

# Self-Hypnosis Protocol - Limitless Master

## 1. Preparing for Self-Hypnosis:

- Find a quiet and comfortable space where you won't be disturbed for the duration of the session.
- Sit or lie down in a relaxed position, ensuring that you're comfortable and supported.
- Take a few moments to focus on your breathing, allowing yourself to relax and let go of any tension.
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## 2. Induction:

- Close your eyes and take a deep breath in, and as you exhale, release any tension or stress from your body.
- Imagine a staircase in your mind, and with each step you descend, allow yourself to become more relaxed and at ease.
- Count down from 10 to 1, with each number allowing you to relax deeper. Visualize yourself reaching a peaceful state of mind.

## 3. Deepening:

- Once you've reached a relaxed state, imagine yourself in a calm and serene environment that brings you a sense of tranquility.
- Use your imagination to create a vivid and detailed picture of this peaceful place, incorporating the sounds, smells, and sensations you would experience.

## 4. Suggestion:

- Repeat positive affirmations and suggestions to address your 10 year vision. If this is a resolution to create the vision, state strong affirmations affirming it. If it is an investigation, this is the time to begin asking questions about the vision.

Questions as:

"What is my highest purpose in life?"

"What is my ideal vision for myself?"

"How can I contribute the most to the world?"

"What will make me the most happy?"

And more questions you can prepare before, to help you reveal from the depths of your subconscious mind.

After asking each question, allow the ideas to come into your mind without resistance - they may come in images, thoughts, or visions.

## 5. Reinforcement:

- Repeat the questions several times, allowing them to sink deeply into your subconscious mind.
- Visualize yourself engaging in healthy activities and experiencing the benefits of a life led through your ultimate vision. See yourself feeling confident, fulfilled, and in control.

#### 6. Exiting Self-Hypnosis:

- When you're ready to end the session, count up from 1 to 10, with each number bringing you back to a fully alert and awake state.
- Take a moment to stretch, move your body, and reorient yourself to the present moment.

#### 7. Integration and Reflection:

- Spend a few moments reflecting on the experience and the positive changes you want to make in your life.
- Write down the visions that came up through the sessions.
- Allow yourself to repeat the process again as necessary, and enjoy the clarity it brings.

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