

# Imagine Being the Best You Can Be

## Hypnosis can Make it Happen!

*Need help in other areas?*

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- Weight Loss & Ideal Body Image
- Stress & Relaxation
- Motivation & Procrastination
- Goal Attainment
- Insomnia
- Fear & Depression
- Eliminating Guilt
- Athletic Performance
- Concentration & Memory
- Sales Improvement

- Health & Wellness
- Assertiveness
- Mental Attitude
- Public Speaking & Stage Fright
- Self-Confidence
- Study Habits
- Fitness & Exercise
- Financial Abundance
- Jetlag & Motion Sickness
- And more!

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*Attain your Goals with Hypnosis!*

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# Instructions for Listening to CDs/MP3s

The guided relaxation recorded on these CDs/MP3s has been carefully designed to assist you in achieving a state of inner peace and serenity. Simply being in the deeply relaxed state reduces your stress. In addition, you will better absorb the positive suggestions. By following the guided imagery, you will begin a process of positive change. As you listen to this CD/MP3, suggestions begin to take root in your subconscious, permanently replacing past negative messages.

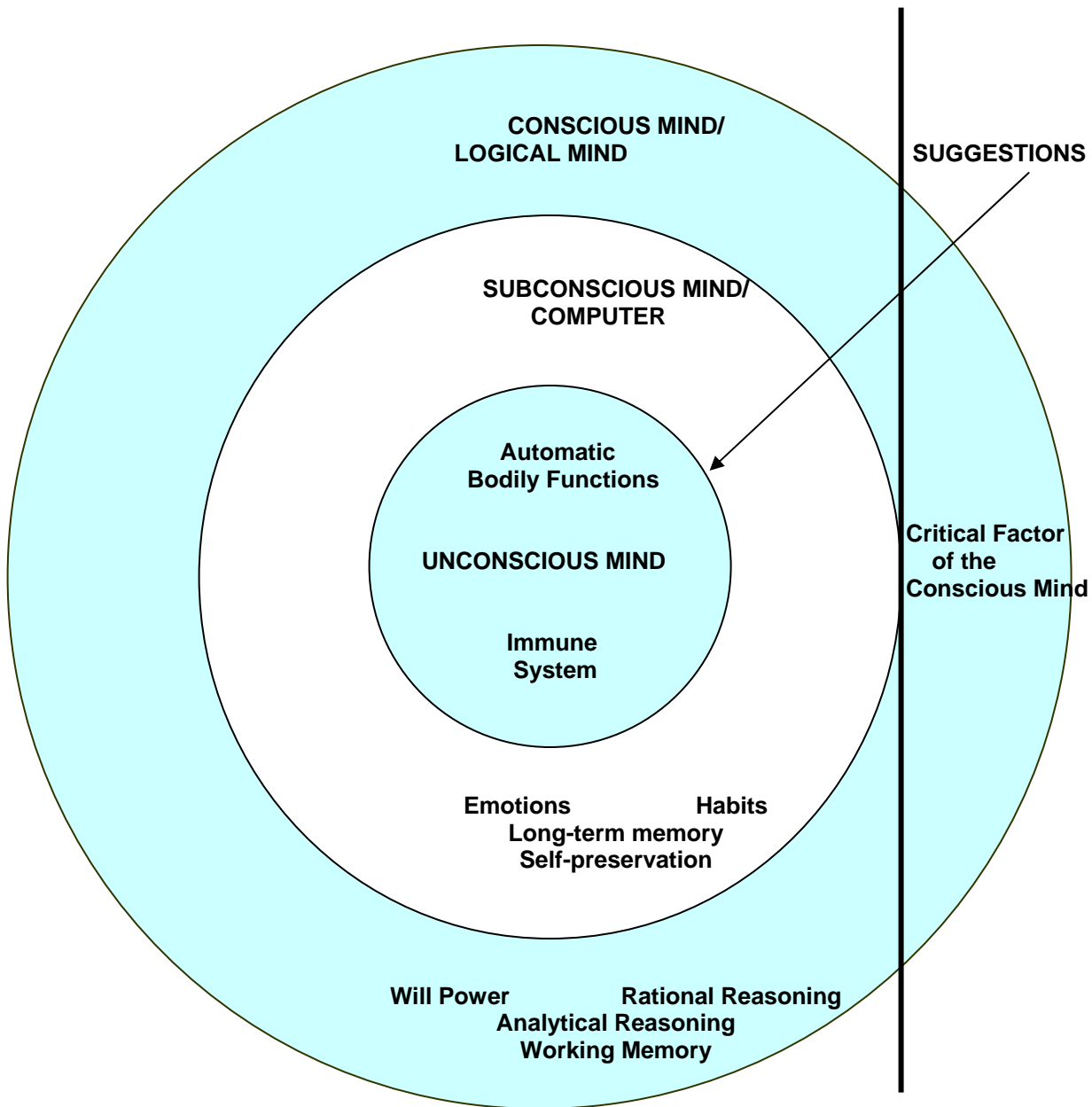
Regular use of these CDs/MP3s will assist you in tapping your inner resources. But remember, for best results listen to your CD/MP3 at least once a day. Better yet; listen once in the morning and again in the evening, continuing for 8-12 weeks. You may wish to listen to a different CD/MP3 each night or to one CD/MP3 for a time before moving onto the next one. Some hypnotists recommend listening to one CD/MP3 for a solid 21 days before going on to the next one.

For best results in accomplishing your goals, practice regularly – preferably daily. Practice in the morning before starting your day. Set your alarm half an hour early and listen to a CD/MP3. One half hour of hypnosis is like three hours of ordinary sleep, so you are not losing any sleep this way. I recommend this timing because even the busiest of people have nothing to do 30 minutes before starting their day. This will permanently instill the suggestions on the CD/MP3.

Each method works well for different people; you may wish to experiment to see which works best for you. Although you may notice a difference within the first week or two, permanent change does take time. If you skip occasionally on either of these, it is not a disaster. Just resolve to stick to a routine as reliably as possible.

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: **Warning: Because self-hypnosis CDs/MP3s guide you into** :  
: **a deeply relaxed state, DO NOT listen to it while driving a** :  
: **car or operating machinery. However, if you choose to** :  
: **listen at bedtime, you can fall asleep at the beginning** :  
: **and be assured that your subconscious continues to** :  
: **absorb the suggestions because your brain stays alert 30** :  
: **minutes after your body falls asleep.** :  
.....

# HYPNOSIS MODEL



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**The Critical Factor works for and protects the subconscious mind but resides in the conscious mind. Hypnosis is the by-pass of the Critical Factor of the conscious mind and the establishment of acceptable selective thinking.**

# How Hypnosis Works

## Conscious Mind/Logical Mind (12% of Your Brain)

### **Analytical Reasoning**

This is the part of us that looks at simple and complex problems and gives us the best answer.

### **Rational Reasoning**

This part must give us a reason why we behave in any particular fashion. Unfortunately the reason is never original and normally wrong.

### **Will Power**

Will power is the fuel that initiates action towards a given goal. Will power is always short lived.

### **Working Memory**

The working memory is the place we store the information that has been drawn from the long term memory. The working memory is located in the conscious mind for use at any given moment.

## Subconscious Mind/Computer (88% of Brain)

### **Long Term Memory**

This is where we store the memories of everything that has ever happened to us. Everything that we have ever heard, seen, smelled, touched or tasted since our brain was formed. It is the information that determines how we react to any situation.

### **Habits**

Good Habits – saying thank you, getting exercise, and keeping clean. Bad Habits – smoking, eating wrong foods, and biting finger nails. General Habits – How we respond to the phone ringing or a doorbell.

### **Emotions**

This is where we store emotions - We can be happy – we can be sad.

### **Self Preservation**

This part of our subconscious protects us from any harm – real or imaginary.

## Natural Laws of the Mind

### **Every thought or idea causes a physical reaction**

Your thoughts affect all of the functions of your body. Worry thoughts trigger changes in the stomach that eventually lead to ulcers. Anger thoughts stimulate your adrenal glands and the increased adrenaline in the blood stream causes many body changes. Anxiety and fear thoughts change your pulse rate. Hunger and thirst thoughts affect your stomach and salivary glands. Sex thoughts affect your sex organs. These stated reactions are not the only reactions of the body to thought. They are illustrations of the above rule which are well-known.

### **What is expected tends to be realized**

The subconscious mind responds only to mental images. It does not matter if the image is self-induced or from the external world. The mental image formed becomes the blueprint and the subconscious mind uses every means at its disposal to carry out the plan. Worrying is the programming of an image you do not want. The subconscious (not knowing the difference between a real or imagined image) acts to fulfill the imaged situation and "The things I feared most have happened" ...With the above law in mind, the statement takes on new meaning.

### **Imagination is more powerful than knowledge**

Images are the property of the subconscious mind (the huge 88% of you). Those images will always overpower what you think (12%). Reason is easily overruled by man's imagination. That's why some people blindly follow the rabble-rouser, the war-mongering despot (Hitler), the seller of fake stocks, etc. These people let their imagination run riot with their reason. Any idea accompanied by a strong emotion usually cannot be modified through the use of reason. However, by subconscious reprogramming, one can easily and effortlessly remove, alter or amend any old idea.

### **Only one idea can be entertained at a time**

This does not mean more than one idea cannot be remembered or held in your memory. It refers instead to the conscious mind recognizing an idea as true, correct, guiding, and/or dominating the personality, and accepted. Many people attempt to hold opposing ideas simultaneously. For example, an individual may believe in absolute honesty. He trains and expects his children to be honest. Meanwhile, he is doing things such as cheating on his income taxes. He might rationalize HIS conduct by saying, "Everybody else does it". He cannot, however, escape the conflict and its effect upon his nervous system which is caused by attempting to hold opposing ideas.

## Natural Laws of the Universe

- A. An idea once accepted tends to remain until replaced by another idea, or is forgotten.
- B. Once an idea has been accepted, there is opposition to replacing it with a new idea.
- C. The longer the idea remains, the more opposition there is to replacing it with a new idea. Once the idea is accepted, it tends to remain. The longer it remains, the more it tends to become a fixed habit of thinking. This is how habits are formed, both good and bad ones. First the thought and then the action. We have habits of thinking as well as habits of action, but the thought, the idea, comes first. It is obvious, therefore, that if we wish to change our actions, we must begin by changing our thoughts. We accept the idea that fire burns, water moistens, ice chills, water evaporates and cools, rainfalls, and plants grow under certain conditions. These are instances of correct fact ideations. We also have many thought habits which are not correct and are just as fixed in the mind. Some people believe that they must have a drink to steady their nerves. This is not correct, but the idea is still there and there will be considerable opposition to replacing it with a correct idea. No matter how fixed the ideas may be or how long they have remained, they can be changed with proper auto-suggestion.

### **An imagined emotionally-induced condition tends to become organic if persisted in long enough**

It has been acknowledged by many reputable medical experts that more than 90% of human ailments are functional instead of organic. Such ailments are brought on generally by malfunction of the automatic nervous system which controls the body functions. A functional ailment means that the function of an organ or other part of the body has been disturbed by the reaction of the nervous system to negative ideas held in the subconscious mind. Therefore, if you continue to fear ill health, constantly talk about your "nerves", "tension headaches", "nervous stomach", etc., in time, organic changes will occur.

### **A suggestion once followed or acted upon creates less and less opposition to successive suggestions**

A mental trend is easier to follow the longer it lasts unbroken. Once a habit is formed, it becomes easier and easier to follow and more difficult to break. When a suggestion has been accepted by your subconscious, it then becomes easier for additional suggestions to be accepted and acted upon. Begin simply with one main idea, add to it, and soon you will have a positive reaction with unbelievable results.

## About Laura

Sought out by Olympians, leading edge CEO's, professional athletes, prominent physicians, award-winning trainers and parents, Laura Boynton King teaches individuals how to utilize their minds to make lasting changes in both their performance and lives. In her recent book, *The Power to Win*, King explains how the use of hypnosis and Neuro-Linguistic Programming (NLP) can easily help anyone conquer fear, build confidence and obtain unprecedented success. A popular speaker and admired life coach, Laura has published over 150 CDs and workbooks covering topics such as stress management, peak performance, public speaking, overcoming illness and much more.

Mrs. King is director and founder of Summit Dynamics, LCC and is a certified hypnotist and certified sport hypnotist. A student of human excellence and positive behavior modification for over 25 years, Laura was trained at the Omni Hypnosis Training Center and the Don Mottin Sports Hypnosis Training Center, and received her NLP training from Dr. William Horton. She also spent over two decades studying with her mentor, Dorothy Gates, Ph.D., internationally recognized authority on child and adult development.

