

1st Principle

You must be willing to change into a trance-like state of mind. This can be accomplished by physical means such as changing your posture, calming your breathing, slowing down your thoughts, and the putting your awareness on what you desire.

3rd Principle

Be open to spontaneity of life and do not be limited by the logic of your cognitive mind. You have to step into uncertainty occasionally to grow and find new adventures and this is best achieved from the state of active dreaming. This is also where solutions to problems develop.

5th Principle

Consider every thought, feeling and desire that you have as being of equal importance, rather than giving more importance to any one particular one of them. Many time, it is the little things that end up having the greatest importance in the long run.

2nd Principle

Love and accept all that you are. You must develop a sense of self trust and cooperation with your entire being. If you do not respect yourself, it will be very difficult to get cooperation within your mind that is necessary for changes to occur.

4th Principle

Be aware of how the body reacts to verbal suggestions that are being made. You must find a way of presenting information and possible changes to yourself that does not threaten, and is safe and supportive to your internal self.

6th Principle

Eliminate thoughts that label and make judgments. It is the thinking mind that discerns between right and wrong or good or bad that creates many of your problems. Be aware that the whole concept of self hypnosis is to experience the thought that comes before thinking. To experience life with an empty mind that does not know. This is the state that experiences real truth.



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