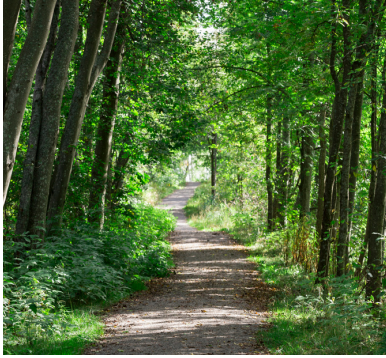


GETTING THE MOST FROM YOUR SESSION

with Lauren Archer, CHT



Changing habits is like carving a new pathway through the woods. A habitual pattern is like an old, well-trodden and familiar path. Even if that path doesn't take you where you want to go, you may have chosen it in the past because it was familiar.

The good news is that visualization, mental rehearsal, and hypnosis can be as effective as plowing a new pathway through the forest (without harming any actual trees!). Your mind can overcome obstacles, create new vistas, and reveal a magnificent way of being.

“People often say that motivation doesn't last. Well, neither does bathing. That's why we recommend it daily.” - Zig Ziglar



Creating New Neurological Pathways

We have learned that the brain doesn't differentiate between real and imagined input. That's why hypnosis and other mind-body techniques can create deep, lasting impressions that literally create new neural pathways in your brain and nervous system.

Listening to your audio recording on a daily basis allows the suggestions to deepen and fosters a sense of natural familiarity.

We learn in two primary ways: one is by repetition, and another is through emotional intensity. By far the deepest and most lasting impressions are created by **strong emotion**. When you listen to your audio recording, give yourself permission to experience as much positive emotion as you can muster.



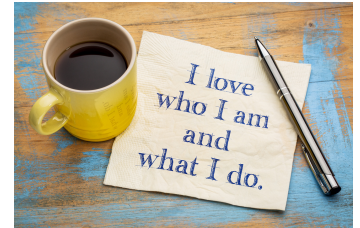
Play with this. Let yourself tune into feelings of confidence, joy, relief, gratitude, appreciation, satisfaction, or fulfillment. Then let the feelings get lighter, brighter, and stronger. Let those positive emotions circulate throughout your entire body.

Tips for Getting the Most From Your Session

Your hypnotic experience has already created new pathways in your brain. Now you get to maintain them through the power of repetition, imagining yourself walking down your new path over and over again so it becomes a familiar, well-trodden path.

Here's what I recommend:

- Listen to your audio program daily for 21 consecutive days
- Place visual representations of your goal in prominent places
- Repeat positive affirmations, both silently and out loud
- Develop a *muscle memory* of how good you feel in your body



The more you reinforce your new way of being, the more you keep your new neural pathways clear. Meanwhile, your old pathways (the ones with the old habits you want to release) will soon grow over with weeds and fade into oblivion.

Expect Both Instantaneous AND Gradual Results

There is a wide range of “normal” responses to hypnotherapy. Many people have profound, instantaneous changes and notice dramatic results immediately. Others observe a gentle, subtle, gradual shift, like a quiet, inner knowing. Most people experience a little of each—a gentle shift now, and ongoing changes that emerge over time.



Like seeds that have been planted in fertile soil, at first there may be little outer sign of change. This doesn't mean that growth is not happening beneath the surface. As you listen to your program regularly, be patient, be persistent, and expect results over time.



When to Schedule a Tune-Up Session

Your nervous system is like the strings of a guitar or violin. Being exposed to dissonant vibrations in the world around you can knock your system out of balance. Listening to your recording daily will help keep your energy aligned. I recommend monthly or quarterly maintenance sessions to reset your focus and realign your energy. Call 425-985-3245 or email laurenarcher@live.com to schedule.



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