

**Marcus D'Silva
Reveals...**

SUCCÈS

**Secrets of
Self-Hypnosis
in 3 Easy Steps**

**Discover Powerful Techniques for
Achieving Health, Happiness and
Success in Your Life**

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Marcus D'Silva Reveals... Secrets of Self-Hypnosis in 3 Easy Steps

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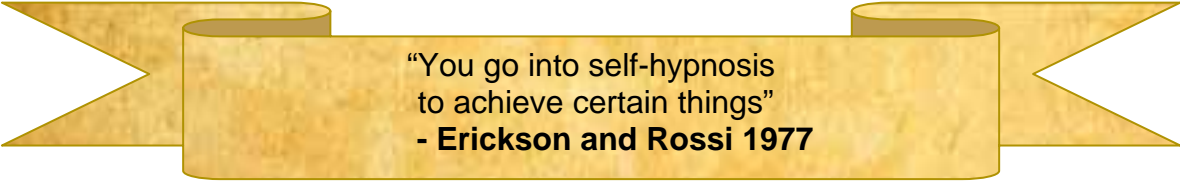
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INTRODUCTION



“You go into self-hypnosis
to achieve certain things”
- Erickson and Rossi 1977

If you were to ask me, “What can I do to make positive and new changes in my life?” the answer would be, “Learn self-hypnosis.”

Why? Because it works!

It’s worked for me and it’s worked for many of my clients. And it can work for you too.

What is Hypnosis?

A better question to ask might be 'what hypnosis isn't'. The truth is it can be many things. It can mean influence, persuasion and, of course, suggestion. Also under the umbrella of hypnosis are concepts like meditation, visualisation, and progressive relaxation.

These are all techniques that create trances. If you mix relaxation with a combination of visualisation exercises and suggestions (words) then you have self-hypnosis. What might also surprise you is that we all go into trance states, naturally, every day of our lives...

...For example, have you ever had the experience of arriving at a familiar destination with no memory of how you got there? You literally had no awareness of the travelling experience. The reason for this apparent amnesia is, in fact, you were on auto-pilot. You were actually in a trance and your subconscious mind was

programmed to get you to your destination without consciously thinking about it. Sometimes you may find you have been daydreaming as you drive and end up at a familiar destination rather than the new destination you were seeking. This is because your subconscious kicked in and directed you to the place you usually want to go.

These types of experiences happen all the time in daily life. For example, when we first meet someone we automatically reach out and shake hands. Why? Because it has become an unconscious action – we have been programmed to act this way; we have created a habit, just like a smoker who automatically brings a cigarette up to his or her mouth.

Any time that we go within ourselves we are, technically, in a trance state: daydreaming, looking out the window, imagining a holiday we've just booked, or plotting how we will spend our winnings when that lottery ticket comes good.

It is during these periods of the day that we become highly susceptible to suggestions from ourselves and others. We may find ourselves more open to advertising and marketing messages. We may seem more responsive to people around us. We may also find that we are more in tune with our inner selves.

The most powerful part of life hypnosis is the use of language. Words are magic in action. Words can change beliefs, behaviours and habits. Words can heal and destroy. These words can be our own or they can come from others. By learning to understand the power they have and the laws that guide them, we can create amazing changes within ourselves. Yes, life is all about persuasion, and persuading ourselves is the key. After all, if we don't persuade ourselves, someone else will.

A good proportion of our lives are spent trying to persuade and influence others: trying to get the girl or the guy to walk down the aisle, angling for more pocket

money, selling ourselves for a job we want. This booklet is however about *self*-persuasion – persuading yourself to eat less food, stop smoking cigarettes, become more successful in business, get on an airplane, or whatever you want or need to do in your life. Hypnosis is the best and fastest way to achieve self-persuasion.

Your Subconscious Mind

It's amazing! We just don't realise the potential we have within. The subconscious mind is a vast storehouse of knowledge; all of our past life learning is stored there. While we don't always understand why we do the things we do, our subconscious most certainly does. We need to learn to tap into, or unlock, our subconscious to awaken our inner giant and allow wonderful things to happen.

How do we do this? Hypnosis offers the golden key.

When we have access to our subconscious, we find out things about ourselves that we didn't know we knew. We can re-frame past failures into positive learnings and we can re-programme our minds to create healthier new behaviours. Through this we are able to change our self-image to one that is healthier, more successful, and happy.

The subconscious mind is clever – smarter than our conscious minds. It is wiser too and understands more than we realise. In a nutshell, the subconscious mind is *pure awareness*. It collects information and clues constantly, things that fall outside our conscious awareness. It takes responsibility for many of our daily functions such as walking, breathing, driving, digesting our food, tapping on a keyboard, and so much more.

The subconscious is the unconscious and throughout this booklet I will use these two words interchangeably.

The Childlike Subconscious

In many ways, the subconscious mind is childlike. It takes everything literally and it is non-logical. Just as children are open to suggestion, ideas and learning – soaking up information like sponges – the subconscious is easily swayed and open to new things. Children make excellent hypnotic subjects, because their capacity for critical thinking is not yet developed, they are more relaxed and creative, have little sense of time and are more in tune with their subconscious. Over time, in our search for understanding, we lose touch with our subconscious, even though it is the part of us that facilitates change, growth and adaptation. We need to return to a childlike state of mind, to open ourselves up so that we can reach our subconscious. The best way to do that is to relax; the more relaxed we are, the better able we are to bypass our logically-thinking conscious mind.

The Feeling Mind

The subconscious mind is the feeling mind, and it is responsible for our emotions.

All of us have experienced sudden anger and rage or happiness and bliss. These feelings come from our subconscious; it reacts instinctively.

By tapping into our subconscious, we can direct these emotions in a positive way, thereby effecting change. Here's a good example of how this works...

A man who finds himself single after many years of marriage feels low and unhappy until he meets a woman he'd really like to get to know. As his feelings develop, he is motivated to lose a few pounds and become fitter. His positive state of mind encourages him to make changes. This is the magic of emotion.

We can imagine how we want to be – look, feel, achieve – in our imagination, and

we can achieve some success. However, if we add some emotion to the exercise success is guaranteed. Emotion is powerful and it is a catalyst for action. Desire is *focused* emotion, and when we have a strong desire we can literally move mountains. This is one reason why change does not normally occur unless we *want* it to.

The Power of Your Imagination

Imagination is the key to creating the life you desire. When you understand the role your imagination plays, you have the power to design the life you truly want. Let me explain. Everything you have in your life at the present moment is the product of your imagination. You are the scriptwriter, the editor and the director of your life and every achievement you experience is a result of something you envisioned and imagined.

The subconscious mind cannot tell the difference between what we visualise and what we actually act out. This is one reason why top golfers achieve such good results on the course – because they practise their technique, hole by hole, in their imaginations, before they do it for real. All of us run through scenarios before they happen – imagining what might happen on a first date, a job interview and even a visit with the bank manager. The problem is that we often imagine the worst-case scenario rather than creating a positive image in our minds.

So changing the way we use our imaginations is a great starting point to making lasting changes to our lives. We can use our imaginations to produce negative as well as positive results – that's often the reason why, for example, one man is a success, and another is a failure. The difference between them lies in their minds.

Similarly, why is one woman slim and another obese? You guessed it – they use their minds differently.

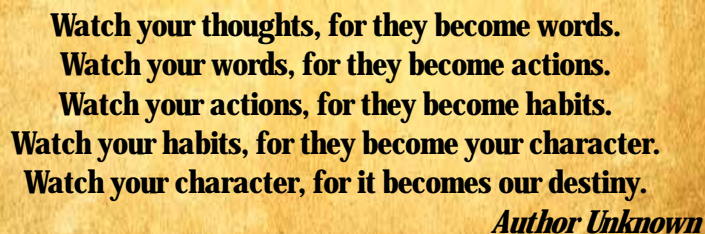
Your Imagination Controls Your Future

It is truly amazing to learn that we can use our imagination to change the future. Social psychologists have found that when we imagine a certain outcome, it's more likely to happen than if we don't. It has been shown that when people imagine themselves achieving something, they tend to believe they can achieve it.

We spend much of our time imagining future events. We are constantly seeing ourselves carrying out actions that are future-orientated. So, just as the golfer or the guy on the first date can envision and imagine a positive experience, we can use our imaginations to produce a satisfying and positive outcome for anything we do in our lives.

Positive Hypnosis

Hypnosis isn't something we undertake for 20 minutes every day and then just forget about. Sure, taking a 20-minute break every day is one of the best things you can do to work towards your goals; however, it is also important to realise that we are constantly reprogramming ourselves with our self-talk. Words create images in our minds and when we add emotion to the mix we are creating new 'programmes'.



**Watch your thoughts, for they become words.
Watch your words, for they become actions.
Watch your actions, for they become habits.
Watch your habits, for they become your character.
Watch your character, for it becomes our destiny.**
Author Unknown

When you develop an understanding of the way your mind functions you have greater awareness of how your thoughts and self-talk affect your daily life. You can begin to use hypnosis as you walk, while sitting in your car, at the gym or at the office and start to think in a new way. You begin to feel more relaxed and calmer and

you have a more positive outlook on life in general. You become more aware of your mind/body signals.

SEVEN REASONS WHY YOU SHOULD LEARN SELF-HYPNOSIS

Reason 1: ENJOY LESS STRESS IN YOUR LIFE. When you learn how to control your daily stress, you begin to experience more self-awareness. Stress is a big problem for many people. When we let our stress levels get out of control we begin to malfunction. We can't make good decisions; we don't tend to sleep well; we overeat or under eat and drink and smoke too much.

These are usually the early warning signs. And as stress and tension builds up more and more our blood pressure increases; our heart rate increases; and, eventually, we suffer from stress related diseases, hypertension, panic attacks, heart disease and even cancer. PHEW!

So, how do we stop ourselves from getting into this state of distress?

We learn how to relax. I don't mean sitting in front of the TV or going down the pub! I am talking about putting yourself into a deep calm state of comfort. It could be anything from 5 minutes a day to 1 hour a day. You might be on a train or sitting in your office. Once you master the techniques in this booklet you can use self-hypnosis anywhere, even standing up!

Case Study: Tom was working long, hard hours 6 days a week. He wasn't taking time to relax, he was drinking every day. And he never made time for any exercise. Tom's diet was poor, mostly junk food. He also had problems sleeping.

Overall his life was out of balance. The first thing I did was to teach Tom how to relax. I did this by teaching him self-hypnosis.

I taught Tom how to relax in seconds. I taught the importance of correct breathing and how to focus his mind. The programme was structured to fit easily into his busy schedule. Within 4 weeks his sleeping had greatly improved, his drinking had decreased and he was experiencing more energy and zest in his life. And he reported an increase in his sex drive.

Reason 2: INCREASE YOUR SELF CONFIDENCE: you can't achieve anything worthwhile without confidence. In fact many experts believe that confidence is the no.1 requirement for total success in life. I also believe this is true. Confidence comes from within. It's also tied into the concept of self-esteem. Both self-confidence and self-esteem can be developed through the regular practice of self-hypnosis. And it's worth the investment of time to do this. Without self-confidence we are mentally crippled.

Case Study: Jenny came to my clinic wanting to raise her level of self-confidence.

Part of her job was to present new products and services to companies. In Jenny's present state of mind this was challenging. She told me that her job could be on the line if she didn't do something fast!

I worked with Jenny over some weeks. At the same time I taught her self-hypnosis. I taught her how to go into a relaxing trance state twice a day for 15 minutes, morning and evening. Jenny would do this 5 times each week.

Within 6 weeks of practicing self-hypnosis she reported feeling amazing, and her confidence was soaring!

Reason 3: CHANGE UNWANTED HABITS AND BEHAVIOURS: Whether you smoke too much, eat too much, bite your nails or anything else, you can change it

with self-hypnosis. Before you decide to seek help from a hypnotherapist, you might want to try re-programming your mind first for yourself. I personally have used hypnosis to control my weight, reduce stress and to enhance creativity in my work.

Perhaps you'll find that self-hypnosis helps you make lasting and valuable changes too...

Case Study: Brian attended one of my workshops a few years ago. He had always been interested in self-hypnosis. And, after reading a book on the subject, he tried some of the techniques. After some success he decided to attend one of my workshops. Some months after the workshop, Brian sent me an email telling me how he quit smoking just weeks after completing the course.

This shows the power of self-hypnosis in action. He left the course that Sunday evening and put what he learned into practice.

Reason 4: GIVE YOURSELF THE POWER TO ACHIEVE LIFE GOALS: We all have goals we wish to achieve. But for most people these goals remain just wishes. To achieve anything worthwhile you need to be focused on a definite goal. You must be able to see the end result out in front of you. You must also be able to imagine the necessary steps in order to reach that goal. Self-hypnosis can help you do this.

Reason 5: ENHANCE CREATIVITY: Anyone can become more creative. It's not just for the so-called geniuses of this world. We all have creativity. It's just that we don't know how to tap into it.

The key word here is relaxation. You must learn how to still your mind to allow those creative thoughts to come through. You may be surprised just how quickly your creative juices start to flow after a few weeks of regular self-hypnosis practice.

Reason 6: FINANCIAL SUCCESS: Money isn't everything, but it sure helps. It gives us freedom. The freedom to travel, to have nice things and in some cases, can

even buy us health through access to private medical care. But private medical insurance costs money.

Whatever beliefs you hold about money—one thing is for sure, life is better with it than without it. The truth is most people who tell you money is not important don't have any! If you want more wealth in your life you need to change your beliefs about money. Or it could be that you hold back on getting what you want because of fear. Whatever it is, you can learn to re-programme your mind for financial success.

Case Study: I remember a few years ago a business man came to see me at my clinic because he wanted to be more successful. When I asked him about his present level of success, I was shocked! He already had 22 people working for him. He had a brand new Mercedes and a nice home. He seemed to have it all.

But, after a brief talk, it turned out he wanted to become even more successful than he already was. So I taught him how to programme his mind to be more successful. I worked with him over a period of 6 weeks.

I spoke to him about 6 months later. He was amazed with the results and said his business was growing again.

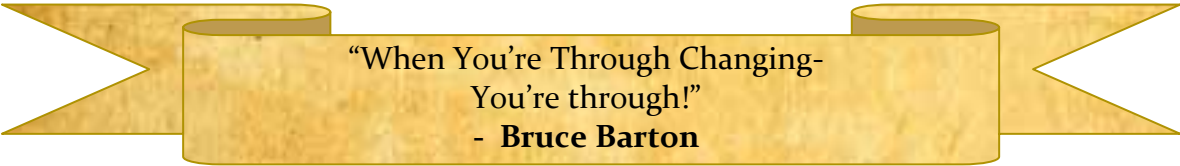
I must point out that he was a highly motivated person and this was the key to his success with self-hypnosis.

Reason 7: IMPROVE YOUR SPORTS PERFORMANCE: Athletes have known the value of mind power for centuries. Today, golfers, boxers, footballers and thousands of sportspeople all over the world are using forms of self-hypnosis to improve their game. You too can use these same techniques to improve your game.

Case Study: Lawrence is passionate about Golf. He came to my clinic for help in improving his game. I guided him through some mental exercises, similar to the ones used by professional athletes. I also taught him how to use them himself when he is on his own as a form of self-hypnosis.

When I saw him 2 weeks later, he told me he had improved his game by 60%

THREE STEPS TO SELF-HYPNOSIS



“When You’re Through Changing-
You’re through!”
- **Bruce Barton**

When it comes to learning self-hypnosis, patience is the key. You can’t rush your unconscious mind. Once you master the skill of entering trance you can do it almost anywhere. You can go into a trance sitting on a train, sitting in your office or even standing at a bus stop. But first you need to create a bridge of communication between you and your unconscious.

There are many paths to trance. All of them involve the focussing of attention. Whether we focus on our breathing, a spot on the wall or visualise a peaceful place in our imagination, focusing is the key...

Let’s begin...

Step 1: Choose Your Goal

When you first start practising self-hypnosis, your main goal is heightened awareness and relaxation. As the weeks progress, you want to move on to bigger goals. Maybe improve your confidence, lose weight, create a better relationship or some other goal. Whatever your goal, you need to know what it is before you start. After all, you wouldn’t start out on a journey without first knowing where you are going, would you? So spend a little time focusing on what you want to achieve.

Oh, and I almost forgot!

Never try to work on more than one goal at a time. You can alternate hypnosis

sessions with different goals, but never more than one at a time for each session.

Step 2: Control Your Mind...and Develop a Trance State

Now that you have chosen your goal, find a quiet comfortable place where you won't be disturbed. Sit down with your hands resting comfortably on your thighs and your feet flat on the floor.

Close your eyes...and gently bring your awareness onto your breathing.

Focus your attention on the gentle lifting and falling of your breath... notice where your breath begins and where your breath ends.

Any thoughts that drift into your mind: for example what you're doing later in the day; or what you did last night; or any other distracting thought... just notice the thought, let it go... and gently bring your awareness back to your breathing.

As you continue to focus on your breathing you find you begin to relax; you begin to develop a trance.

How do you know?

Well you feel calmer and more peaceful.

It's important that you stay focused on your breathing. And any time you find yourself thinking about something else, just bring your awareness back again to your breathing.

Now, if this first technique sounds a bit like meditation you're right because, as we have seen, self-hypnosis and meditation are similar. Both focus and relax the mind. The main difference is meditation is more about awareness, while self-hypnosis is

more goal directed. The purpose of the breathing exercise is to bring your mind in focus and at the same time develop a trance state.

Focusing on your breathing is one of my favourite ways of going into trance because it's so natural.

It's not about breathing in some special way. It's more about being aware of the present moment. Noticing where your breath begins and where it ends. I believe this is probably the most powerful way of creating inner calm. It's a great way to control stress and focus the mind.

We can extend this exercise by imagining ocean waves rolling in as we breath in and watching them go out... as we breath out... and if you can hear the sound of the traffic in the distance, you can imagine that sound becoming the sound of waves rolling in...In fact you can use any sounds you hear.

Let me give you an example: I was once practising self-hypnosis at my home. As I started to become deeply relaxed, I suddenly heard the sound of a workman starting to drill the road outside. The natural response would be to quit. But I chose to use this sound to my advantage. I simply found myself thinking back to a time I was in Greece hearing the sound of a fishing boat as I relaxed by the harbour. For me, the sound of the drill became the sound of the fishing boat

This is called utilisation.

If, while in a trance, you hear a plane in the sky, imagine all your worries and tensions floating up into the luggage department and flying off into the distance.

When you master the art of utilisation, you become the master of your trance experience.

Another great way to enter trance...

Find a quiet place where you won't be disturbed.

Sit comfortably in a chair with your hands resting on your thighs and allow yourself to relax for a few minutes.

Focus your eyes on a spot on the wall, or something of interest; a vase or maybe something reflective; a picture on the wall perhaps.

As you do this, say to yourself three statements about what you can see...

"I can see the reflection of the window in the vase..."

"I can see the chair..."

"I can see the picture frame ..."

Now 3 statements about what you can hear...

"I can hear the sound of the traffic..."

"I can hear the plane in the sky..."

"I can hear voices in the street..."

Now 3 statements about what you can feel...

"I can feel my hands resting on my thighs..."

"My body is becoming more and more comfortable..."

"My breathing is slowing down..."

Now 2 statements about what you can see, hear, and feel...

Now 1 statement about what you can see, hear and feel...

...As you continue to relax allow your eyelids to close and tune into the feelings of comfort, spreading through your body as you allow that comfort to deepen.

When you are ready to drift back to full awareness, just slowly count from 1 to 5, open your eyes and allow yourself to become fully aware again.

Watch yourself in trance exercise...

Sit or lie down, close your eyes and take some deep breaths...

Imagine your body relaxing slowly from the top of your head all the way down to the tips of your toes...

Now imagine yourself just as you are, sitting or lying down...

Visualise yourself slowly relaxing into trance.

Notice your breathing changing as you see yourself becoming more and more comfortable; your facial muscles relaxing; the comfortable position of your body and, as you see yourself relaxing more deeply, you may notice the feelings of comfort and ease spreading through your body as you drift deeper and deeper into a relaxing trance.

If you find it difficult to visualise yourself relaxing, sit opposite a mirror and watch yourself relax...when your eyelids feel heavy let them softly close... and allow the comfort to deepen.

When you are ready to drift back to full awareness... just count slowly from 1 to 5 and become fully aware again.

You now have three great ways to experience trance. With some practice you can learn how to immerse yourself into deeper trances. Just the act of entering a relaxing trance has many benefits; less stress; a clearer mind; more energy; a better night's sleep and an increase in self-awareness.

I suggest you practice one or more of these techniques once or twice a day for 15 to 20 minutes to begin with. Just relax into the trance and enjoy the comfort.

Coming out of trance...

Now, you might be wondering how to come back out of the trance. Well, you don't need to worry, because trance or hypnosis is only an altered state of awareness. But, of course, you might need to get to an important appointment at a certain time. No problem; just set your mental alarm clock before you relax into trance.

Say to yourself (or think to yourself) I would like to come back out of trance in 15 minutes time, or whatever amount of time you want to spend on this self-hypnosis session. And then just trust your subconscious mind to do the rest. You will be surprised to find yourself drifting back to full awareness at almost the exact time you wanted too.

This works the same as saying to yourself; "I want to wake up at 7.00am in the morning." And you usually do.

Or you could just count slowly from 1 to 5 as suggested in the above exercises.

Step 3: How to Programme New Goals

Mental rehearsal

To achieve a new goal we have to first be able to do it inside our minds. If you run a

mental movie of your goal often enough it becomes your reality.

Psychologists have been teaching these techniques for many years. Athletes have been practising them for centuries

Make mental rehearsal part of your daily self-hypnosis and watch yourself change.

Exercise...

Relax yourself comfortably into hypnosis using any technique you choose.

Take your time to develop your trance.

Imagine yourself doing the things you need to do to reach your goal...

Exercising

Eating less

Acting confidently in front of groups

Saying no to cigarettes etc...

Run a movie using sounds, feelings and full colour.

It is important you use your three main senses - or even all five of them - sound, feeling, pictures, taste and smell.

This will make the imagery more real and more powerful.

Run the movie again and again until you feel confused as to whether you are imagining the future or remembering the past.

Slowly return back to full awareness again.

Write to Your Unconscious

Here is a great technique that will help you to achieve your goals.

Sit down and write a short paragraph saying how you want to change. Write down your goal... lose weight, develop more confidence, stop procrastinating etc...

...Now condense it down into a single sentence or just a word. Make sure you are happy with what you have written and that it is what you want.

Now wad the paper up into one of your hands, and go into trance.

Ask your unconscious for help in becoming this.

As you drift deeper into trance focus on the words in your hand, allow images, sounds and feelings to drift through your mind...

Drift up from the trance feeling wide awake and refreshed.

For best results, **work on one goal for several weeks**. Be patient and expect changes.

Positive Self-talk:

As I explained previously, what you say to yourself on a regular basis has a big impact on your self-image. If you are constantly telling yourself how confident you are and if you imagine yourself acting in a confident way, you find you *do* start to act and feel more confident. Words create mental images in our mind and repeating them has a way of burying them in our subconscious.

What images do you create in your mind? If you choose to create negative images

through the use of negative language, you find yourself with a negative experience of life. Negative words create negative images, which create negative feelings and experiences.

When we want to change, we need to re-programme ourselves for success. And there are a few ways to do this.

First of all, we need to use the present tense.

Our subconscious mind understands the present tense, so talk to your subconscious as though you have already become how you want to be. So, for example, you might say: 'I find I am relaxed and calm around people' or 'I am feeling confident as I speak to a group' or 'I enjoy eating smaller portions of food because I want to lose weight'. The present tense is powerful; it is the language of the subconscious.

Words are powerful

There are some words that we all use out of habit – words that are literally hardwired into our nervous systems. These words can sabotage our life goals and should be avoided at all cost when working towards a positive outcome.

Watch out for:

- **Trying**. The word 'try' suggests failure; it implies that something is going to be difficult to achieve. This perception is then communicated to your subconscious mind.
- **Not**. In other words, negative use of language, as in 'I will *not* eat chocolate any more'. This statement is a great example of focusing on precisely what you don't want to focus on! In other words, your subconscious is drawn to the words 'eat chocolate' and immediately forms an image of it. Words should always focus on the

images that you *do* want. So think instead, 'I choose to eat fresh fruit', and 'I enjoy eating fresh vegetables'.

- **Will.** When we use the word 'will', we are not communicating with the subconscious as well as we could, because we are not operating in the present. And as the old adage goes: 'tomorrow never comes!' For this reason, even positive statements may not produce powerful results.

So, instead of saying, 'I will exercise more' or 'I will smoke only 5 cigarettes a day', say 'I exercise more now' and 'I only smoke 5 cigarettes a day'. Instead of 'I will be more confident when I speak to the group'; it becomes 'I feel confident as I speak to the group'. When we use the word 'will', we are moving away from the present tense and, as a result, it has less hypnotic power.

- **Never.** Think about it! *Never* being able to eat a piece of chocolate or drink a glass of wine again? It's an absolute and there is no flexibility here. It is a final pronouncement and it puts incredible pressure on us. It also works to get our backs up because no one likes being told that they can 'never' do something again. Use the word never and change may *never* happen!

- **Should.** This is another word that creates more anxiety than any other word I know. Again, there is no real flexibility in the word 'should' and it manages to create negative images that may make you shudder. For example, 'I should go on a diet' or 'I should relax more'.

'Should' sounds like instructions from our parents or teachers and, if there's anything that turns most of us off change, it's the idea that we *have* to do it or we *should* do it. The word 'should' also suggests that someone else thinks we ought to undertake a particular change. Change has to come from within. I recommend that you banish this word from your self-hypnosis and self-talk vocabulary.

- **Must.** Another word full of pressure, with no flexibility. Once again, none of us particularly likes being told what we **must** do and the doors close the minute that word is uttered. 'I must not get nervous' or 'I must win this game' sounds like a challenge rather than a positive action and, for some reason, it doesn't actually seem achievable.

- **Can't.** Here is a word that we all take for granted and it's just one letter away from being one of the most positive words on the planet. So remember, the next time you find yourself using the word 'can't', just lop off that 't' - and then you can!

If you follow the guidelines in this booklet, you can make changes in your life. Patience and practice are the keys.

Whether you like it or not, you are influencing your unconscious mind every day. So why not influence yourself in a positive new way, starting right now!

My best wishes for your success,



Marcus D'Silva
SQHP MPNLP

Revealed...

“MORE AMAZING HYPNOSIS SECRETS TO HELP YOU IMPROVE YOUR LIFE DRAMATICALLY”

The information in this short guide is just a taster of the changes you can achieve in your life and is an extract from my latest book: '**How to Change Your Life—With the Amazing Secrets of Hypnosis**'. I'd like to invite you to discover more of these life-changing techniques, as my other readers have done...

One reader told me he was smoking half the amount of cigarettes by the time he had finished Chapter Five. Another reader (a city dealer) said he was getting more success in his work and he hadn't even *finished* reading it! And, pleasingly, my wife also said she felt amazingly positive after reading the first draft.

Even I was STUNNED and AMAZED by the **rapid changes** these people reported experiencing as they read the book!

And professionals agree with the outcome they achieved and you can expect:

Reap The Benefits Immediately...

There are a lot of 'self-improvement' books out there. Most are the 'same old thing'. This book is different because it will help you to make permanent and lasting changes in your life right NOW!

No need to wait until you 'figure it out', or wait for the 'right time' to change. Marcus D'Silva will help you cut to the chase and get the results you desire easily and effortlessly.

The primary lesson of this book is to help you to recognize the 'trance' you are in right now and how to change it through the power of self-hypnosis. The strategies offered in 'How to Change your life With the Amazing Secrets of Hypnosis' will do just that. Start applying these simple strategies and you can start reaping the benefits IMMEDIATELY!

- Dr. Robert Anthony, author of **Beyond Positive Thinking**

In this book you quickly discover...

- An amazing 10 minute technique that creates change faster than you ever dreamed possible—this alone is worth the low price of the book. You won't find this gem in any hypnosis book, until NOW! You will be astonished. The secret is revealed on **page 97**
- Four POWERFUL words you can use, at any time, to help you change habits at lightening speed... **page 37**
- The SECRET of the TADIN principle for getting results in your life. Again this is a first in any hypnosis book... check **page 52**
- How to develop high self-esteem and create unshakable self-confidence—see **page 88**

- How to become a walking source of energy and make an impact on almost everyone you meet, ANY TIME, ANY PLACE...**page 18**
- The magic of mind accessing questions... Your LIFE CHANGING TECHNIQUE! All revealed on **page 42**
- Your 20 minute power break for improved health and productivity... see **page 61**
- Mega-effective techniques for a stress-free mind... **page 79**
- The shocking truth about selfishness and how it can be a positive force in your life... see **page 90**
- How to easily make your relationships successful... see **page 104**
- The NEW positive self-talk; the key to a healthy self-image... **page 33**
- The law of hypnotic attraction and how it affects YOU...this is POWERFUL! See **page 12**

Plus...

- How to quit smoking and be free from tobacco...
- The power of thinking thin...
- How to break free from pain...
- How to think like a sales superstar... this chapter could make you RICH!
- How to sleep soundly and live a longer and happier life...
- How to overcome a fear of flying...
- How just one word can have a huge impact on your life...YES, seriously!

And so much more...

YES, if YOU want to start getting the right results in your life, it's all here. Set out in this beautifully designed 168 page soft cover book.

Remember, these techniques are quick and easy to learn. And, most importantly, they work! Why? Because they have been tried and tested by me and other experts in the field with thousands of people.

Get your copy of [How To Change Your Life](#) for just £11.99

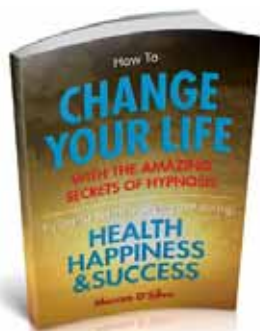
To Your Success!



Marcus D'Silva SQHP MPNLP

P.S. Turn to the next page for the full list of contents; your blueprint for a better future.

How To Change Your Life With The Amazing Secrets Of Hypnosis



Powerful Techniques for Achieving: Health Happiness & Success

If you want to create optimum health, happiness and success in your life, then you need to read this book.

Discover how you can live your life without fear. Eliminate unwanted habits, take control of your weight, quit smoking and achieve success in every area of your life, from relationships to work.

Paperback: 168 pages

Contents:

Introduction

Part I Get inside your mind: Self-hypnosis basics

- 1 Life hypnosis
- 2 The law of hypnotic attraction
- 3 The secret of happiness
- 4 The power of beliefs
- 5 The power of self-talk
- 6 Choice: The ancestor of change
- 7 Changing your mind
- 8 The magic power of awareness
- 9 Memory: It's only your story

Going for it in life

Part II Self-hypnosis in everyday life

- 10 Stress: It all depends upon how you look at it
- 11 Boost your self-esteem and create unshakeable self-confidence
- 12 Making decisions with self-hypnosis
- 13 Making your relationships work
- 14 How to quit smoking and be free from tobacco
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- 16 Breaking free from pain
- 17 Think like a sales superstar
- 18 How to sleep soundly
- 19 Overcoming a fear of flying
- 20 Unlocking your creative mind
- 21 How to turn problems into solutions

The power of man

Get your copy of [How To Change Your Life](#) for just £11.99

Weight Loss The Forgotten Secret



42 Powerful Ways to Get Slim and Stay Slim With The New Self-Hypnosis

Clinical hypnotherapist Marcus D'Silva shows you that commercial diets are not the answer to lasting weight control.

This new non-diet approach uses your mind and not your food to help you lose weight easily. You learn powerful psychological techniques that help you to change the way you think about food forever.

Paperback: 84 pages

Contents:

Introduction

Diets don't work!

1. What is self hypnosis?
2. High energy living.
3. Getting started
4. 42 ways to make changes
 - (a) Trance inductions
 - (b) Awareness
 - (c) Acceptance
 - (d) Self image
 - (e) Weight Loss and Stress Control Strategies
5. Food for Thought

“Marcus D’Silva’s new book will help you lose weight. This is not a diet, it is an easy to read book that shows you how to harness the power of your mind and turn it into a fat burner. It won’t be long before you are looking and feeling better. D’Silva has hit the nail on the head.”

Kevin Hogan. Psy.D.

Author of The New Hypnotherapy Handbook & The Psychology of Persuasion

Get your copy of [Weight Loss - The Forgotten Secret](#) for just £7.95

ABOUT MARCUS D'SILVA SQHP MPNLP



A consultant hypnotherapist, specializing in **Smoking Cessation, Phobias, Weight Loss** and **Anxiety Problems**, Marcus D'Silva has worked in the field of complementary therapy and personal change for over 19 years.

He trained and studied with Dr Richard Bandler (the co-creator of NLP), Ernest Rossi PHD, Gill Boyne, Wilf Proudfoot, and Danie Beaulieu PHD. All masters of personal change.

Marcus is a regular speaker on national radio and has assisted several large corporate companies in the area of stress management and communication. He was awarded "The senior qualification in hypnotherapy practice SQHP" and is a "Registered Hypnotherapist (GHR)".

Marcus is also a member of the B.A.C.P (British Association for Counselling and Psychotherapy)

Marcus is a prolific writer on the fascinating and life-enhancing topic of hypnosis. He has published two books (see previous pages), numerous articles and short guides to help people understand and use these powerful techniques in their everyday life.

For private one to one consultations with Marcus please call 0208 859 8444
Or discover more about Hypnosis, Hypnotherapy and NLP at www.marcusdsilva.com

Marcus' Clients' Experience...

"I came to Marcus looking for help with my stress and IBS. I must say, I was really surprised with the fast results specially concerning my stress levels. With only one session and a few days practice, I was already becoming more relaxed and things weren't getting to me as easily. My IBS has improved dramatically and now I can even vary my diet without big problems, just what I needed. Thank you."

Cristiane Morandin

"I came to Marcus D'Silva with the need to find some pain control as I take no medical pain killers. I am delighted with the result, so far I have tackled bouts of pain successfully every time. Marcus managed to help me go very deep within, into a hypnotic state, when other hypnotherapists I had previously consulted had failed to do so."

Margaret Joy Philippou

"If you haven't experience Marcus D'Silva then look no further his skills and experience and expertise speak for themself and I would always recommend his services to my closest friends."

Claude Bonte - Founder spyda V.I.P "Business Network"

"Hi Marcus,

Feeling more relaxed about the spiders. Was able to touch a small house spider when I got back. Also I'm not so conscious of checking around the house.

Have bought a tarantula paperweight so looking forward to receiving that.

Many thanks."

Robert Sands

"Dear Marcus

I thought I would take this opportunity to give you some feed back regarding the six sessions that I have sat with you regarding hypnotherapy for my claustrophobia and consequently, panic attacks that I had been experiencing.

Through your self-help techniques, regression (exploring the past) and the hypnotherapy sessions at your centre, I have been able to overcome this situation by a long way and feel a much more positive person all over. I would certainly recommend you to family, friends and colleagues. I am very grateful."

Martyn Colley
