

Three exercises for each level of consciousness

1 Hypnosis

Title: «My future entrepreneur self, my core values, pen and paper»

Hypnosis describes those emotional and creative states of consciousness that arise in moments of mental relaxation – it is therefore a natural, everyday state.

At its core, hypnosis is about deliberately changing an existing feeling within a specific context.

A key component of the method I teach, and with which I achieve groundbreaking results, is resource work.

It is based on the assumption that every human being already carries experiences, images, and emotional qualities within them – for example, a feeling, a strength, or an ability.

If a feeling is to be changed, namely within a context, the decisive question naturally arises first:

****What feeling does the other person actually desire?***

This so-called desired feeling (DF) forms the heart of every session.

The resource is therefore, so to speak, the personified form of this desired feeling.

The goal of resource work is to activate this desired feeling in the here and now by bringing it into the present from another point in life – from the past (regression) or from the future (progression).

The decisive question with regard to the female entrepreneur topic that I have chosen for this introductory exercise (context) is therefore this:

«Which desired feeling could counteract fear or stress?»

While this can be individually tailored in one-on-one sessions, in a general exercise like this I only have the option of defining it myself.

I have chosen *self-confidence* and *self-efficacy* > impact: making people shine and truly helping them move forward.

In addition, I would like to provide a longer version that focuses on core values (important for intentionality and positioning) and where people...

The exercise ends with the encounter with the future self.

The resource work and the anchor are borrowed from Amy's preference: paper and pen (insight as words: auditory) in progression.

The future self – truly successful, visible, and a video star – brings a beautiful journal.

2 Waking consciousness:

Title: «Mindset shift and beliefs Youtube Videos»

What are beliefs?

A belief, one could say, is the subjective truth that a person has developed about the world, about themselves, or about certain objects.

Beliefs often do not operate on the conscious level, but instead take place in the subconscious. For this reason, they are experience-based and often emotionally shaped.

A belief is an unconscious, inner logic.

It is like an inner structure that provides orientation.

Beliefs function like an inner frame: they determine how an event is internally classified – and from this, the reaction arises.

«The belief is the inner frame and lies between event and reaction.»

The formation of beliefs – results of past experiences

A belief emerges from experiences of the past and functions like an inner explanatory and predictive model.

Put simply, it is formulated like this: «If this happens, then that follows.»

Often it is also phrased as «I am someone who...», «Whenever ..., then ...»

If, for example, someone was hurt by another person, the subconscious deals with this situation in its own way: figuratively speaking, it recognizes patterns, draws conclusions, and stores them as memory – with the intention of making protective mechanisms available in the future that keep the body budget in balance.

If, later in life, one encounters another person with a similar characteristic, this inner system predicts that this could be a similar situation and therefore a potential danger of being hurt again.

It is like the automatic and rapid warning: «Attention – this will very likely hurt again.»

In neuroscientific terms: «This could negatively influence the body budget.» (Fun fact: Did you know, that all brandnew brain science shows: it is all about money and budget, too? That`s the brain`s main task: body budget management).

Dealing with beliefs

A number of beliefs are no longer up to date, as they originated once in the past and have not been re-examined since.

They are not wrong in the sense of being “imagined,” but they may no longer describe the current present, or only parts of the present.

Often, they reflect a former view of the world.

Therefore, it can be useful to look at these beliefs anew and to further develop them.

One could also say: to reformulate them or rewrite them.

This can be done through addition, differentiation, relativization, reclassification, or rewording.

Even if two contradictory beliefs were actually experienced, it can be the case that only one of them is believed, while the other is faded out.

This logic serves orientation and protection from similar situations and keeps the body budget at a meaningful level.

It is not wrong.

It is based on what a person has experienced and lived.

Changing beliefs

The underlying idea when changing beliefs is therefore that people have also experienced the positive opposite side of a belief, but that this has been faded out.

The goal of the following audio exercise will therefore be to look, once guided and in the appropriate state of consciousness, at where such opposite situations may have existed.

In this way, the belief becomes believable again.

An example:

There may have been at least just as many situations in life in which «I always have to control everything» was true as situations in which «it has also felt good to let myself go with certain people.»

Such a more differentiated perspective, developed in this way, can help in everyday life.

With regard to beliefs on the topic of «enjoying making YouTube videos» there may be at least just as many situations of «videos are not for me» as «I have also enjoyed making videos before.»

In order to inspire you: Further examples on this topic:

«Podcasting is just way more comfortable for me, it's not video.»

↔

«There have been situations where video felt comfortable / felt like a comfort zone to me.»

«I see myself on video and would rather not like what I see.»

↔

«There are video examples of me where I liked the way I looked there.»

«Video is work.»

↔

«Video is fun.»

OR: «Work can be fun.»

OR: «It feels good to have worked.»

OR: «there are situations where it felt good to say yes to a challenge.»

Whatever your belief may be:

As we have seen, this exercise pursues the goal of

- making already experienced counter-experiences accessible again
- differentiating the inner perspective
- and giving the new belief a realistic place in your experience

You will discover that the new belief is not artificial, but has often already been part of your history – it may simply have moved into the background.

Enjoy.

3 Meditation

Title: «Visibility»

Excursus: Meditation

Meditation describes the state of superconsciousness – a state of consciousness in which a person does not drift deeper into the subconscious, the creative, or the dreamlike, but on the contrary observes themselves deliberately and with focus «from above.» Many people who believe that they are meditating are, in reality, practicing self-hypnosis.

In meditation, the aim is to adopt a higher-level perspective. Through this, thoughts, feelings, and bodily sensations can appear without being emotionally charged or emotionally evaluated.

In my method, meditation is practiced with different parameters, for example emotions, triggers, sensory sensations, endogenous factors, dominance, beliefs – which are individually worked out and defined in one-on-one settings.

For this generally kept introductory exercise, I have therefore chosen two of these, namely two rather emotional categories:

«I am afraid of visibility»

«I am still invisible»

The goal of the exercise is therefore to accept the themes associated with visibility, to observe them, and to let them be.

They are neither good nor bad – they simply are.

There are also several techniques to enter the state of meditative trance.

I have chosen the so-called «out-of-body meta-perspective».

This technique is an out-of-body meditation technique in which one observes oneself from above, while also being able to look through walls and roofs, and in which one can see oneself as part of a greater whole.

«I am afraid of visibility»

«I am still invisible»