should be ordered to examine it carefully. The longer it looks at the monad and realizes its presence—and therefore the presence of the divine in itself—the more it will grow. And at some point, it will become so large that the entity will be able to step toward the Light and be absorbed by its own monad. Usually, this is extremely difficult. Dark creatures have been convinced that as soon as they choose darkness, Light becomes the only thing that can guarantee their destruction. The therapist should not be ceremonious with the demon. The demon is encapsulated, which means they are not dangerous. Like any living creature, they fear death. And I offer them salvation. In essence, what do they lose? If I deceived them, they will step into the monad

and disappear forever. And if they do not enter, the capsule will contract, and the Light will burn him.

When the dark entity does get into the concentration of Light, it feels warmth and peace. Then I usually say, “This is the center of your being. This is what you really are. No one can take your Light away from you.” The demon is confused. The darkness has dissipated, but they realize how much evil they have committed. They realize that his whole life was a mistake. They understand that they should be punished. It’s time to tell them that it’s never too late to choose the Light:

—“This is your chance for salvation. Do you renounce the darkness and regret all that you have done?”

—“Yes...”

—“Do you choose the Light?”

—“Yes...”

—“Say it!”

—“I choose the Light!”

—“I am a witness to your choice. The Universe accepts it. Now you are free.”

The demon is truly free from the darkness that once controlled it and urged it to commit evil deeds. But they are still confined in an impenetrable capsule. At this point, the exorcist should summon the saving spirits—you can call them angels—and ask them to take the repentant dark entity to the place of Light intended for it. Religions are an abstraction, just a way to explain the basic principles of creation to ordinary people. In modern religions, there are many inaccuracies and distorted meanings. Very often these are deliberately distorted due to the thirst for power and money. But the concept of a forgiving Creator is quite accurate. If the demon repents and chooses the Light, they will not be destroyed. They will be forgiven—and isn’t there great humanism in this?

And yet why did divine consciousness allow the existence of dark entities? I don't know the answer to this question. No one knows. Perhaps evil is a side effect of the free will that every living being in the Universe is endowed with. Or demons serve as a point from which to push off, as a runner pushes off from the starting blocks. Archimedes said, "Give me a fulcrum, and I shall move the Earth." For many of my patients, successful spiritual liberation therapy became the fulcrum they used to move their own lives forward.

## **In Conclusion**

When techniques are simple, it is usually said that even a child can handle them. But I must warn you: the main enemy of the exorcist is carelessness. Banish thoughts that there is essentially nothing complicated in spiritual liberation therapy. And never do it playfully. I studied entities at my own risk, spending years developing effective and safe techniques. But even now, when I have to interact with otherworldly forces, I am always highly focused and cautious. This is because I still know too little about them. It's as if I walked into a darkened concert hall with a candle in my hands. The flame snatched individual details from the darkness, but can I guarantee that there is nothing terrible lurking in any of the dark corners?

We are merely humans. Many entities, especially dark ones, are much more powerful than us. In my practice, I have encountered demons controlling the minds of tens even hundreds of millions of people. Don't underestimate them. These beings are cunning, crafty, and will go to any lengths to stop an exorcist. So read this section carefully several times, take notes on it, and only then try to conduct a session of spiritual liberation therapy. Don't immediately take on heavy cases: before interacting with dark forces, you should gain experience with far



less dangerous entities. As with any business, professionalism in exorcism comes with practice.

Spiritual liberation therapy has a significant drawback: none of the described techniques can be applied to yourself. You won't be able to detect and identify entities yourself and then expel them from your body. You need an experienced therapist, a true healer. Since this book has ended up in your hands, you have every chance to become such a specialist. Alas, it's much easier than finding this person among a bunch of charlatans. This is what motivated me to seek other methods of understanding the world, such as spiritual liberation and true self-development. After all, I was helping others, but I could not help myself. I found what I was looking for.

The next section of this book will show you how to free yourself from entities, including dark ones, without the help of an exorcist—or rather, a human exorcist. Does this mean that it's time to write off spiritual liberation therapy? Of course not. It's a stage: one of the important steps on the way to a true understanding of the world and your place in it. No one will go through it for you. So gather your strength, patience, and let's go ahead!

CHAPTER 5.

**AYAHUASCA: WONDERS  
OF AMAZONIAN  
SHAMANISM**

**T**hus far, I have described some truly astonishing methods. I am convinced of them and so are hundreds of my students—not to mention the multitude of other sensible specialists who share our perspectives on this. Holistic mind therapy, hypnotherapy in all its variety, NLP and spiritual liberation therapy offer solutions to almost any problem. Each of them leads to a personalized result if you choose the right tools.

However, no matter how effective these methods are, I must admit that, for me, all of this was only a preparation for something bigger. No, I don't want to diminish their importance either for me or for humanity as a whole. They have saved thousands and even millions of lives—not to mention the fact that this knowledge has helped many of my students become successful and wealthy, earning a good living exclusively by healing. If someone else had been in my place, they would have stopped at this level. But I'm not like that. I always want to go further and find new opportunities. Thus, the most effective way of knowing myself and the world around me, as well as solving my problems, opened itself up to me.

Now I will ask you one last time to set aside your skepticism. You conquered it at the very beginning of the book when you first learned about the essentially limitless possibilities of holistic mind therapy. You discarded your prejudices about hypnosis. You parted with negative stereotypes about NLP. You even overcame your skepticism about mystical phenomena, which I myself once found difficult. And now the moment has come again when you take off your blinders and look at things more broadly, because now we will be considering a subject that will seem delicate at first glance.

## Introduction to Psychedelia

Let's start with terminology. Psychedelics are sometimes called "psychomimetics," "psychotomimetics," "psychodysleptics," But we are interested in only one word that you have heard many times: hallucinogens. Using it as a synonym for psychedelics is incorrect. Because the first term refers to a broader group of substances, and the second refers to just one type within that group; that is, every psychedelic is a hallucinogen, but not every hallucinogen is a psychedelic.

We owe the advent of this term to the British psychiatrist Humphry Osmond, who first used it back in 1956. Also, it's worth mentioning writers Aldous Huxley, William Burroughs, and Timothy Leary, who popularized this word in their most famous works. One of the reasons for creating this term is purportedly Osmond's unwillingness to use concepts that already had a negative connotation. A true professional and innovator, he understood, even back then, that these substances could form the foundations of psychotherapeutic practice.

Another important aspect is that some specialists do not associate the psychedelic experience exclusively with psychoactive substances. There are plenty of alternatives: holotropic breathing, sleep deprivation, sensory deprivation, as well as a whole range of various spiritual practices, including religious ones.

### A Bit of History

Many experts note that the effect of taking psychedelic substances is indeed similar in nature to the effects of states achieved during meditative religious practices. It can be compared both to the journeys of consciousness after the death of the physical body described in the *Tibetan Book of the Dead*,

to the Hindu *samadhi*, and to the Buddhist *dhyana*, and to the Zen *satori*.

Is it any wonder that psychedelics have long been an integral part of folk medicine and religious practices? Since prehistoric times, humanity has been trying to use these substances to change our perception for the good. On all continents, by trial and error, people found their own recipes for psychedelics used in mystical rituals. Specialists in the preparation of “magic” decoctions from the right ingredients, under the right conditions, inevitably appeared. And while many professions have faded into irrelevance over time, the role of the shaman has remained a key position. In some uses, it retains its original essence; in other ways, it has mutated under the pressure of religious canons.

It is noteworthy how completely different—and most importantly, completely unrelated civilizations—have come to use psychedelics. You will find ancient rituals using such substances in North and South America, in Europe, in Asia, in Africa, and even in the most remote from other parts of the world Australia. Isn't this proof that in its development, humanity was bound to experiment with psychedelics? Despite naive perceptions of these tools, ancient people acquired invaluable experience in understanding the world around them.

By the way, speaking of naive ideas, while some were content with the mere existence of this phenomenon and the opportunities it provides, others tried to figure out how it all works. As for those who simply wanted to ban the “misbehavior,” we won't talk about them for now. The study of the principles of hallucinogens started with individual enthusiasts. But with the development of state and scientific institutions, the study of these substances was done on a much larger scale. Thousands of scientists took up the cause in the last century, —of course, with the active participation of the military and special services.

Actually, it is to these very scientists and military personnel that today's society has such a negative attitude toward hallucinogens. The "researchers" from the US did the most work—or, more likely, in other countries, they just do not rush to disclose archives. However, for American military and special services, the fifties and sixties were one big experiment. You have probably heard about it yourself. And you probably even know what substance they used: LSD. If we were talking about classic controlled experiments under medical supervision, we wouldn't be talking about it now. But those were very questionable ventures from an ethical point of view.

Speaking only of the official side of the matter, at least forty-four universities, fifteen pharmaceutical companies and laboratories, twelve medical and three prison institutions were involved in the corresponding grants. How much remained "off-the-record," one can only guess. After all, we are talking about experiments not only on volunteers but also on unsuspecting people. And volunteers did not always know what awaited them. The main categories were servicemen, prisoners, and patients of psychiatric clinics. The experiments were very wide ranging: from short-term exposure to regular "feeding" of double, triple, and even quadruple doses over several months.

Naturally, the results of such uncontrolled and often forced use of psychedelics had nothing to do with self-knowledge and development. And clandestine experimenters set for themselves completely different goals: to learn to disorient and control people on a massive scale. When all these unpleasant details leaked out, the public, of course, was indignant. But little can harm the reputation of the state and special services. But a stigma followed hallucinogens that, unfortunately, will probably be around for long time.

There is a theory that largely due to the efforts of the military and special services, Americans got heavily into LSD in

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the sixties and seventies. I'm sure most people associate hippies not so much with music festivals and anti-war rallies, as with the use of various substances. And by the way, this reveals another aspect of the negative attitude toward hallucinogens: they became seen as little more than entertainment. The tool of self-knowledge and understanding of the world for the chosen ones turned into a way to relax for anyone who wanted it. And this also helped obscure the medicinal use of psychedelics as a way to look at your life differently and find answers.

Yes, over time, the special services' experiments fizzled out, and hallucinogens fell out of fashion as recreational use. However, much of society, unfortunately, still maintains practically the same prejudices against hallucinogens as, say, fifty years ago.

## **What Are Psychedelics?**

This term refers to an entire class of psychoactive substances capable of influencing various mental processes and emotional states, as well as significantly altering perception. They allow a person to enter altered states of consciousness and have a unique experience. If viewed through the prism of pharmacology, they typically act as agonists for serotonin receptors 5-HT and belong to tryptamines or phenethylamines. However, substances of almost any structure are capable of providing a psychedelic effect and affecting a wide range of nerve receptors.

Now let's draw a clear line between psychedelics and other hallucinogens. The former includes synthetic and semi-synthetic substances such as LSD, DOB, 2C-B, DOM, and DMT. Also included in this class are psilocin and psilocybin, which are extracted from certain mushrooms, as well as mescaline obtained from the peyote and San Pedro cacti. The list

concludes with plant entheogens, the most well-known of which is *Salvia divinorum*.

Dissociative substances, including ketamine, DXM, and PCP, are sometimes mistakenly considered psychedelics. It's also worth mentioning so-called minor psychedelics like *tetrahydrocannabinol* (the active component of cannabis), which can provide psychedelic experiences but only occasionally and when consumed in large doses. Empathogens like MDMA and MDA possess only some psychedelic properties.

In terms of action, psychedelics essentially turn off the filters of incoming signals. This allows one to perceive sensations, emotions, memories, and other aspects of brain activity that the consciousness in a normal state filters out due to their perceived irrelevance. The peculiarity of the psychedelic experience is that it depends not only on the consciousness-altering substance but also—and sometimes even more so—on the environment and mindset. Therefore, a person can receive both positive and negative thoughts and experiences, often intensified. Disorientation, derealization, depersonalization, and other psychotic phenomena are also possible. That's why a proper psychedelic experience is always a combination of a quality substance, a carefully calculated dose, competent preparation, and a conducive environment.

## **The Geography of Psychedelics**

One shouldn't think that the use of this type of hallucinogen is exclusively exotic, that knowledge is only accessible to Native and Indigenous Americans, Indians, Africans, Australians, and residents of other distant corners of the planet. No, our distant ancestors also used psychedelics. However, this tradition in Europe was pushed out by the efforts of religious institutions. Still, these traditions have survived. They have



been partly supplemented by the experiences of other cultures, and the techniques, of course, have been modernized.

In the Americas, the main supplier of the psychedelic experience has been the Fly Agaric mushroom, which is well-known in many circles. Yes, the decoction—which because of stereotyping is considered the drink of Viking berserkers—was actually for the Slavs and their neighbors an important means of understanding themselves and the surrounding world for centuries. This is especially the case since psilocybin mushrooms are almost not represented in our area—in some aspects, Fly Agaric even outperforms them.

One leg of a raw Red Fly Agaric was given to hunters before their first initiation task and provided them with renewed vigor for half a day. Fly Agaric is completely safe but requires adherence to a number of standards during harvesting, starting with the correct drying temperature and ending with oxygen access.

However, South America has been and remains ahead of the entire planet in terms of using psychedelic substances. This is thanks to the Quechua Indians. Their ancestors, the Incas, were the most powerful people in the New World at the time of the European colonizers' invasion. It is enough to say that while neighboring tribes lived in the Copper Age, the Quechua had already successfully transitioned to the Bronze Age. Today they live throughout the Amazon: in Peru, Bolivia, Chile, Argentina, Colombia, and Ecuador.

Quechua shamans invented a truly fantastic drink called Ayahuasca. It's a decoction from the *Banisteriopsis caapi* vine, combined with the leaves of chacruna (*Psychotria viridis* or *Diplopterys cabrerana*). However, every shaman has their own recipe, sometimes including up to twenty types of plants that enhance the effect of the main ingredient: the vine.

It's hard to overestimate the significance of Ayahuasca for the Quechua people. For them, it's not just a recreational

tradition handed down from distant ancestors. Thus, in Peru, this miraculous vine was officially recognized as a national treasure in 2008, and the drink made from it is considered a valuable source of knowledge directly from the spiritual world. The corresponding ceremonies were also named a cultural heritage. The authorities are making huge efforts to protect the sacred Ayahuasca ritual from alien influence and attempts to somehow change it. In all honesty, the National Institute of Culture recognized Ayahuasca as an integral part of traditional medicine and one of the key supports of the Amazonian peoples' identity.

But this is in South America. In other countries, the powers that be act precisely the opposite, preventing the popularization of this phenomenon by all available means. And as you understand, there are plenty of ways to do this: from information propaganda to direct legislative prohibitions. Precisely because of the state's efforts, a persistent question has been spinning in your head for a long time: "But aren't these drugs?"

## **The Basics of Vegetalism**

Of course, participants in traditional shamanic rituals see in these ceremonies something more than just chemical processes. They see in them a mystical connection with mushrooms and plants. It would be extremely naive to assert that all 390,000 species of plants known to modern science possess incredible potential. A dandelion or a thistle won't give you supernatural strength, just as a wild apple tree won't grant us valuable enlightenment. Most plants on our planet are exactly what you think they are: simple representatives of terrestrial life, feeding on sunlight and minerals from the soil. They do not even have the beginnings of consciousness, let alone any agency. But among them, there are a special few that hold the

incredible power and wisdom of millennia, capable of changing the course of our history and just waiting for their time. In vegetalism, they are called "teacher-plants" or "maestros."

Vegetalism is a practice based on interaction with the spirits of such plants. These ancient beliefs were actively ousted by institutionalized religions worldwide. Ceremonies that revealed the truth about the principles of the Universe, and gave other valuable knowledge, were declared "savage traditions" and were under strict prohibition for centuries. But the truth cannot be suppressed, and despite all attempts at banishment and stigmatization, these rituals have survived.

Adepts of vegetalism are convinced that intelligent life is not limited to the forms familiar to us. They do not deny the obvious and acknowledge that flora is thousands of times older than humanity, and therefore it is much wiser than the self-proclaimed king of nature. What you are used to perceiving as a source of oxygen, consuming as food, and using as decoration has absorbed the immense experience of all living things on our planet. Vegetalists revere the wisest of teachers and glean knowledge from them in all the appropriate ways. They adopt the experience of beings that have survived hundreds and even thousands of natural and technogenic catastrophes. These people have rejected the disdainful attitude toward other forms of life and now look at the world with unshielded eyes.

Interacting with teacher-plants, students receive answers to even the most complex questions. This is the most reliable way to learn everything about oneself and the surrounding world. Moreover, the supreme representatives of flora strengthen the body and spirit and also heal all diseases known to modern science. "Absurd rituals" and recipes of "quirky shamans" have already begun to be studied by scientists around the world, trying to expand the boundaries of their understanding and use the previously hidden potential. The center

of attention was Ayahuasca, which was the most powerful tool that the Quechua, the main keepers of the vegetarian traditions of the Amazon, carried through the centuries.

The basis of ancient Indian beliefs is the cult of Mother Earth, Pachamama. Also known as "Mother of the World," she has long been one of the most revered goddesses. The patroness of the harvest, Pachamama, personifies life itself. Traditionally, she is depicted as a mature woman carrying coca leaves and potatoes. The Quechua consider themselves indebted to this most generous of goddesses for everything they have, so they treat nature in all its manifestations with sincere respect and love. Presumably, that's why the "maestros" decided to reveal their secrets to them.

Neither centuries of European occupation, nor the imposition of Catholicism, could eradicate vegetarian beliefs in the Amazon. Moreover, prominent figures in Christianity understood that this was not another pagan cult, but something more substantial: perhaps even more substantial than their own religion. So, the direct confrontation was replaced by a substitution of concepts. Even John Paul II in 1985 stated in his sermon in Peru: "Worship of Pachamama is nothing more than recognition of God and His grace, which gave your ancestors food from the earth they cultivated." And when visiting Bolivia in 1988, the Pope added: "God knows that we need food produced from the earth, this diverse and expressive reality, which your ancestors called Pachamama and which reflects the work of Divine Providence, offering us His gifts for the benefit of man."

## **Dieting for Enlightenment**

How to communicate with the spirits of mushrooms and teacher-plants? How to be granted an audience with those

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whom the Quechua respectfully call “maestros”? Grow them in your garden? Go into the jungle and water them? Decorate these trees, bushes, grasses, and mushrooms, and then say prayers? Such foolish questions never arise among the Quechua Indians. Amazonian curanderos (as local shamans are called) know in detail how to arrange a lesson under the guidance of a particular maestro and how to show him due respect. But the main attribute of any ceremony is so-called “dieting”: the consumption of a teacher-plant in a particular way or another.

Don’t be too easily surprised. There’s nothing rebellious in such treatment with the maestro—just as, for example, in Christian communion. The plant or mushroom is just a physical shell designed to connect those seeking enlightenment with a wise spirit. Thus, the Quechua consume them in every possible way. They chew fresh leaves and young shoots. They infuse and boil these parts of the plant, as well as roots, bark, and even wood chips. They take baths with some, and some are even smoked. Experienced curanderos combine plants to achieve the greatest effect in any given situation. The most famous such combination is Ayahuasca.

The recipe for this drink is passed down from generation to generation by curanderos as a most valuable relic. Typically, each has its own recipe. I’ll emphasize again: Ayahuasca can include up to twenty additional plant components. Western researchers are amazed at how difficult it must have been for the Quechua to arrive at such an important discovery through trial and error. The inhabitants of the Amazon themselves know this well: there were no trials or errors, and the recipe for the miraculous decoction was given to them by the ancient spirits themselves. It’s hard to overestimate the contribution of this people to the cause of universal enlightenment. But the Quechua, who are alien to pride in any of its manifestations, consider themselves only executors of the will of higher powers.

That's why they don't isolate themselves from the rest of the world even though they often don't share the values of their planetary neighbors. Their aspirations and dreams lie beyond the material plane. Harmony with nature is more important to them than any sum in a bank account, and happiness for them is associated with much more important aspects of life than a luxury car or a half-wall TV. They are ready to share their wise view of this world with anyone willing to listen.

## **Scientific Perspective on Vegetalist Ceremonies**

Among the admirers of Ayahuasca and hallucinogenic mushrooms, there were many who wanted to break down this miracle into chemical components. This approach to the main tool of cognition became a real salvation for thousands of skeptics who looked at the ancient rituals with the haughty disdain of a typical Western elite. Having received a "scientific justification" of mystical theories, such people decided to participate in the ceremony and discovered for themselves an unexplored world of amazing opportunities. Having once overcome their skepticism, they got rid of their narrow-mindedness and touched the boundless wisdom of the ancient mentors.

From a scientific point of view, the main component of Ayahuasca is dimethyltryptamine (DMT). This psychedelic is very similar in its chemical structure to serotonin. Due to this feature, it can affect serotonin receptors, causing an altered state of consciousness with intense visual and auditory hallucinations, as well as distorted perception of reality and time. The human body can produce DMT but in very small quantities. On the other hand, chacruna provides enough of this substance in a dose of Ayahuasca.

The “Vine of the Spirits,” or *Banisteriopsis caapi*, in turn, contains monoamine oxidase inhibitors (MAOIs). By inhibiting (slowing down) the action of this enzyme, they prevent the premature breakdown of DMT in the body. This ensures that enough dimethyltryptamine reaches the brain before monoamine oxidase fully engages with it. Thus, the union of these two plants has not only spiritual but also scientific justification.

“Chemical versions” were also assigned to other plant mentors. For example, scientists explain the effect of dieting with peyote and San Pedro cacti as being due to the properties of mescaline contained in them: an entheogen from the phenylethylamine group. The name of “psilocybin” mushrooms speaks for itself: their effect on a person is explained by the presence of the eponymous alkaloid from the tryptamine family. The same goes for Fly Agaric trips—a combination of muscimol and ibotenic acid.

Such mundane but logical explanations still cannot account for the whole truth of these substances. But these scientific explanations can be a valuable introduction for those who would never seek this truth due to their stubborn adherence to mainstream opinion. As a result, skeptics get much more than just a psychedelic trip.

## **How I Came to Ayahuasca, Teacher-Plants, and Mushrooms**

Those who are deeply immersed in the topic of entheogens mistakenly believe that vegetal ceremonies are popular. Thematic sites report a boom in “Ayahuasca tourism.” Scientists keep confirming the effectiveness of the shamanic decoction against severe diseases: from depression to certain forms of cancer. New retreat centers are popping up like mushrooms after rain. It seems that all progressive humanity not only knows

about Ayahuasca ceremonies but regularly participates in them. In reality, this is not the case. I spent half my life searching for true self-development, but I only learned about the “Vine of the Spirits” and other “maestros” in 2019. I assure you: the ten thousand enthusiasts who visit South America annually for vegetal ceremonies are just a drop in the ocean. Ayahuasca is still the domain of the chosen ones.

I joined their ranks thanks to my friend and business partner, Ori. Since 2015, we have been looking for a way to change deep subconscious programmings: even those that are even impervious to hypnotherapy. At that time, nobody knew the coach Paul Healingod. But those in the upper echelons of society in America—from Hollywood stars to high-ranking politicians—had heard of the hypnotherapist Paul Healingod: the “same Russian” who gets rid of nicotine and drug addiction, helps to improve relationships with loved ones, and maintains complete confidentiality. In addition, I was engaged in real estate, cargo transportation, and was considered the main Russian-speaking expert on business immigration to the USA. I was successful in everything I undertook. I was raking in millions of dollars. But I didn’t feel either rich or successful.

I helped those around me, but I couldn’t help myself. I was haunted by the feeling that everything was wrong. That every new day was a new mistake. That somewhere I took the wrong turn and that I’d fall into the abyss if I didn’t do something. I felt that time was slipping away, like sand through my fingers, and I was just watching my own life and feeling nothing but fatigue, disappointment, and emptiness. They say the darkest night is just before dawn. When I was completely down, Ori suggested going to Orlando, Florida, and participating in a shamanic ritual that supposedly allows you to chat with plants. How did I react? The same as any educated person when they first hear about Ayahuasca: I was full of skepticism.

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But, essentially, what was I losing? Just a couple of weekends. So, I agreed.

It turned out that the “Vine of the Spirits” has a sense of humor. As a punishment for my skepticism, it did everything it could to show me in the worst possible light. We went to Orlando for three days. On the very first evening, I drank a standard dose of the drink and didn’t feel anything. The decoction, which, according to rumors, contained the “molecule of the spirit,” revealing the secrets of the Universe and the true face of God to a person, had no effect on me. It only reinforced the idea that all this shamanic clowning is quackery. “We’ve been scammed!” I yelled in Ori’s ear. I insisted that tomorrow we would leave, and I would finally tell this gang of fraudsters what I really think of them. Ori persuaded me not to get hot-tempered. Since the money had already been paid, he said, why not see what happens next?

The next evening, I went straight to Chris, who was in charge of the ceremony, and demanded a real, manly portion of his “nonsense.” You know, I grew up in Brooklyn, where babies have heroin instead of pacifiers, so you shouldn’t joke around with me. I’m not sure I made the best impression on Chris, but that evening he poured me as much as I asked for. This time, Ayahuasca worked: and in a way that I will never forget. It was as if it grabbed me by the scruff of the neck and began to shake all the filth out of me. It was long, painful, and against my will. My ego, infected with infoviruses, resisted the cleansing, but the wise spirit continued what it started. I felt like I was dying. And the next morning I was reborn.

The next morning I looked at the world and myself with different eyes—as if someone had cleaned the lenses of my glasses. It’s hard to describe in words. Probably the most accurate word is “clarity.” Suddenly everything became clear to me: the structure of the world, my place in it, and that ninety-nine

percent of me was composed of programs that were never really *me*. Life began to change, and I quickly and confidently began to reclaim my selfhood—the traits that made me unique. This was a point of no return. Of course, I did not limit myself to one ceremony—or even to Ayahuasca alone. I felt that the mushrooms and teacher-plants had a lot to teach me. But then I could not even imagine the extent of my learning.

It's time to admit: my main training course “Hypno-Coaching” is not my only achievement. At another ceremony, on April 9, 2019, the spirits explained to me how to create a digital course that will bring me million dollars a year. They say that psychedelics provide insights—figurative illuminations. If you interpret them correctly, and then integrate them into your life, then there will be benefits. This is pure truth, but there are exceptions to any rule. I didn't have to interpret anything, because the spirits gave me clear instructions. The next day, April 10, I started to follow the instructions. And a year later, “Hypno-Coaching” would indeed bring me the promised million—and even more.

But all this is nothing compared to what happened next. At a private retreat, I drank a triple dose of the decoction. This was irresponsible on my part. (Never do this, especially if you don't fully understand the risks and aren't ready to accept them.) I felt something growing through me, awakening. It was the consciousness of God. God explained to me that the Universe is his sandbox to play in, but from now on I will have a special purpose. I will be able to stop death. To do this, I need to hold my own retreats with Ayahuasca, teacher-plants, and mushrooms. The spirits will help me perform miracles.

I did not disobey God. And, apparently, that's why everything turned out as if an invisible hand—a *Deus ex machina*—was protecting me at every step. I went to Ecuador, not knowing a word of Spanish and without any useful contacts. But there, a

series of happy coincidences led me to find both real shamans, a suitable place for our South American headquarters, and a sea of people willing to embark on the path of true enlightenment.

Did I manage to stop death? It's hard to say. But one of our participants, upon returning home, discovered that her tumor was gone. It had vanished. Along with it, my last doubts evaporated. Now I know for sure: this is my purpose; finally, I'm doing everything right. For the first time in my life, I am absolutely happy.

## Planet Savors

So who are these teacher-plants? What do they look like in our world, and most importantly, what do they represent in the spiritual realm? What language do they speak? What should we expect from them? How should one prepare for the meeting? The list of your questions can go on almost indefinitely. But answers to many of them you will only get at your first ceremony—because words are usually powerless when it comes to such high-priority matters. So, Let's meet them!

☑ Ayahuasca (*Banisteriopsis caapi*): “Vine of the spirits,” also known as “Vine of the Dead,” and holder of dozens of other names. Perhaps the most revered of the maestros—at least it's the only one that has clothed its intentions in a complete manifesto, which you can find on the internet. It calls itself the “Spirit of Spirits,” as it exists at higher vibrations. This teacher-plant is the answer to all questions that may arise. That's why the “Vine of the Dead” has become the main component of Ayahuasca, and its spirit: the main patron of vegetalistas in the Amazon and all over the world.

☑ Chacruna (*Psychotria viridis* or *Diplopterys cabrerana*): The spirit of this maestro is associated with two plants:

*Psychotria viridis* and Chaliponga. The name comes from the Quechuan “chaqruy” (“to mix”), because in the composition of Ayahuasca, chacruna establishes a connection between other teacher-plants. It loves company so much that it’s almost never taken alone. Another reason for its “mixed” name is that this plant combines the power of both female and male principles. And most importantly, it was chacruna that showed the way to all other maestros at the beginning of time.

☑ Ajo Sacha (*Mansoa alliacea*): Also known as “garlic vine.” This maestro opens the spiritual channels of the student and prepares them for communication with higher-ranking mentors. It teaches how to cope with heavy shocks and make difficult, sometimes even fateful, decisions. It strengthens the will, sharpens intuition, and gives self-confidence. Ajo Sacha shows the way for some, and helps others find it on their own.

☑ Ayahuma (*Couroupita guianensis*): Also known as “the cannonball tree,” has dozens of names. This maestro is revered not only in the Amazon but also in many Asian countries. It is recommended only for those who already have experience in communicating with spirits. This mentor teaches empathy, allows you to look at life from a different angle and find your place in the world. It relieves anxiety, provides peace and confidence. Moreover, it helps create a powerful individual protection from evil spirits, referred to as an “arcana.”

☑ Bobinsana (*Calliandra angustifolia*): In everyday life, this plant is called “narrow-leaved calliandra.” Dieting with it allows you to ascend to a more subtle level of perception of the world around you. This maestro communicates with you not through the brain, but through the heart. It appears in the image of a wise elder. Confident and full of inner energy, it brings tranquility and allows you to go beyond traditional cognition. It teaches to feel and empathize. Under the guidance of this mentor, you will definitely find harmony with nature.

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☑ Chiric Sanango (*Brunfelsia grandiflora*): It has a very subtle teaching style, so it is not only a regular participant in Ayahuasca ceremonies but also becomes the first teacher for many seeking enlightenment. By freeing a person from negative emotions, this maestro opens he heart. First, it helps to realize your problems, and then it removes all obstacles on the way to the goal. For his image of a wise bearded elder, he received the affectionate nickname Grandfather Sanango. Like an experienced primary school teacher, this mentor is very patient but requires obedience.

☑ Mapacho (*Nicotiana rustica*). A indispensable participant in Ayahuasca and Rapé ceremonies, this is none other than the tobacco that we are all familiar with. Hold your contemptuous skepticism! The plant that you are used to perceiving as a cheap alternative to tobacco is actually a skilled master of lucid dreams. It is capable of redistributing energy flows inside you, purifying you from painful aura and expelling evil spirits. After such mental detoxification, you will acquire unprecedented clarity of thoughts, as well as start to see and understand what was previously hidden from you.

☑ Mucura (*Petiveria alliacea*): This is the so-called "Columbian garlic," also known as "Cuban." It eliminates anxiety and brings tranquility. It drives away depression and returns us to a happy life. It also gives confidence and a sense of self-worth. Bright dreams that this maestro gives work better than any session of regression therapy. Whatever problem torments you, this teacher-plant will return you to a situation from the past, give you the opportunity to fix everything so you can start a new chapter of your life.

☑ Renaquilla (*Clusia rosea*): This is an epiphytic plant also known as "rosea clusia." That is, it lives on other plants. There is obvious symbolism here, as this maestro helps to achieve harmony in relationships with loved ones and nature. To create

new strong bonds or restore broken ones, *Clusia rosea* teaches sincere understanding and forgiveness. It also endows you with a keen intuition so that in the future you do not solve problems but simply do not admit them. To do this, the mentor can even reprogram the neural network.

☑ *Toe (Brugmansia suaveolens)*: *Brugmansia* is one of the five teacher-plants necessary for a curandero to move to the next skill level. It can serve as a component of Ayahuasca. This mentor helps: travel between worlds; communicate with the spirits of ancestors; acquire sacred knowledge; predict the future; and achieve a true understanding of themselves. The spirit of Toe appears in the form of a jaguar, eagle, or anaconda, and shares revelations only with the worthiest representatives of humanity. Dieting with this maestro is recommended only to the most experienced vegetalistas who have previously communicated with other, less stern spirits.

☑ *Uña de Gato (Uncaria tomentosa)*: Mystical symbolism is also inherent to this maestro, also known as "cat's claw." After all, the "feline" name is due not only to the thorns on the plant itself, but also to the techniques that this mentor teaches. Anyone who turns to him for help gets the strength of the king of the Amazon jungles: the jaguar. *Uña de Gato* eliminates mental imbalance and grants you a predator's determination, allowing you to achieve any goal.

☑ *Wachuma (Echinopsis pachanoi)*: The San Pedro cactus, named after Saint Peter, was called a "wise grandfather" by grateful students. Whoever opens their heart to him will heal the soul and mind and will understand the truth about themselves and human nature. They will realize how the world is structured and how the facets of reality interact with each other. They will master the art of sincere love, overcome doubts and fears, and establish relationships with those around. This "wise grandfather" also correctly distributes energy flows, breaks

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imposed stereotypes, and helps one find his calling in order to live, not just exist.

☑ *Peyote (Lophophora williamsii)*: Peyote is another teacher-cactus. Its spirit appears in the image of a fiery deer to anyone who wants to know the causes of their unhappiness and the truth about the surrounding world. This maestro warms, inspires, and helps to reveal and realize your true potential—so that after the ceremony you can radically change your life for the better. Under its guidance, the student embarks on an exciting journey to a parallel world, but the main goal of this incredible tour always remains the opportunity to look deep within yourself.

☑ *Amanita (Amanita muscaria)*: You may have already encountered this maestro, but surely missed such an opportunity. We're talking about the good old Red Fly Agaric. The great mentor of the northern peoples appears in different forms, although the Chukchi note its similarity to a real mushroom: a large head and cylindrical body without limbs. The character of this teacher matches the climate of the extreme north: it is harsh and demands respect for himself and nature as a whole. It is capable of driving out any evil spirit. And detail everything that remained unclear after communication with other "maestros."

☑ *Psilocybe (Psilocybe cubensis)*: This spirit is associated with a whole genus of mushrooms: psilocybin. This is another mentor, ready not only to teach independently but also to interpret the messages of teacher-plants. It teaches that any disease or problem is the result of an unlearned lesson. Under its guidance, you will get rid of negative emotions and be able to turn any potentially bad situation to a positive one in your favor. Plus, this maestro is ready to tell you all about the structure of the Universe and your place in the infinite Universe.

These fifteen teachers are just the most revered ones among the great multitude of maestros. It is impossible for a layman to imagine their spiritual power. Only by personally touching ancient mysteries can one at least partially realize this boundless power and, most importantly, feel its impact. So far, you have not lived, but only imitated meaningful existence.

## **Healing of the Soul and Body**

The power of maestros lies far beyond the understanding of modern science. But even now, scientists manage to prove their effectiveness in combating many ailments. Sometimes they try to link the results to certain substances in the composition of plants and mushrooms, but more often they have no grounded explanation and are simply forced to state the obvious.

A number of studies have demonstrated the effectiveness of Ayahuasca in treating addiction to alcohol, tobacco, and drugs (especially cocaine). Participants in the experiments noted that during the communication with maestros, they were able to understand the hidden nature of their addiction and thus overcome it. A full seventy-four percent of subjects felt along with anti-addictive and other long-term effects: mood improvement, harmonization of relationships with those around, full acceptance of themselves, and commitment to a proper diet. All this without any side effects.

Brazilian scientists from the city of Natal have learned to treat depression using Ayahuasca. They not only found seventeen willing participants from the ages of eighteen to sixty, but chose those who showed no signs of improvement after using at least two types of antidepressants. Double-blind testing showed a twofold improvement, in the least, in dissociative state scale scores in sixty-four percent of those who used the decoction from the “Vine of the Spirits.” Most importantly,



communication with the spirits of teacher-plants instantly improved the patients' conditions, while pharmaceuticals have a cumulative effect and only start working two weeks after the start of treatment. Plus, the positive dynamics in the case of Ayahuasca turned out to be long term.

Symbolically, the decoction from the "Vine of the Spirits" is also effective in the fight to preserve memory. Experiments under the auspices of the Spanish National Research Council, conducted by Professor Jordi Riba, gave hope for an effective way to combat Alzheimer's disease. After all, the alkaloids harmine and tetrahydroharmine actively stimulate the formation and maturation of new cells, among which are astrocytes, which are capable of becoming neurons. Thus, Ayahuasca helps restore impaired neural connections at any age. Yet it was previously thought that older people had no chance to renew the production of neurons. In addition, harmine and tetrahydroharmine positively affect the neocortex and hippocampus, which are responsible, among other things, for conscious thinking and various types of memory.

Naturally, scientists pinned their hopes on Ayahuasca in the fight against one of the most terrible diseases of modern times: cancer. And it lived up to their expectations. This is confirmed by the case of Donald Topping, who, facing a deadly disease for the second time, achieved a seven-year remission after undergoing ceremonies. Also indicative is the case of April Blake: a woman whose tumor growth stopped after Ayahuasca and who has been alive for thirteen years, despite initially pessimistic medical forecasts. Margaret De Vries never went under the surgeon's knife, but defeated breast cancer after eleven ceremonies in the Amazon jungle. Researchers explain these miraculous healings by the fact that alkaloids can limit the blood supply to the tumor, and dimethyltryptamine initiates the programmed death (apoptosis) of cancer cells.

However, it's not just about Ayahuasca. For centuries, the jungle has replaced and continues to replace pharmacies for the Kichwa people. They know exactly which maestro to turn to for help with various ailments. And these maestros have proven themselves not only as wise mentors but also as talented healers. Mushrooms and teacher-plants help cure common and viral respiratory diseases. They alleviate disorders in the digestive tract. They lower temperature, block inflammatory processes, fight swelling, relieve spasms, and eliminate pain. They restore potency and protect against frigidity. Some treat infertility, while others, on the contrary, serve as contraceptives. They rid the body of various parasites. They alleviate the suffering of arthritis and rheumatism patients. They strengthen bones and tendons. They protect against prolapses. They disinfect wounds and minimize the consequences of snake bites. They prevent hair loss and tooth decay. They normalize blood glucose levels and blood pressure. Also, they increase vitality and stimulate the body's natural immunity.

## **In Conclusion**

I could go on and on about Ayahuasca: about how to morally and physically prepare for the main ceremony in your life; why it is necessary to undergo it specifically in the Amazon and not be satisfied with geographical substitutes; what an icaro is, why it's necessary to apply face paint; what the *chakapa* is used for; and what awaits you at the ceremony and during the trip. I can also discuss how to achieve maximum results and avoid minor annoyances that can spoil the impression. Finally, I can tell you about how to integrate the acquired experience and genuinely turn a new page in your life. But I won't.

I'm not trying to belittle the effectiveness and significance of the other healing techniques in this book, but I will say that

Ayahuasca is on an entirely different level. You cannot master this knowledge by reading a book and dedicating thirty minutes a day to training. You can describe the theory as much as you like, but Ayahuasca is practice. It's a simple recipe: the Amazon jungle, an experienced shaman, a brew from the "Vine of the Spirits," and you. You arrive at the retreat center and transform your existence into real life. What happens during the ceremony is indescribable. You need to live it, feel it—and only then touch the truth.

This chapter, as well as the entire book, was just a preparation for your acquaintance with the main instrument of enlightenment. But that's minor. From personal experience, I will say that your entire life was just a prelude to meeting Ayahuasca.

WHAT'S NEXT?

**I**t would be an exaggeration to say that now you know everything that I know. Yet, you know enough to radically change your life. As a long-standing practitioner, I can confidently assure you that realizing the problem is already an achievement. Understanding that you need to fight for your mental and physical health is even more important. At this stage, you are already in an advantageous position compared to millions of people who live in ignorance.

But you have not only recognized the problems and the need to solve them. You are probably already taking action. Nobody reads this book in one go. It's studied thoughtfully, gradually, trying out the described techniques and listening to your body. You probably don't fully understand what a powerful tool you have, but you are already finding its application. Some things you tried out of curiosity, some because they were related to your problem, and some you considered the easiest to learn. Either way, congratulations on embarking on the path of healing.

You saw healing practices, not as they are, but through the prism of stereotypes. They are not tricks for the naive, but effective methods, tested over the years. At the same time, they are not as complicated as specialists make them out to be—trying to elevate themselves in the eyes of clients. This science does not require a special mindset or incredible skills; it bequeaths its secrets to anyone ready to make enough effort. You have seen this for yourself.

No, your exercises will not be as effective as the work that I or even my students do. That's precisely why my services cost a decent amount of money. However, on your own, you will be able to get rid of a significant part of the mental clutter in your head—and not only in your own. Now you have the power to take care of the health of your loved ones.

For some, this will be enough. Even in this case, I will be pleased with the fruits of my labor. But everyone who has

grasped the main message of this book—by reading in between the lines—already understands that they need to go further. After all, you are either moving forward, or you are degrading. There is no third option. Reaching a new level of self-development is not an end goal but just one of the steps on your path. If you want to truly understand yourself and the world around you, don't settle for classic practices, go to an Ayahuasca ceremony. You'll come back a different person. The kind you can't even dream of becoming now.

See you at the retreats!

# HEALER'S BIBLE

..... Techniques That Save Lives .....

*Healer's Bible* is the ultimate guide to alternative medicine, acclaimed as the most thorough work of its kind in English.

This fully comprehensive resource empowers you with the knowledge to heal yourself and others and illuminates your journey towards true enlightenment. At its core, it is a beacon of wisdom, health, and happiness.

Its true essence lies in teaching you how to share these blessings to those around you, transforming lives far beyond your own.



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