

Dr. Robert Anthony's



## Deliberate Creation *Instant* Self-Hypnosis<sup>©</sup>

*Attract anything you truly desire without struggle...*

## Introduction

Welcome to **Deliberate Creation Instant Self-Hypnosis**.

Self-Hypnosis is one of the fastest ways to solve problems, change habits, change beliefs, change limitations and change your life.

By the time you complete this program, you'll be an expert at Self-Hypnosis.

Incidentally, if you're excited right now you're in the right place. If you are enthusiastic and have a sense of "I really want to do this!", then you will be able to use Self-Hypnosis to improve every aspect of your life.

I am going to guide you step-by-step on how to go into Self-Hypnosis, how to do it safely, easily and effortlessly. Once you learn the basic induction and trigger for instant Self-Hypnosis you're going to start conditioning your subconscious mind to create a window of opportunity for you to program it to achieve anything you desire.

There are five sessions included in this program. Three are in PDF format and two are audio programs.

## **Session 1 (PDF)** ***Introduction***

This is what you are reading now.

## **Session 2 (Audio)** ***Induction***

The induction I will share with you is a step by step method for easily hypnotizing yourself. In this session I will guide you through the whole **Deliberate Creation Instant Self-Hypnosis** process. It will only take about fifteen minutes the first few times and five to six minutes when you use it yourself.

We will finish this session by practicing how to open your own personal Gateway into Self-Hypnosis quickly and easily, every time. We will install the instant Self-Hypnosis trigger so that you can go into Self-Hypnosis anytime you want in less than two minutes.

Play this session twice a day for 5 days. I strongly suggest you play it in the morning and evening if possible. If you cannot play this session at those times, then anytime during the day is okay. But make sure you are not tired and that you do not fall asleep DURING the process. If you want to fall asleep afterwards that is okay.

**Session 3 (PDF)**  
***Changing Your Subconscious Blueprint***

In this session you will learn what to do after you have opened the Gateway to your subconscious. I will show how to command, instruct and ask your subconscious to assist you in manifesting your desires.

**Session 4 (Audio)**  
***Anchoring and Your ESP***

In this session we will use what you have learned in the previous sessions to anchor your Deliberate Creation Instant Self-Hypnosis with your “ESP” – which will be explained in session three.

**Session 5 (PDF)**  
***Taking Inspired Action***

It is not enough to just go into Self-Hypnosis and work with your subconscious mind. You must take “Inspired Action”. In this session, I will explain what “Inspired Action” is, how to recognize it and most importantly how to use it.

## One Brain – Two Minds

Before we begin I would like to share some insights on how the mind works and how we can re-program or re-pattern it to accomplish anything we desire.

Let's talk about the concept of one brain – two minds.

Although we all have one brain, we possess two minds or two *phases* of mind power – conscious and subconscious.

It is important to understand the function of the conscious and the subconscious mind, because each has different functions, abilities and capacities.

## The Limited Conscious Mind

When we talk about the conscious mind we're talking about your everyday normal state of awareness.

The problem is that the conscious mind is quite limited. It's very good at planning things. It's good at taking a mental trip to the future and breaking things down into steps to make sure that we can get there. Without a conscious mind, you wouldn't be able to plan effectively and, without planning, you would be living in a world where not many things would get done.

The beauty of the conscious mind is that it allows us to have self-awareness. If you had no conscious mind, you wouldn't be able to appreciate beautiful scenery. You couldn't fall in love and know you're doing it. You couldn't stand back after having done a task and be proud of what you've accomplished.

So your conscious mind is very important. It allows you to appreciate the good things in life and it allows you to decide, "What is it that I want *more* of?" It's also the place where you reason. Reason and logic rest in the conscious mind and are very valuable skills to have.

## The Unlimited Subconscious Mind

The subconscious mind runs our bodily functions. It is also where we record and respond to habits. Your subconscious mind is where wisdom, insight, intuition, memories, learning, happy experiences as well as unpleasant experiences are stored. Most importantly, it is our connection with *Higher Intelligence*.

A perfect analogy to demonstrate the difference between the conscious and subconscious mind is to imagine a captain, his ship and his crew. The captain is the conscious mind. The captain is there to set the *direction* and tell everyone else what to do.

The captain's primary role is to direct or steer the ship. It would be ridiculous for him to go down into the boiler room and put coal into the steamer, run around to scrub the decks, make the meals and attend to everything else. That's what the crew is for.

The captain represents your conscious mind. The crew and the ship represent your subconscious mind.

So the difference between the conscious and subconscious, is one gives *directions* and the other *follows orders*.

Your subconscious mind is a place where emotions come from. Emotions are the fuel that drives us. With no emotions you have no drive and you have no ability to do or achieve anything.

The subconscious mind is also the place where your memories are stored. It's the place where all of your experience, wisdom and understanding about the world and the way it works are stored.

Try this. Think of your telephone number for a moment. Where did that number come from? If you're honest about it, you don't know. It's just there when you need it.

That's how the subconscious mind works. It stores information and when you need it, it brings it up to your conscious awareness.

From the moment we get up to the moment we go to bed we operate mostly from the subconscious.

## You Are a 1/2 Second Behind Reality

Here is something interesting to know about your subconscious mind.

Your subconscious mind is aware of what's going on in the world about a 1/2 second before you are consciously aware of it.

What you think is happening right now isn't happening right now. It happened about a 1/2 second ago. It's an illusion the mind created so you think it's happening in real time.

That's why true sports stars and people who are very good at what they do rely on their subconscious mind to know what to do before they do it.

Since your awareness is a 1/2 second behind reality there is just enough time to send a message to the brain to respond in a way that we have chosen to respond. This is highly beneficial in situations where there is no time to think.



## The Critical Divide

Your conscious mind is very limited as to what it experiences, but your subconscious is virtually *unlimited*.

However, between your conscious and subconscious there is a division called the “Critical Factor”. The Critical Factor takes what the conscious mind is thinking and seeks approval from the subconscious mind before it passes the information along. Sometimes the information is allowed to be delivered and sometimes it isn’t.

Many say we develop this Critical Factor at about age 6. Prenatal and neonatal brains operate predominantly in Delta and Theta EEG frequencies through the first 6 years of our lives. This level of brain activity is also referred to as the *hypnotic state*.

While in this *hypnotic state*, children do not have to be actively coached into specific beliefs. They develop a core belief system simply by observing and interacting with parents, siblings, peers, teachers and television.

Up until that point, we are learning things very quickly. If you observe children you can see how quickly they are able to pick up new information. This is because the Critical Factor is not yet developed. As we age, we start to exercise caution so we can know the difference between right and wrong. At this time the Critical Factor becomes more discerning and developed.

## How the Critical Factor Works

Let me give you an example of how the Critical Factor works. If you are a smoker and you say “I want to quit smoking”, the Critical Factor will turn to the subconscious and ask if that thought can enter.

The subconscious mind is in charge of all of our habits. Now as intelligent as it would be to stop smoking, the subconscious always takes the path of least resistance and also resists change, so the subconscious will decline the opportunity for that thought to enter.

The subconscious operates on the “principle of least effort”. It likes things to stay the way they are and it likes routine. In fact, *the subconscious tends to resist change*.

Because it resists change and likes to keep things the way they are, the subconscious may even try to justify the decision to keep smoking with excuses such as “I need to smoke to reduce stress.” or, “It keeps me from being anxious or grouchy”. That way it’s even justified in rejecting the quit-smoking message.

Obviously, once you replace those hidden subconscious blocks and beliefs, nothing will stand in your way of becoming a non-smoker. The roadblocks will be gone and you will have the ability to change any habit and any aspect of your life.

Another name I like to use for the Critical Factor is the *Gatekeeper*. The Gatekeeper, as the name implies, guards the door between what happens in the outside world and what you allow inside.

The function of the Gatekeeper is very simple. Its job is to keep things the same. Its primary intention is to make your life easier by rejecting any information that doesn't match the subconscious blueprint you already have inside. That way you don't have to keep making new decisions.

The Gatekeeper is designed to keep information out -- which is tremendously useful when someone tries to persuade you to do something stupid like telling you that you can “Jump off a building and you’ll fly!” BUT, it’s also very harmful when it keeps you stuck with a belief or habit that you don’t want anymore.

The Gatekeeper has some very powerful tools at its disposal, which include emotions like fear, doubt, worry and anger. These are psychological defense mechanisms that automatically reject new information.

## The Truth About Willpower

Here is something else that is very important to understand. Most people try to change their habits and beliefs through the use of willpower. I WILL stop smoking. I WILL lose weight. I WILL be confident. I WILL not be afraid. I WILL become successful, wealthy, etc.

The problem with willpower -- believe it or not – is *willpower does not exist!*

The truth is you do not *have* willpower or *lack* of willpower. What is really happening when you use what most people call “willpower” is your *conscious* attention is overriding your *subconscious* attention.

In other words, you can always *consciously override* what the subconscious mind has been programmed to do. For example, if you're a smoker and you consciously decide not to smoke, you probably will not smoke – for awhile. However, the moment you get distracted, the cigarette ends up in your hand because your subconscious *attention* says you smoke, and so you smoke.

The same is true if you're on a diet. When your “willpower” breaks, when your *conscious attention* gets distracted, what happens? You find yourself with cheesecake in hand. Why? Because your subconscious mind takes over and its job is to keep you doing the same things, so you do the thing you did before, which is eat the cheesecake.

Let's say you tend to procrastinate. So you decide to use “willpower” to stop yourself from procrastinating. That works okay for awhile until your *conscious attention* get distracted. What happens then? You go right back to procrastinating.

Here is another example. You purchase tons of wealth creation products, books, audio programs, etc. Logically you know if you follow through and actually apply the wealth creation principles, you could turn your current financial situation around.

You start reading or listening to the programs and you follow some of the steps. You are willing yourself to change your current financial situation.

All goes well until you get distracted by other people, problems, news about the economy, or other situations in your life. As soon as you get *distracted*, your *conscious* attention is no longer on your commitment to using the program, so you stop applying the wealth creation principles. The end result is nothing much changes and most likely you will then blame the course, book or audio program.

When you *consciously* try to change (using what some people call “willpower”) at first you’re okay and your commitment works. But as soon as you get distracted, your subconscious blueprint (the way you were before you tried to change) takes over. Sound familiar? I am sure it does!

## You're Using the Wrong Part of Your Mind to Make Changes

It's not that you're weak willed or can't change. The problem is you are using the wrong part of your mind to make the change. You're putting your *attention* in the wrong place.

You don't have to be a rocket scientist to figure out that you have to change the subconscious blueprint otherwise you will keep getting the same results no matter how hard to try to change.

There are many ways to do this. One of the fastest is through hypnosis. Hypnosis bypasses the Critical Factor or Gatekeeper and allows you to rewrite the subconscious blueprint so that your subconscious gives you everything you want out of life without any effort or struggle.

## The Rabbit and the Tortoise

Another important thing to understand is that when it comes to manifesting our intentions, the subconscious normally does not change immediately or take immediate action.

If we want to use an analogy, we can use the story of the rabbit and the tortoise. Remember the rabbit and the tortoise that had a race? Who ends up winning that race? The tortoise, although everyone would think the smart money would be on the rabbit. This is how our mind works.

The conscious mind is like the rabbit. It's constantly racing all over the place, jumping to conclusions and trying to make things happen. Now that's a wonderful attribute and I'm not knocking it.

The subconscious mind, when it comes to manifesting our intentions, is like the tortoise. It takes time to wind up and get things going. Once it's doing its thing, the irony is the subconscious mind will win the race every time.

So the smart money is on the tortoise, our subconscious. The key is you must *allow* the subconscious to have its time to work. Often it needs time to access the right people, resources and circumstances necessary to manifest your intentions. It took time for the subconscious blueprint that you currently have inside yourself to be set and it will take time for your subconscious to change that blueprint.

It's true a competent hypnotherapist will be able to change your subconscious blueprint much quicker, but we can make up for that by using Self-Hypnosis and allowing the tortoise to do its thing and bring us whatever we desire.

Any Self-Hypnosis program when properly used can be a powerful tool for change. So what makes **Secret of Deliberate Creation Instant Self Hypnosis** so different? Well for one thing, I have been investigating, researching and teaching these principles for over 30 years – long before words like “Manifestation”, “Law of Attraction” and “The Secret” were embedded in public consciousness. I have been at this a long time and I know what works.

Last year I decided that I would align Self-Hypnosis with what I teach in the **Secret of Deliberate Creation** rapid change strategy. This is why I call it **Deliberate Creation Instant Self-Hypnosis**.

The word instant has been added for a reason. **Deliberate Creation Instant Self-Hypnosis** not only teaches you Self-Hypnosis, but it teaches you how to do it *instantly* without me having to take you through it every time you want to use it.

Initially I will guide you through the steps while repatterning your subconscious blueprint to be able to access the trance state instantly. This is accomplished by using a specific trigger that is built into the method.



## Understanding Trance

I just mentioned the word “trance” so let’s talk about that a little bit. What is a trance? A simple definition of a trance is a narrow focus of attention.

A few moments ago we talked about the Gatekeeper. The purpose of the Gatekeeper is to keep you in your current trance. In order to change the trance we have to get *by* the Gatekeeper.

Therefore, your task is to get that Gatekeeper out of action, out of commission so that you can go straight to the subconscious. That’s where the blueprint is and that’s where you start making changes to make it a richer, healthier and happier blueprint.

You want to *rewrite* the subconscious blueprint so that your subconscious attention ends up giving you everything you want out of life.

That’s what **Deliberate Creation Instant Self-Hypnosis** is designed to do. It gives you the ability to change the subconscious blueprint so that all your energy goes in the direction that you want it to go. Life then becomes easy, natural and effortless. No willpower, no forcing and no unpleasantness required.

This is why so many people fail in creating what they desire. It’s because they’re using the wrong mind to solve their problem. If the problem is lodged in the subconscious, then you’ll need to get to the subconscious to solve the problem.

By going to the *place* where the problem exists and resolving it, you create true freedom. All you need to know is how and where to go inside your mind to make the necessary changes so that you get you what you want instead of what you don’t want. You do this by silencing the Gatekeeper and rewriting the subconscious blueprint any way you want to.

Before I go any further let's clear up the 3 primary misconceptions about hypnosis and expose the truth so that you are comfortable using it.

### ***Truth #1: Hypnosis Is Natural***

Hypnosis is one of the most natural states in the world. In fact, you will spontaneously fall into hypnosis or mini trances throughout the day without even realizing it. That's why you have the capacity to change your life.

Here is how it works. Things happen in your life that cause you to become discontent. Because of this discontent, you decide to eliminate or change what you *don't want*, or better yet move towards what you *do want*. This causes you to have mini trances or hypnosis experiences - and those experiences allow you begin the process of SLOWLY changing the subconscious blueprint.

You repeat these mini hypnotic trances over a period of time and your life changes. But again, this is a very SLOW process. However, this hypnotic phenomenon is going on all the time. So the first thing to realize is that hypnosis is totally natural and is going on all the time.

### ***Truth #2: You Cannot Get Stuck in Hypnosis***

Hopefully, understanding that this is a natural phenomenon will also cause you to realize it is impossible to get stuck in hypnosis. How can you get stuck?

You've been in these mini trances throughout your life and you've always come back because your body knows how to do it. The worst thing that can happen to you in Self-Hypnosis (and it's something to look out for) is that you can fall asleep.

If you fall asleep you will have a great rest and then wake up refreshed and revitalized. The only *problem* with falling asleep is maybe you fell asleep before you had the chance to change the subconscious blueprint, in which case you are going to have to do it again.

When you use **Deliberate Creation Instant Self Hypnosis**, I will teach you how to get in and out of hypnosis quickly so this will not happen. For the moment just realize that hypnosis is totally natural and you cannot get stuck in hypnosis.

### ***Truth #3: Hypnosis is Safe***

For those Freudians among you who think the subconscious is a pit of evil, seething desires that have to be repressed, it is important to understand that the subconscious maintains balance and protects you from harm.

Moreover, your subconscious mind protects you from all kinds of things that you're not ready to handle yet. It's been protecting you your entire life, so why would it stop now? It won't!!

Self-Hypnosis can be an amazing force for good in your life. The purpose of using Self-Hypnosis is purely to open a door to your subconscious and say; "This is what I want. This is the new plan. This is what I want to achieve".

When you use Self-Hypnosis you open a window of opportunity to talk directly to your subconscious mind without interference.

As you know, our subconscious blueprint decides how our life is going to go. That subconscious blueprint has to be protected by the Gatekeeper. When the Gatekeeper gets distracted, that's when changes can be made.

However, the very same mechanism that's protecting us from leaping off a tall building and killing ourselves (the Gatekeeper) is the same mechanism that will reject other ideas automatically.

The purpose of Self-Hypnosis is to silence the Gatekeeper at a time when you have the intention to make a positive change in your life. It focuses exclusively on creating a window of opportunity, opening a door inside the mind, in which the silenced Gatekeeper cannot interfere, and you get to impress anything you want on your subconscious.

And if you use Self-Hypnosis with **The Secret of Deliberate Creation** program, it's going to activate a natural mechanism called the POWER OF INTENTION.

In addition, **Deliberate Creation Instant Self Hypnosis** sets up an artificial mechanism to trigger that natural process so you can use it anytime and enter the trance level almost instantly. You get to do it *whenever* and *wherever* you want to.

At that point, you'll have true power, because your intention will be coupled with the window opening up inside your mind, which will allow that intention to go straight through to the subconscious, rewrite the blueprint and get you your heart's desire.

In the next session, which is an audio session, I am going to take you step by step into hypnotic trance, then teach you a simple shortcut or a "trigger" that allows you to enter that same trance state almost instantly. And the more you do this, the faster and easier it becomes. Learning to go into trance is like clearing a path through a forest. As you begin to get more and more familiar with entering trance that path becomes wider and easier to go down.

As you learn to enter **Deliberate Creation Instant Self-Hypnosis** you will find this state of relaxed focus increasingly available to you. The more you become skilled at quickly going into Self-Hypnosis the more you will be able to draw on your instinctive abilities and trust your subconscious resources to support you in whatever you do.

Before we go through the steps of **Deliberate Creation Instant Self-Hypnosis**, I want you to promise me that you won't get bogged down in the method and technicality of it. For you left-brain people, please try not to worry about whether it is "working" or whether you are doing it "correctly". The process is automatic. Just follow the instructions and let me do all the work. You don't have to do *anything* but listen to the recording and follow along.

If you follow the simple steps there will be point in time when you'll have practiced enough so that you will never need to listen to the recording again. All you have to do is use the Self-Hypnosis trigger mechanism and you will be in the trance state ready to work with your subconscious. So have fun and enjoy it.

With that in mind, it is time to play the first audio recording titled **D.C.I.S.H. Training Induction.**

Please note there is no music in the background. I have done this purposely. When you use Self-Hypnosis you will not have any music in the background so I want your subconscious to get used to accepting instructions without it.

I would suggest using earphones if you have them. You can play the recordings on your computer, but if you have an iPod or an mp3 player you can load the audio programs and listen on your player.

Before you play the audio, please find a relaxed and comfortable position.

Truly Caring for Your Success,

A handwritten signature in cursive script, appearing to read 'R. Anthony', with a horizontal line underneath the signature.

Dr. Robert Anthony