



SELF HYPNOSIS WITHOUT USING A MIRROR?

Contrary to the popular image of self-hypnosis, a mirror is not needed. Thousands of people use self-hypnosis every day. Self-hypnosis could help eliminate a habit, improve abilities, or just live a happy life.



High Level Content of the training

(Actual content is much more & is 90% practice based and can't be shared due to copyrighted material)

1. *Benefits of Self-Hypnosis*

- *Addictions,*
- *Anxiety control*
- *Confidence Build-up*
- *Self- Motivation,*
- *Improve memory*
- *Improve sporting activities*
- *Improve study habits*
- *Sleep issues, Insomnia*
- *Controlling Addictions - Cigarette Smoking/Alcohol*
- *Habits breaking*
- *Sales performance,*
- *Success programming*
- *Weight Loss programming*
- *+++ many other areas*

and many many more benefits arise from Self Hypnosis.

2. *What hypnosis is what is it not?*
3. *Mind? Conscious & Subconscious mind*
4. *Imprints*
5. *The way we learn*
6. *How Information flows*
7. *Concentration, test it?*
8. *Establishing realistic goals*
9. *Imprints*
10. *The language of feelings*
11. *The body scans*
12. *Positive visualization*
13. *Counting*
14. *Auto Suggestions*
15. *Keys*
16. *Post Hypnosis*

Soul Consciousness Lab[®]

NOTE:

The teaching methods used by Mrs. Rashhi Sharma are most unique in the whole world. She doesn't follow a strict manual or theory schedule and believes that the best learning happens in an experiential way of learning, where you do intensive practice first and then relate it to the theory or concepts. She has proven in her very successful and most appreciated "Hypnotherapy & Past Life training programs" that when you focus on practicing with the trainer extensively, you not only understand the whole concepts at heart by your own experience but in the process, you drop out all dependence on scripts, manuals, external sources, and you can easily devise your own advanced methods to innovate, and meet your unique needs.

“The training will involve lot of spontaneous learning, which is practical work and practice based, via her guided hypnosis, meditations, & live demonstrations. These are her own developed secret methods!”