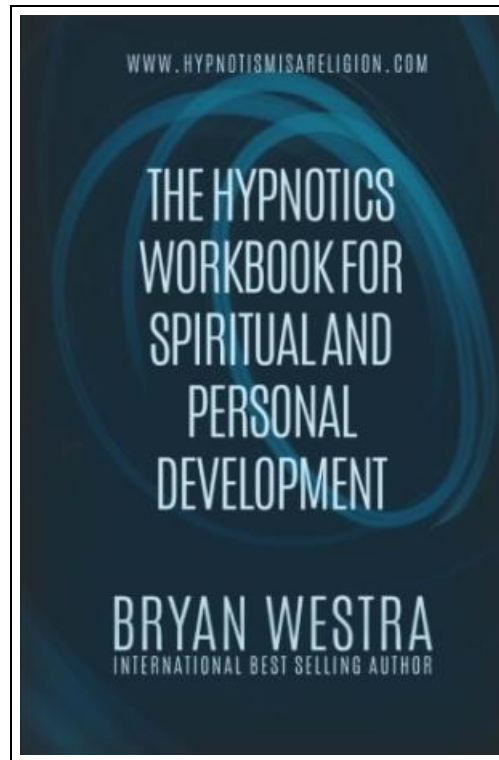


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Workbook. Language: English . Brand New Book ***** Print on Demand *****. A publication from: (HIAR): This workbook contains over 50 exercises for the Hypnotic. These exercises have been designed to help you learn to function hypnotically in a world that is lost to the limitations of critical thinking and doubt. The hypnotic workbook for personal and spiritual development is a manual that provides participants with the knowledge they need to experience personal development through the techniques of hypnosis. There has been a lot of research around the concept of the hypnotic-mind and what it is capable of. Findings point to the fact that hypnosis and the states it induces can be used for spiritual and personal growth. Gerard V. Sunnen (2008) points out in his study titled *Spiritual Epiphanies During Hypnosis* that hypnosis indeed embodies special conditions of perception, data processing and configurations of the conscious experience. He goes on to say that hypnosis may be the only way to open certain gateways to perspectives capable of illuminating dimensions of the self which till this moment remain unknown. Personal and spiritual development is an important aspect of human life and it is for this reason that they are a prime focus of this workbook. Through hypnosis you can transcend barriers in your life that keep you from realizing your true potential. In the same breath spiritual growth is never fully experienced by most of us because of the inhibitions in the conscious mind (consciousness). You see critical thinking may seem like what you need but the truth is critical thought forces you to analyze and dissect issues when all you need sometimes is to go with the flow, so to speak. Letting go of these inhibitions and letting your...



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