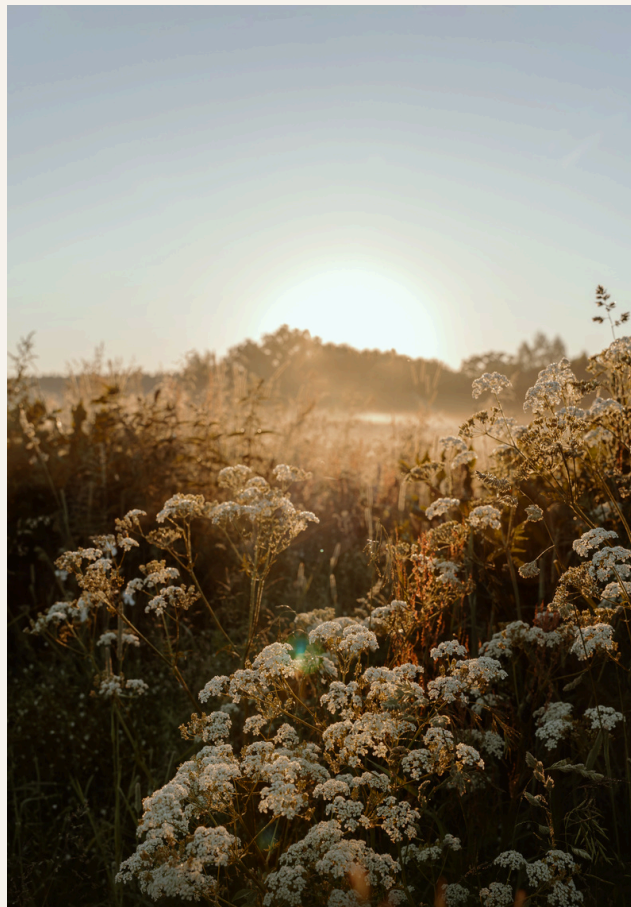
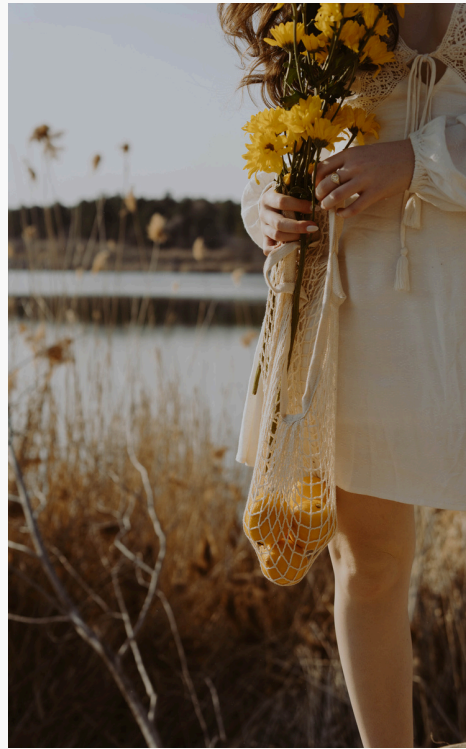


REPROGRAM YOUR MIND WITH THE POWERFUL

SELF-HYPNOSIS METHOD



WWW.KATIEPOTRATZ.COM



GET READY

You have unlimited potential and unimaginable capabilities.
The key to unlocking everything you are is in the mind. This Self-Hypnosis Method is the ultimate cheat-sheet to your mind. Follow these steps and program a *powerful* personalized belief system directly into your subconscious in just minutes a day

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SELF-HYPNOSIS METHOD

THE PROCESS

STEP

1

STEP ONE

Create a powerful personalized mantra
and anchor it with positive imagery

STEP

2

Establish a state of self induced
trance to access your subconscious
mind directly

STEP TWO

STEP

3

STEP THREE

Reprogram your mind while in trance
by repeating your mantra and
visualizing with strong emotion

STEP ONE:

mantra & imagery

It's time to use your imagination.

Create a Vision: Think about the future outcome you desire. Perhaps it is to be more confident, more peaceful, more abundant, or to be fit and healthy, to have a thriving career, to become pregnant, etc. Now use all of your senses to experience it. Ask yourself, how does it feel? How does it look? How does it sound, smell and taste? Create a vision in your mind of you living your desired outcome and write down powerful descriptive words that best exemplify that vision.

Create a Mantra: Using these words as inspiration, create a powerful personalized mantra that will amplify that vision. The most powerful mantras are in present tense and begin with "I am" or "I have". You can choose more than one as long as you can recall them while in trance.

MY PERSONAL MANTRA

STEP 2:

induce trance

1

FOCUS YOUR ATTENTION - EFFORTLESSLY - ON A SPOT OPPOSITE YOU, SLIGHTLY ABOVE EYE LEVEL

2

TAKE THREE SLOW DEEP BREATHS. AS YOU INHALE YOUR THIRD BREATH, HOLD IT FOR 8 SECONDS

3

CLOSE YOUR EYES, EXHALE, RELAX YOUR BODY AND ALLOW YOURSELF TO COMPLETELY LET GO

4

BEGIN SILENTLY COUNTING BACKWARDS FROM 100. IMAGINE SEEING THE NUMBERS AND HEARING YOUR VOICE COUNTING THEM DOWN

STEP 3:

reprogram



When you get to one you will be in a state of trance. This process may feel foreign at first, but push through anyways, each time you follow the steps you will find yourself going deeper and deeper into a self induced trance.

From here, allow the personal mantra to be repeated over and over in your mind. With each repetition, imagine yourself living that reality now. Elicit the emotion you will feel when this reality is happening and allow that feeling to grow stronger and stronger.

You'll find at times the words start to break up and become fragmented, and that's perfectly okay. The important words or phrase will come through to you.

Stay in this state as long as you like, or set a timer for 2-5 minutes. At this point, count forward "1...2...3..." then open your eyes and go about your business feeling refreshed and rejuvenated.

helpful TIPS

REPETITION

Repetition is incredibly important when reprogramming your subconscious. Aim to go through the Self-Hypnosis Method 1-2 times each day for a minimum of 28 days

EMOTION

The more emotion you elicit while in trance, the more rapid you will accept and believe your positive mantra. See it, feel it, and you will believe it.

AWAKEN

If you find you feel groggy after a Self-Hypnosis session, try remaining in a seated position instead of lying down, and try clapping your hands to fully bring yourself out of trance.



you are wildly capable



You hold the power to change your life in unimaginable ways.
You are the medicine.

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