

“Confidence”

Do you ever dream of having more confidence? Do you imagine the feeling of being able to do whatever you would want without the fear of failure? Hypnosis is an excellent way to feel more confidence with the least amount of effort. You can within a few short weeks begin to feel the confidence that you have in the past only dreamt of having.

Hypnosis cleans the mind of contaminations of the past that said to you that you were not confident. What is this feeling of confidence and how can we learn it? You could practice a certain skill for many months and learn confidence in that area of training. However when we think of general confidence, hypnosis is the best way to learn to feel confident in many areas at the same time. This is done by being hypnotized and feeling free from the lack of confidence. Feeling free from the lack of confidence is the natural feeling after being hypnotized. I often think that hypnosis does not have a direct language to accomplish a goal. I feel that it removes the lack of confidence toward your personal goal and then allows you to feel confident that you can achieve that goal.

Use your imagination and think of a goal that you lack confidence in. Then imagine being hypnotized and opening your eyes with a feeling of general confidence of yourself. Now apply that general confidence to whatever you would like to feel better in. When you are hypnotized, you feel better about everything as you open your eyes. Then by learning self-hypnosis, you can reinforce that feeling everyday. A great phrase is, “We become what we think of all day long!” What do you think of all day long? If you were to hypnotize yourself every day, would you change the way you think? Absolutely!