



*Use Self-Hypnosis to
Manifest Success*

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Hello everyone, I'm Victoria Gallagher, The Law of Attraction Hypnotist. Today, I'll be teaching you How to Use Hypnosis to Manifest Success.

Hypnosis is powerful for manifesting business success because it allows you to tap into the power of your subconscious mind. Your subconscious mind is responsible for your beliefs, habits, and behaviors, and it's where your deepest desires and motivations reside. By using hypnosis, you can bypass your conscious mind's critical factor, which is the part of your mind that filters information based on your beliefs and experiences, and access your subconscious directly.

So Step 1: is Relaxation

Relaxation is an essential first step in using hypnosis to manifest business success. When you're relaxed, your mind is more open and receptive to positive suggestions, and you're more likely to be able to visualize and affirm your desired outcomes.

When you're in a relaxed state, your brainwaves slow down, and you're more receptive to suggestions. This allows you to create new neural pathways and reprogram your mind to focus on success and abundance. Hypnosis also helps you release any limiting beliefs or negative self-talk that may be holding you back from achieving your goals.

By starting with relaxation, you are preparing your mind to receive positive suggestions and visualize your desired outcomes more effectively. You are getting yourself into self-hypnosis, to access the most powerful part of your mind, your subconscious mind to reprogram your beliefs and behaviors to support your business success.

◆ You can go into self-hypnosis easily by:

- Finding a quiet and comfortable place to sit or lie down.
- Take a few deep breaths and release any tension in your body.
- Relax your muscles by starting at your toes and working your way up to the top of your head.
- Imagine a calm and peaceful environment, such as a beach or forest, to help you relax even further. ◆

Step 2: Visualization

Visualization is an essential step in using hypnosis to manifest business success. It's the process of creating a mental image of your desired outcome and experiencing it with all your senses. Visualization can help you program your subconscious mind to focus on your goal and increase your motivation and confidence to achieve it.

Before you can effectively visualize your desired outcome, you first need to know what you're going to visualize.

So first you'll want to be clear on that goal and what you want to achieve in your business. For example, do you want to increase your revenue, attract more clients, or launch a new product or service? Once you've identified your goal, you can start to get an idea on what that mental image looks like when you've achieved it.

Then, you want to use all your senses to create a vivid mental image of your desired outcome. This means imagining what you will see, hear, feel, taste, and smell when you've achieved your goal. For example, if your goal is to attract more clients, you could visualize yourself sitting in those appointments, or seeing the testimonials, or the orders come in. You can see the smiling face of your client, hearing them laugh or say thank you, feeling the satisfaction and joy of helping someone get through a tough moment, and maybe you can even smell the scent of the dinner you'll enjoy when you celebrate your success.

When you imagine yourself achieving your goal you want to include experiencing the positive emotions associated with it. This could include

feelings of relief, accomplishment, satisfaction, joy, or fulfillment. This not only helps you create a strong emotional connection to your desired outcome, which increase your motivation to take action towards it, but the emotions are what program the subconscious mind with the belief that it's already happened and so your subconscious gets on board to help you make it a reality.

Step 3: Creating Positive Suggestions or Affirmations

Also, before going into hypnosis, you'll come up with some positive suggestions or affirmations around your desired outcome.

You may need to do a little digging on any beliefs or habits that are holding you back to come up with more meaningful affirmations.

For example, if your goal is to increase your revenue, and say you have limiting beliefs around money or sales that are holding you back. Once you have identified them, you can create positive suggestions or affirmations to counteract them.

For example, if your goal is to increase your revenue, your statements may sound like:

"I am choosing to focus on attracting new clients and increasing my revenue every day,"

"I am doing the work to increase my confidence in to achieve my goals,"

or "I am willing to believe that Money can flow to me easily and abundantly."

Notice that I really like creating affirmations that are undeniably true, but get your mind thinking about what you want at the same time, without any focus on what you don't want at all.

Then, it's just a matter of repeating these positive suggestions or affirmations to yourself in your hypnosis session right after you've done your visualization.

By repeating these statements to yourself regularly, and visualizing your success, you're programming your subconscious mind to support your goal and reinforcing your belief in your ability to achieve it.

◆ Step 4: Bring Yourself Out of Hypnosis

Slowly count up from 1 to 5, telling yourself that you'll awaken feeling refreshed and energized.

Take a few deep breaths to ground yourself in the present moment.

Remind yourself that your goals and dreams are important and when you will receive ideas, insights and inspiration, take those inspired actions towards it and you will start to see miracles unfold in your life and in your business.

Thank yourself for taking the time to listen and reminder to make the practice hypnosis a daily one that you will stick to and commit to making it a regular part of your routine.

By following this 4-step process and practicing consistently, you can tap into the power of hypnosis to manifest success and abundance in your life.

Remember to stay positive, focused, and committed to your goals, and you'll soon see the results you desire.

Once again, I'm Victoria Gallagher, the Law of Attraction Hypnotist, wishing you a success-filled day and reminding you that you can manifest your dreams when you tap into the power of your mind.

Happy Manifesting!

For More Information on Self-Hypnosis and Manifesting visit:

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