

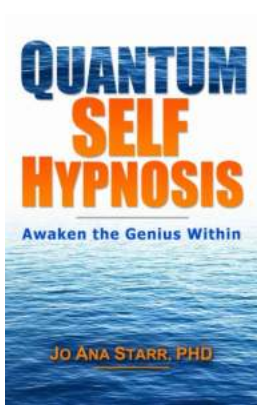
Quantum Self Hypnosis: Awaken The Genius Within

Have you ever wondered what it would be like to tap into the incredible power of your subconscious mind and unleash your hidden genius? Imagine being able to effortlessly learn new skills, improve your cognitive abilities, and achieve your goals with ease.

Quantum Self Hypnosis is a revolutionary technique that allows you to do just that. By combining the principles of quantum physics with the art of hypnosis, this method empowers you to access the unlimited potential of your mind and transform your life in ways you never thought possible.

The Basics of Quantum Self Hypnosis

Traditional hypnosis has been used for centuries to address various issues, such as overcoming fears, reducing anxiety, and improving self-confidence. It works by guiding individuals into a deep state of relaxation, where their subconscious mind becomes more receptive to positive suggestions.



Quantum Self Hypnosis: Awaken the Genius

Within by Jo Ana Starr PhD (Kindle Edition)

★★★★☆ 4.1 out of 5

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Quantum Self Hypnosis takes this concept to the next level by incorporating the ideas of quantum physics. According to quantum physics, everything in the universe is made up of energy, including our thoughts and emotions. By harnessing this energy and directing it towards specific goals, we can create profound changes in our lives.

During a Quantum Self Hypnosis session, you are guided into a relaxed state, allowing your conscious mind to momentarily step aside. This enables direct communication with your subconscious mind, where limiting beliefs and negative programming are stored.

Through the power of suggestion and visualization, you can reprogram your subconscious mind with new empowering beliefs and create a blueprint for success. This process enables you to tap into your inner genius and unlock your full potential.

The Benefits of Quantum Self Hypnosis

Quantum Self Hypnosis offers a wide range of benefits that can positively impact all areas of your life. Here are some of the key advantages:

1. Improved Learning and Memory:

By accessing the subconscious mind, Quantum Self Hypnosis can enhance your ability to learn and retain information. Imagine being able to effortlessly absorb new knowledge, grasp complex concepts, and remember details with clarity.

2. Increased Creativity:

Through guided visualization and suggestion, Quantum Self Hypnosis allows you to tap into your creative potential. You can unleash your imagination, think outside the box, and come up with innovative ideas and solutions.

3. Enhanced Problem Solving:

Quantum Self Hypnosis helps you develop a clearer and more focused mindset. This enables you to approach problems from a different perspective and find optimal solutions.

4. Boosted Self-Confidence:

Reprogramming your subconscious mind with positive beliefs and affirmations can significantly improve your self-confidence. With enhanced self-esteem, you will tackle challenges with a newfound sense of assurance and achieve greater success in all areas of life.

5. Accelerated Goal Achievement:

By aligning your subconscious mind with your goals, Quantum Self Hypnosis accelerates your progress towards achieving them. This powerful technique ensures that your thoughts, beliefs, and actions are in harmony, paving the way for success.

How to Practice Quantum Self Hypnosis

Here are the steps to practice Quantum Self Hypnosis:

Step 1: Find a quiet and comfortable space:

Create an environment free from distractions where you can relax and focus your mind.

Step 2: Set your intention:

Clarify the specific goal or intention you want to work on during the session. It could be improving confidence, enhancing creativity, or overcoming a specific challenge.

Step 3: Induce a relaxed state:

Close your eyes, take deep breaths, and visualize yourself descending into a state of deep relaxation. Release any tension or stress from your body and mind.

Step 4: Access your subconscious mind:

Allow your conscious mind to step aside and imagine a door to your subconscious mind opening. Visualize yourself entering this door and connecting with your inner genius.

Step 5: Reprogram your subconscious mind:

Utilize positive affirmations, visualizations, and suggestions to replace limiting beliefs with empowering ones. Clearly visualize yourself achieving your desired outcome and embody the feelings of success.

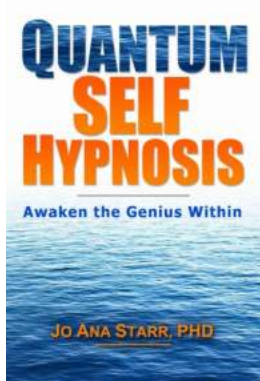
Step 6: End the session:

When you feel ready, slowly bring your awareness back to the present moment. Open your eyes and take a few moments to reflect on the experience.

Quantum Self Hypnosis is a game-changing technique that allows you to tap into the immense power of your subconscious mind. By aligning your thoughts, beliefs, and actions, you can awaken the genius within, achieve your goals, and transform your life.

Remember, practice and consistency are key when it comes to Quantum Self Hypnosis. With dedication and an open mind, you can unlock your hidden

potential and live a life filled with success, passion, and fulfillment.



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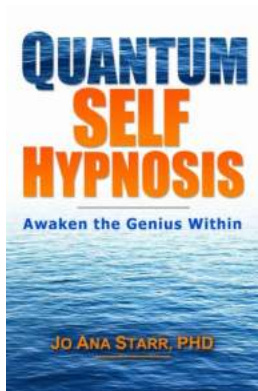
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QUICK QUESTION.....CAN YOU BE HYPNOTIZED?This is a quick quiz to help readers determine if they can be hypnotized.1. Have you ever started to drift off to sleep in your bed and startled awake?2. Have you ever been driving a car and “awakened” to find yourself almost home?3. Have you ever almost fallen asleep during a church sermon?4. Have you ever almost fallen asleep during a class lecture?5. Have you ever had a hard time shaking off the emotions that you felt during a show or movie after leaving the theater? And now the good news! If you answered “YES” to 2 or more of the above questions, then you have demonstrated that you can be hypnotized. Hypnosis is really just the ability to let go of the current circumstance and to drop into a deeply relaxed state and you've shown that you can do that.FREE BONUS: as a gift from the author, all readers receive a full length Audio Hypnosis download. Details are included in the book.Quantum Self Hypnosis is designed to help readers to get what they want.....easily. This 250 page, power-packed book fully prepares YOU to take control of your mind and your life! Become empowered to make the changes

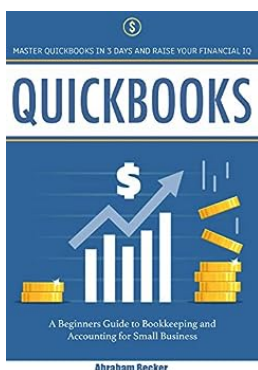
you've wanted to make by learning how to maximize the hidden genius within! Dr. Jo Ana Starr PhD, CCHT, CHI gives you all the tools you need to create dynamic life changes by giving you 5 client-tested Master Hypnosis Inductions and 20 Self Hypnosis full-length session scripts; these inductions and scripts combine to create 20+ 45 minute Self Hypnosis sessions, not mini-sessions as are often found online. With this book, you can duplicate the process that Clinical Hypnotherapists use to create professional sessions for clients by choosing the right Master Induction and combining it with the hypnosis session script of your choice. You also learn how to create custom sessions by implementing a self-interview process that reveals your motivations and your pay-off triggers, allowing you to target suggestions that will produce your desired outcome. There are even recording device recommendations and a little-known software secret for recording your sessions on your computer for free. Speaking of free, all readers of Quantum Self Hypnosis receive free access to a full-length, professional Self Hypnosis audio session valued at \$59., that was designed to develop user confidence in the process of self hypnosis as well as to embed the hypnotic cadence used by professionals to induce hypnosis in their clients. Users of this Self Hypnosis session download have reported an increased sense of well-being, easier sleep, and a more relaxed attitude that they attribute to the use of this audio Self Hypnosis session. The ideal applications for Self Hypnosis are almost limitless. Maybe you'd like to lose weight, or just lose your love of donuts. Maybe you want to learn to stay motivated and working at your current priorities, or to stop smoking once and for all. For some folks, work or business-related challenges bring them to Hypnosis. Hypnosis used for Sales Success, for example, is a great application and one that has helped thousands of sales people improve their sales numbers. How much would your life improve if you could quickly, pleasantly and easily gain focus and pinpoint concentration? Would you like to lose those "senior moments" that I've even heard 30 year olds complaining about? We all have some aspect of our lives and our belief systems

that could use a bit of upgrading. Self Hypnosis is the fastest and easiest way to give your life a quick and affordable facelift. Quantum Self Hypnosis will help you to access all the genius abilities hidden in your mind and put that genius to work helping you to create the life of your dreams! You are a few dollars and a few hours away from improving your life in ways you can only imagine right now. Take the action that can change your l



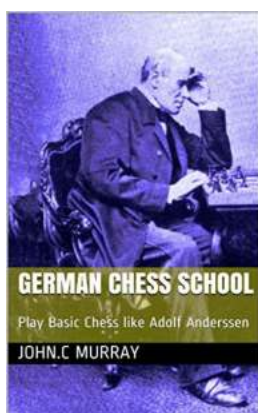
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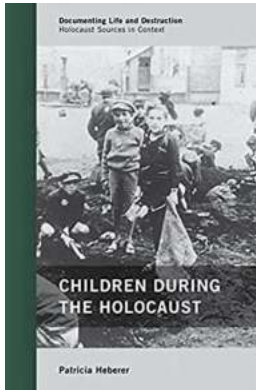
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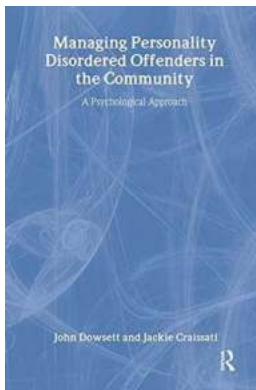
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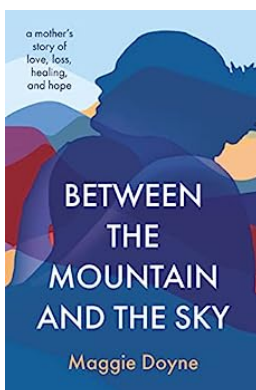
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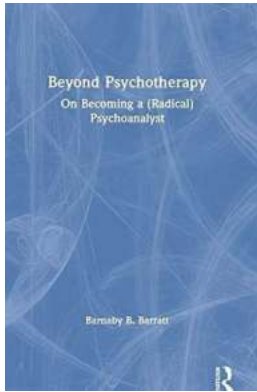
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