

## Week 5 Video 1

Why are we making suggestions? Maybe we should just tell our clients what to do, like, “stop it,” but that really never works does it? You know, frankly, they’ve been trying to stop whatever the behavior is or to stop that negative feeling and it’s just not working. They’re conscious mind goes, “I want to stop it, I want to stop it” and they’re subconscious goes “Ha! forget it. That’s not going to happen” and that conflict is there.

Well, in hypnosis, remember in the progressive relaxation, we’re sending the conscious mind out on the cloud chair just getting the conscious mind out of the way, and when the client’s mind and body are relaxed, it opens the window so the subconscious mind can accept the positive suggestions.

Suggestions are the key to success for us personally as well as for our client because what we suggest to ourselves and to our client has the ultimate ability to shift and change whatever the actions need to be.

Suggestions, custom suggestions, you're going to be learning how to create custom suggestions but let me just write down for you what do suggestions really do.

If I make a suggestion, the goal is for your inner subconscious to accept that suggestion. It’s really because I am here because I have a belief that is getting in the way of my life, public speaking. And the reason I always keep going back to public speaking is it’s something that’s familiar to most everybody. At some point in their life, they have an issue or a nervous feeling about speaking in public. At least 80% of people seem to have this. So my belief is that every time I'm in front of a group of people to speak, that I get scared and this belief is based on my past experience isn't it? It's not based on my future experience unless I'm psychic. It's based on my past experience. That's the potential to happen but there's that other side which is the potential that I can feel calm and relaxed and that's my goal but I can't stop worrying about this.

So I'm going to be making a suggestion to you, my client, that every time you stand up in front of a group and speak, that you remain calm and relaxed. Okay? That's a suggestion, calm and relaxed. Now, if you don't believe that you can remain calm and relaxed, then we step back a little bit and I'm going to be saying. You like the idea you are calm and relaxed, you like the idea you feel calm and relaxed. And we're going to be going into that in a deeper way when you get to the “I like the idea” concept.

So, the suggestion is calm and relaxed. The goal is to affect your belief. And when this affects your belief and your belief changes from “I’m terrified in front a crowd” to “I like the idea I’m calm and relaxed,” we’ve created and shifted the image. I’m terrified in front of the crowd, image = me in front of the crowd going “Ah! I like the idea I’m calm and relaxed in front a crowd,” different visual image, correct? That different visual image affects every muscle and cell in my body, back to The Book and Balloon.

Now, changing that belief from “I’m this way” to “I like the idea that this can happen,” it’s going to affect how I feel. So instead of feeling terrified over here, I’m going to start feeling and I’m going to start creating that feeling of calm and relaxed.

Well, the more I do that, do you know what’s going to happen? It’s going to affect and change my attitude. I’m not going to be complaining and worrying over here, I’m going to be focusing on what I want and moving towards what I want. My attitude’s going to be, well yeah, it is possible. Other people can do it and you know I’m not going to die and it’s okay for me to make mistakes and well yeah and I just learned from reading that article online that most people don’t listen to you anyway they’re busy thinking about their own life. So I start to change my attitude about speaking in front of a group.

The shift in the attitude actually affects my behavior. I can choose to have a different behavior. I can choose to stand in front the group and pretend to imagine I’m calm and relaxed which is just as good as imagining or visualizing. And what’s going to happen is my actions are going to be different. I am going to choose to stay up there and choose to feel calm and relaxed. I might even choose to seek out other opportunities to share what I have to say because I can choose to remain calm and relaxed. And all this comes from a little suggestion, and of course, it works the other way around doesn’t it?

You can get a suggestion when you’re younger and accept that suggestion and it’s going to change the suggestion of “it’s scary to go over bridges,” change the belief “Oh my gosh, it’s terrifying to go over bridges. I’m really nervous about going over a bridge. What can happen? My heart starts pounding. My attitude: “Uh, I don’t want to drive. I refuse to drive,” my behavior and my actions and as a result, I’m not going to New Jersey anymore. Well, maybe I don’t want to go anyway but maybe I’m using that as an excuse, who knows? But another suggestion will affect the action, so we’re just using the same process that has caused a problem to create the solution for that. Got it?

I know you’ve got this. See you in the next video.

**[00:06:41 END OF VIDEO]**