

Dr. Robert Anthony's



Deliberate Creation *Instant* Self-Hypnosis[©]

Attract anything you truly desire without struggle...

Changing Your Subconscious Blueprint

Let's review the simple instructions that will allow you to go into Deliberate Creation Instant Self-Hypnosis almost instantly.

- **Step 1:** Close your eyes.
- **Step 2:** Take 3 deep breaths.
- **Step 3:** Count from 1-3 and slowly allow your thumb and forefinger to come together as you enter a calm state of inner awareness that is connected to your subconscious.
- **Step 4:** Focus your full attention on a point between your eyes, count down from 5-1. Take a deep breath, vividly seeing each number. Hold the breath and say "Deeper Relaxed" and as you exhale see that number getting smaller and completely fading away.

Let me explain what is happening. The reason we focus on one point between our eyes, take a breath, hold it, visualize the number, exhale, say "Deeper Relaxed" and watch the number fade away is that this *initiates trance state* that bypasses the Critical Factor.

The conscious mind cannot focus on two things at the same time. Because we are keeping the conscious mind busy, we silence the Gatekeeper and open the window of opportunity for you to connect with your subconscious.

When practiced over time, the combination of Steps 3 and 4 act as a “trigger” that allows you to go into trance immediately.

I know it seems too “easy” but don’t be fooled by the simplicity of this method. I have taught Self-Hypnosis to hundreds of people who have used it to significantly increase self-confidence, overcome fears, attract money and achieve all forms of both business and personal success. I’ve even had clients use this to achieve painless childbirth. So I know we can use Self-Hypnosis to bypass the Critical Factor and open the door to the subconscious - where *anything is possible*.

You must practice these simple four steps until your subconscious is “trained” to recognize that when you do these steps you are ready to communicate with it.

Listen to the Induction Training audio at least once a day, but no more than twice. You can do as many mini Self-Hypnosis trances as often as you wish to get the hang of the process, provided they're no longer than three to five minutes in length.

The small amount of time that you spend on preparing your mind now will give you lasting and profound results for the rest of your life. It is worth every minute you spend on it.

As you do this you will learn to trust your subconscious, instincts and feelings that result from your sessions. It’s easier and more fun than watching TV. It’s like having a wonderful massage. You don't have to do anything. Just let your subconscious do the work.

The two times where Self-Hypnosis has the most power is immediately upon waking up, when you're still in that half state between sleep and waking, when you haven't completely woken up, but you're not asleep anymore.

During that first half hour after waking, your mind still has elements of sleep going on, which is the trance state to your subconscious. While you're still in that zone it's a perfect time to do Self-Hypnosis, because you're going to ride on the coat tails of a totally natural process.

The other time that's absolutely ideal for Self-Hypnosis is right before you go to sleep. I have found that this is the most important time for me personally. My subconscious acts upon whatever I focus on before I go to sleep. In the morning I often have the solutions and guidance that I need to accomplish what I have asked my subconscious to assist me with.

YOUR “ESP” - ESSENTIAL SILENT PARTNER

I want you to get connected with this awesome intelligence that you have living inside of you. Here is something that will help you form a stronger connection with your subconscious.

Over the years I have coined a name for the subconscious that I use with myself and my clients. I prefer to call the subconscious my “**ESP**” or my “**Essential Silent Partner**”.

I consider my subconscious my “Silent Partner”. This may just seem like semantics, but you will find that you feel more connected to your subconscious if you consider it your partner. You are partners in creating the life you desire.

So from now on, I will refer to your subconscious as your ESP or Essential Silent Partner. Notice how this begins forming a much stronger connection to this awesome intelligence you have within you.

COMMUNICATING WITH YOUR ESP

In this session I want to talk about how to communicate with your Essential Silent Partner, ask for what you want, state your intentions and change your subconscious blueprint.

Perhaps you have taken a personal development program before and you did not get very good results. Or you took a wealth creation program, but still find yourself broke. Have you ever asked yourself why? The “why” is because your desire to create wealth has not gotten by your Critical Factor. Until you get by that Critical Factor or the Gatekeeper, you can use all the wealth creation programs in the world and apply all sorts of “miracle” metaphysical mumbo jumbo clearings, but it won't help you.

Deliberate Creation Instant Self Hypnosis allows you to pop into your subconscious, rewrite the blueprint and by the time the Gatekeeper realizes what has happened, it is too late for it to reject your instructions. You have just bypassed the Critical Factor - the work is done. All you have to do is allow your ESP to work on its new set of instructions.

Lets' face it, if you could do this *consciously* you'd have done it already, but you cannot create with the conscious mind.

Your ESP knows what's best for you. It will guide you towards the right people, places and circumstances that are in alignment with your creative intention and it will happen easily and effortlessly.

How do we communicate or instruct our ESP? We can use affirmations or what I prefer to call Intention Statements.

If you do not use Self-Hypnosis, affirmations or Intention Statements CAN change your subconscious blueprint over time, but they are slow. Every time you use them they must get by the Critical Factor. Occasionally, you may catch the Critical Factor off guard, when it is focused on something else, and the affirmation can slip through, but this can take a long time. This is why we use Self-Hypnosis. We go right to the subconscious and bypass the conscious mind and the Critical Factor.

When using Intention Statements it is important to remember that your ESP works in the present tense. It doesn't know about the past or the future. It only knows “now”. So if you start talking about the future, your ESP says “Okay, someday maybe – but not today!” then it doesn't do anything with the instructions. On occasion you may have partial small scale success, but you're not hedging your bets or making your probabilities work in your favor.

The way you want to phrase your intentions is always in the present tense such as:

- I AM attracting.....
- I HAVE what it takes to be...
- I AM BECOMING....
- My ESP is FINDING the information to help me to.....

All of these Intention Statements talk about what is happening NOW in the present tense.

Here are some Intention Statements you can practice with:

“I *am* mastering **Deliberate Creation Instant Self-Hypnosis** and it feels great.”

“I *enjoy* using **Deliberate Creation Instant Self-Hypnosis** every day.

“I *am* accessing my **ESP** and I can feel my **ESP** responding.

“I *trust* my **Essential Silent Partner**, because it is connected to the Super-Conscious Mind of Higher Intelligence.

“I *feel* fantastic and so grateful for the power of my **ESP** that’s being opened up to me.

“I *have* a connection to that **Higher Intelligence**, to the whole universe around me and it opens up possibilities that I cannot even imagine.

“I *can feel* myself mastering **Deliberate Creation Instant Self Hypnosis** and I love it. It’s fun, it’s powerful and it works every time”.

ACCESS STATE PRINCIPLE

Next we need to talk about something called the **Access STATE Principle**. What do I mean by STATE? Well I don't mean the State of Texas!

It basically means that whatever *mood* you happen to be in when you enter Self-Hypnosis – any instructions you give to your ESP are encoded by that mood.

Your STATE or mood has a lot to do with how your ESP accepts instructions. If you are in a STATE of *fear, doubt or worry*, the instructions you give to your ESP may be positive, but they will produce negative results. Like energy attracts like energy.

When you are ready to reset a part of your subconscious blueprint, you always want to check your mood or your STATE first. If you are feeling any negativity, that is not the time to go into Self-Hypnosis. You always want to go into Self-Hypnosis with a feeling of *enthusiasm* and *expectancy*.

The problem most people run into when they try to change their subconscious blueprint is that most of the time they are in a STATE of *fear*. They are trying to change something that they want to get away from. This could be a habit, fear, relationship situation, health situation or financial situation.

So their STATE or mood is *fear-based*. They are trying to move away from what they don't want instead of moving towards what they do want. This *fear-based state* only serves to reinforce their current situation. So your STATE should always be one of *enthusiasm* and *expectancy* and moving *toward* what you want, not *away* from what you don't want.

CREATING YOUR OUTCOME

Next get clear on the outcome you want. This is VERY IMPORTANT. It's not enough to just create a Self-Hypnotic experience and put yourself in trance. That's just a meditation. When we go to our ESP we go for a reason. We are going in order to tell our ESP what we want.

You are probably aware that when hypnotists put people in a trance they use "suggestions" or commands for the subconscious mind. When you are in trance you are bypassing the Gatekeeper so your subconscious will act on your instructions or intentions.

Now there is nothing wrong with this, but there is a much better way to do it. I prefer to instruct my Essential Silent Partner to find a solution. This gives me better results than using suggestions. Over the years I have found that the less input from me or my client the better the results.

Here is the key point. When we approach our ESP we must do it with total trust. We must trust that our Essential Silent Partner knows what is best for us.

There is a very delicate balance between an active and passive process here.

First you must tell your ESP what you want. But the key is not to tell it *how* or *when* to do it, or how things must *turn out*. In other words, *you must detach from the outcome completely* - state your intention and then let your ESP do the work.

For example, let's suppose you want more money in your life. You could say something like this to your ESP....

"I am instructing you to find opportunities to bring more money into my life." Then let it go. You don't say "I want this business deal to go through" or "I want to win the lottery".

When you think about it, why do you want to win the lottery? Your answer is probably "To have a lot of money so I can pay my bills, live the life I want and maybe even help others".

On the surface this seems positive, but what you are doing is telling your ESP *how* to accomplish your financial goals. Your solution is the lottery because you cannot see any other way you could earn that much money. So you ask your ESP to bring you wealth by winning the lottery, but you are giving it 70,000,000 - 1 odds to accomplish your goal!

Why not just tell your ESP what you want and let it find an easier way to do it?

In reality you don't want the money. You just want what the money will buy. So ask for that. Then let your subconscious do its thing and it will find a way to make it happen.

Here are some more examples:

"I am asking you to help me find the perfect house and a way to pay for it easily and effortlessly".

OR

"Help me find the perfect automobile and a way to pay for it easily and effortlessly".

OR

"I would like you to show me how get to the perfect weight where I look and feel good".

Again, you are not telling your ESP *how* to do it, or even the ultimate weight goal. It KNOWS what is perfect for you. It even KNOWS the perfect diet or eating plan that is right for you and will lead you to a program, book or other source to find that perfect eating plan that will easily and effortlessly take you to that perfect weight were you look and feel good.

Here is another example:

"I want to earn \$10,000 dollars per month. Show me the best way to get started doing this".

The same thing is happening here. You are not telling your ESP *how* to do it, or where the money must come from. It already KNOWS how to do this!

Even if you have a problem to solve, a very simple instruction for your ESP could be something like, *"Please fix this problem in the best way possible"*.

If you have a preference in any situation, then that's okay - state your preference, but you may be limiting yourself. Instead say, "If this is best for me, I prefer this (car, house, weight, person, etc), but I trust you will take care of it in the best possible way".

What you need to know about your Essential Silent Partner is that it is open at both ends. By that I mean, on one end you can program it with the conscious mind, but on the other end it is open to Higher Intelligence. This end is not limited by time or space. It has a direct contact to Higher Intelligence that knows what is best for you. It knows your true purpose and will give you solutions that are in alignment with your purpose. When this happens you cannot go wrong. It will work out perfectly every time.

This is where the Law of Attraction kicks in and everything you have learned about quantum physics in the **Secret of Deliberate Creation** comes into play. You will KNOW how all this works and you will have total trust in the process.

Let's look at this a little deeper. Most of us know what we want on a superficial level. We want a better house, a better car, a better quality relationship, maybe even a new relationship and more money. But the trouble is we're operating from a belief system that can only see what it already knows. But the truth is we are inherently limited in what we can manifest from our conscious minds. Why? Because our conscious mind can't see much more than what looks possible for us under our present circumstances.

Now don't misunderstand me. Your ESP needs your conscious input. Your conscious mind allows you to decide on what you want. You must ask for what you want and do it in a STATE of *enthusiasm* and *expectancy*. Then stop trying to figure out how you will get it and what it will look like and stop telling your ESP how to achieve it. Most importantly, don't tie yourself down to one outcome.

This also applies to people that you want to come into your life. Maybe you want a relationship with a particular person or you want to deal a certain person in a business situation or you want a certain customer to buy from you. But what if these people are not right for you? Wouldn't you rather know now than later? So just instruct your ESP to find the person that is right for you.

Here is my all time favorite instruction for my ESP....

"In an easy and relaxed manner, in a healthy and positive way, in its own perfect time, for the highest good of all, I ask that (name your intention). You know the best way to do this so I accept this or something better!"

When you are in Self-Hypnosis try this and see how powerful it can be. Just remember the tortoise and the rabbit. Give your Essential Silent Partner a little time to act on it. Don't be in a rush, and like the tortoise, you will come out a winner every time!

CONSCIOUS AND SUBCONSCIOUS ALIGNMENT

Nothing will work until your conscious and subconscious want the same thing. Most people are not in alignment with what they say they want, so they end up blaming their lack of results on the self-help book they read, the therapist they saw, the self-help program they tried, and so on and so on.

But the real problem, like everything else, isn't *out there*.

Inside every person -- yes, even you -- are subconscious "counter-intentions" that can sabotage and prevent you from getting what you truly want.

Why else would you declare on New Year's Day your intention to increase the flow of money in your life and find you are still struggling to pay your bills?

The reason you're broke is your subconscious counter-intention within your ESP is stronger than your conscious intention. Until they both agree -- you're stuck!

You could do one of those "clearing" techniques that are popular. But why make it difficult? Unlike many "clearing" techniques that have you get in touch with your subconscious conflicts, I believe your ESP knows what is best for you and all you have to do is ask it to find and get rid of any conflicting beliefs.

Just ask your ESP to clear anything that is in conflict with your new goals. Remember, you are doing this work at the subconscious level. You are already there! So just do the work there. Once you have done this there is nothing that can stop you from achieving you goals.

It is like those computer programs you buy that clean your hard drive. They go through your computer and remove any files that are keeping your computer from operating as it was designed to function. You don't have to discover what the files are. The program will find and delete them for you.

If a computer program can do this – don't you think your subconscious ESP can do this as well? Your subconscious ESP is much more powerful than any computer program! So rather than searching and removing conflicting beliefs, why not let your ESP do it for you?

Say something like, *"I am now willing and ready and I choose to release any beliefs that are in conflict with what I desire. In their place, I am willing and allow you to install a new set of beliefs that are alignment with my true purpose and desires. You know what is best for me, so I will leave it up to you."*

It is very simple and it works every time!

QUICK AND EASY DOES IT!

When you use **Deliberate Creation Instant Self-Hypnosis** to contact your ESP and bypass the Critical Factor, you have about *three to five* minutes to get the work done before the Gatekeeper catches on that the door is unguarded.

This is all the time you need. You don't need to carry on and give your ESP all the details. The door to your subconscious ESP is wide open. Again, your Essential Silent Partner knows what to do and how to do it. So just affirm, intend, change or ask - nothing more and nothing less. In fact, less is better.

The way to achieve the best possible outcome is to be very clear about what you are going to do and say BEFORE you go into Self-Hypnosis. Write down whatever you are going to affirm, intend, change or ask and put it into a few sentences. That's all that is necessary.

A crucial point to make here is it's not your conscious mind's responsibility to make things happen. It's not up to your conscious mind to direct the experience. Your only conscious involvement is to state your intention. That's it! You're not going to make things happen. The only thing you're going to do is affirm, intend, change or ask and let it go.

Over the years I have learned that I don't need to spend a lot of time working with my clients when they are in trance. We go in with a purpose, state the purpose and let our Essential Silent Partner do the rest. I have much better results using this method than giving the subconscious a lot of "suggestions". So go in with a feeling of *enthusiasm*, and *expectancy* – do the work quickly and easily and know that it's a done deal!

FORMING A CONNECTION WITH YOUR ESSENTIAL SILENT PARTNER

I want you to get connected with this awesome intelligence that you have living inside of you that you can trust 100%.

You are partners in creating the life you desire. You must trust that your ESP is connected to Higher Intelligence and always knows what is best for you.

Then you must learn to step back, relax and let your ESP do the work. Your “Essential Silent Partner” or ESP will never let you down.

In the next audio session we will anchor both **Deliberate Creation Instant Self-Hypnosis** and your **ESP** to form a powerful connection.

Before we do this, please find a relaxed and comfortable position....

Truly Caring for Your Success,

A handwritten signature in black ink, appearing to read "Dr. Robert Anthony". The signature is fluid and cursive, with a horizontal line underneath the name.

Dr. Robert Anthony