



Conscious Living
Infinite Possibilities

Unlock Your Inner Super Powers – 6-Week Hypnosis Seminar Series
GROUP SEMINAR INTENTIONS & COMMITMENTS

- ◆ **Believe in Yourself**
 - ◆ Have faith in yourself beyond any doubt that the answers you seek are waiting to be accessed in your subconscious mind and in the quantum field
- ◆ **Keep an Open Mind**
 - ◆ Be curious about new ideas, concepts, & paradigms
 - ◇ This is key to accessing the power of the subconscious mind and your inner genius
- ◆ **Let Go of Limiting Beliefs**
 - ◆ Release any fears, self-doubt, and self-limiting thoughts
 - ◆ Step into new possibilities by having the courage to face your fears
 - ◆ You can learn to use hypnosis to do this with much less effort
- ◆ **Be Patient With Yourself**
 - ◆ Trust the timing and unfolding process of your personal path
 - ◆ All manifestations in life have a different maturation process and schedule
 - ◇ Be curious and excited - knowing without a doubt that what you want in your life is on its way
- ◆ **Be Supportive & Encouraging of Other Group Members**
 - ◆ Unless you have something positive to contribute, please refrain from commenting
 - ◆ This group is intended to be inspiring and motivating
- ◆ **Be Respectful of Other Group Members**
 - ◆ Be mindful of taking your turn and not interrupting others
 - ◆ Be considerate of those who choose not to share their experience
- ◆ **Maintain Strict Confidentiality**
 - ◆ To maintain emotional safety, please do not discuss anything that other group members share with anyone - including other group members
 - ◆ Confidentiality is what allows people to feel safe sharing openly with others
- ◆ **Commit to Participating Fully**
 - ◆ Make a clear statement of your intention to the universe by attending every session
 - ◆ This raises the frequency of your vibrational signature
 - ◆ Be on time - once the hypnosis process begins, no one will be allowed to enter the room until after it is finished
 - ◇ Participate fully in each weekly session and practise the suggested exercises between sessions to achieve maximum results

“Everything in life is vibration. Everything is energy. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics.”

~ Albert Einstein