

Step 1: Introduction and Goal Setting

Welcome to the wonderful world of hypnosis!

Over the coming days, you will be receiving a series of emails that are designed to help you to learn one of the most fascinating and powerful techniques you can ever learn. Self-hypnosis!

If this is your first exposure to hypnosis, it is my privilege and honor to be able to take you under my wing and share this information with you first hand.

If you have already had some training in hypnosis, then I would also like to welcome you to re-discover hypnosis through my eyes and I'm sure you will gain new insights over the next few days as you review the materials.

My intention is that either way, by the end of this course, the following WILL happen:

You are going to totally GET what hypnosis IS and what it is NOT.

You're going to find out how well you respond to hypnotic suggestion.

You're going to understand exactly how to put yourself into a light hypnotic trance quickly and easily, anytime, anyplace.

- You are going to learn how to prepare and give yourself effective post-hypnotic suggestions that will change your life.
- You are going to learn the proper way to breathe in order to get into hypnosis.
- You are going to learn the most powerful secret to getting hypnosis to work for you, which will only be revealed to you during one of the final steps. Make sure you pay very close attention to ALL of the emails that come to you so you don't miss out on this KEY INFORMATION.
- You are going to be moved to take action in your life and want to use hypnosis daily to achieve all your goals.

Now, before we get started, please find a pen and notepad. I'm going to ask you a few questions: Do This before Moving on!



Questions to Ask Yourself

1. What do you want to get out of taking this course?
2. Why are you going to spend the time learning self-hypnosis?
3. How would you like your life to be different once you have MASTERED self-hypnosis?
4. What is the number one goal you know you will achieve by applying self-hypnosis in your daily life?
5. By when would you like to have that?
6. How badly do you desire that to happen?
7. Will you participate fully in the course and do your best?

Congratulations!

You just completed the first assignment in this course.

Wait! Did you answer those questions? If not, I must insist that you do not proceed until you have answered those 7 questions.

THAT is how you are going to get the most out of my self-hypnosis course. Knowing what you want the first step in self-hypnosis and is one of THE most important parts of learning self-hypnosis. So, wouldn't now be a good time to grab a little notepad and start taking some notes? A big part of learning is in the experience of doing it. So, as I ask you to read, or re-read, or think about, or go here or there, REALLY DO IT because that is the best way for you to LEARN. So, the next thing I ask you to do now, as we are preparing to dive into the language of your mind is to go back to "Questions to ask yourself." We are going to do another quick lesson with the answers to those questions.

Again, this is important; I want you to re-write the questions in a particular format I will now explain:

FIRST: Write the words: "My Intention is to use self-hypnosis to"

NEXT: Finish that sentence with whatever you wrote as your main goal.

Example: "My Intention is to use self-hypnosis to motivate myself to achieve financial success in my business."

Now it's YOUR TURN. Be as specific as possible.



Write the Goal Here:

My Intention is to use self-hypnosis to: _____

I will achieve my goal by _____

(Insert Date) _____

Once you have properly composed the sentence, read it ALOUD.

Why am I having you do this?

Self-hypnosis is all about the way you speak to yourself. It is all about following instructions that your mind is given. The better you are able to follow simple instructions, the easier it will be for you to go into trance.

Also, your mind responds best when you get excited and emotional about your goals, and that goes for both positive AND negative emotions. This is also a great way to show you how you can take a simple sentence and turn it into a hypnotic suggestion for your own use.

This was a short introduction. We have a lot more to cover in the next step, which will be all about what hypnosis is and what it is not.

Be sure to keep reading your goal for this course. We will refer back to it later when the time is right, in order to formulate some suggestions around that goal.

Until then



Victoria

Victoria Gallagher
Certified Master Hypnotherapist

P.S. While you are enrolled in the e-course, you are entitled to receive a special student discount of 25% off all of my products. This is only good for the duration of your e-course.

[Click here for details](#). Also, be sure to **Download your Free Inner Peace MP3** from that page as well.

