

DAVID KNIGHT HYPNOSIS

*David Knight*

## Your Hypnotic Superpowers

Imagine if you could unlock a power so great you could achieve great and permanent success in all areas of your life, with ease and in a fraction of the time.

Imagine success 60 times faster and easier. Imagine better health, wealth, success, love and greater happiness.

Imagine feeling fitter, stronger, happier, no stress, no anxiety, no overwhelm, a better quality of life with more money.

Hypnotic Personal Development is the easiest, fastest shortcut to personal and success mastery. It's the difference between taking a bicycle or a jet plane.

You are about to discover and unlock **10 Superpowers** of your **Subconscious Mind** that will change your life forever!

Welcome to **DAVID KNIGHT HYPNOSIS**

*David Knight*  
HYPNOSIS

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# DAVID KNIGHT HYPNOSIS

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*“The greatest discovery of our generation is that a human can alter their life by altering their attitudes of mind.”*

## **Chapter One – The Introduction**

Over the next few pages I will reveal to you a simple Hypnotic Personal Development technique that can be used successfully by everyone and will enable you to achieve positive changes in your life.

First of all, please allow me to introduce myself. My name is David Knight and I am a Master Hypnotist, Hypnosis Life Coach and Hypnosis Trainer.

After many years of study I became a professional Hypnotist in 1988 and in 1991 founded The British Academy of Hypnosis a worldwide hypnosis training school and its supporting membership program.

To date I have performed over 10,000 hypnosis shows, seminars and trainings, hypnotising and coaching over 120,000 people in over 50 countries around the world. Through the power of Hypnosis I have personally helped thousands of people to overcome personal challenges in their lives allowing them to create happier more rewarding futures. Today I help people get unstuck, let go of the past, let go of their worries and fears. I help people move their focus towards seeing a vision of a better happier, healthier, wealthier more successful future. Through the Mind Persuader online coaching program and through the Hypnotic Personal Development courses I make the Invisible, Visible. I empower dreams by helping people discover passion and purpose and to take action steps towards becoming more, doing more, being more, having more and giving more.

The results show for themselves that hypnosis works. It has worked for millions of people around the world and it will work for you too.

In my time as a Master Hypnotist and Hypnosis Coach I have seen many changes in subjects that I have personally worked with. Hypnosis has proved effective in stopping people smoking, in losing weight and destroying stress. I have seen people who were trapped in their home, find new jobs and build new lives. I have seen children pass exams, adults pass driving tests and people build confidence to achieve promotions and incredible success. I have seen sports people pick up gold medals. I have seen people face all their fears and win with a smile on their face. I have seen people conquer pain and create better health. I have seen hypnosis give hope where there was only despair and allow happiness where there may have once only been sadness.

Hypnosis is about making positive changes to your life allowing you to create a positive winning attitude that will allow you to be the best that you can be in any given situation. Be healthier, fitter, stronger and positive. Create the future you deserve. If you do what you have always done then you will get what you have always got. But, if you want a different outcome then you need to take a different approach. All of these changes happen with ease and speed when you choose to tap into the power hidden inside your subconscious mind.

## **David Knight Hypnosis**

I have now taken all the knowledge from over 3 Decades of my Hypnosis work and I have created the Hypnosis Circle Personal Development System, a place where people around the world can benefit from the power that hypnosis has to offer without the high costs normally associated with using Hypnosis. A powerful Hypnotic Personal Development System that will offer you a pathway to unleash your subconscious superpowers and achieve your full potential.

It's human nature that we all want to grow and become better but the way our brains are programmed making change can be very hard and uncomfortable but now through the power of hypnosis coaching, the journey can not only be easy but it can also be fast and fun.

6 Steps to Mastery begins with this complementary ebook and audio as a way for you to dip your toe in the water and test us to see if you would like to go further into your own personal empowerment.

So whether it's simply breaking stress, anxiety and overwhelm through to breaking self limiting beliefs to creating perfect health through to becoming bulletproof, we have a Coaching Program to offer you a proven pathway forwards.

6 Steps to Mastery will supply you with all the tools and guidance you need to move forwards right away whilst avoiding all the expensive time and money mistakes that can be avoided.

Learn the magic of hypnosis and discover how its hidden power will speed you forwards 60 times faster than conscious thinking. Your hidden hypnotic power is working right now. The question is; is your mind working for you or against you?

Along with this powerful Hypnotic Secret Ebook and Hypnosis Audio downloads you have the option to experience a complimentary 30 Minute Hypnosis Life Coaching Session valued at £200. How cool is that.

Details of how to get this complimentary coaching session can be found on page 34 of this Ebook. We recommend booking your complimentary session at least 2 - 3 weeks in advance.

Enjoy the Hypnotic Secret Ebook, enjoy the Hypnosis Audio and the emails that will guide and support you and if you would like more going support I look forwards to welcoming you onto the VIP Membership Program.

**This Free David Knight Hypnosis Program comes to you in 5 parts.**

**One,** you have this Hypnotic Secret Ebook itself. The book is split into 10 simple chapters that are designed to give you an understanding of the power of your mind and a foundation in creating a hypnotic mind set so you can take control of your future. Your subconscious mind can be your best friend or your worst enemy. The great thing is, you have the power to decide.

**Two,** you have downloaded 3 free self hypnosis audios.

1. A free 20 minute relaxation audio.

2. A free 10 minute SAFE Hypnosis .mp3

3. A free 10 minute Naked Hypnosis Relaxation .mp3. This .mp3 is designed to help you to relax, experience the feelings of hypnosis and to learn a very simple, relaxation, affirmation and visualisation hypnosis technique. This .MP3 is perhaps the cleverest piece of music you have ever heard!

**Three,** you have my full email and Facebook support. Over the next two weeks I will email you every second day to offer you my encouragement and guidance through the program.

This simple free self hypnosis training programme is full of mind blowing technology. Please take just 20 minutes a day to practise the technique for the next 10 days and you will be well on your way to achieving incredible success in all areas of your life. I highly recommend downloading the e-book and 3 hypnosis audio programs to a known folder on your computer so you can find it in future.

When you joined this David Knight Hypnosis program the first couple of emails you receive will have a link so you can go back and download the audio if you haven't yet done that.

[www.Facebook.com/groups/davidknighthypnosis](http://www.Facebook.com/groups/davidknighthypnosis)

**Four,** The 28 Day Challenge. Challenge yourself for 28 days to make a change in your life, no matter how big or how small and we will support you all the way through your challenge.

**Five,** a free 30 minute personal online coaching assessment zoom  
Valued at £200.

## **Chapter Two – Your Personal Challenge**

When you tap into the power of your subconscious you can make incredible changes in all areas of your life with ease and with speed. Most of these changes can be completed in 28 days or less.

If you had the power to change anything, what would you want to change first? Better Health, Break Stress, Sleep Better, Personal Changes or Attracting Wealth. This is all available when you when you discover the ‘Hypnotic Secret.’

Let’s take a look at just a few of the changes you may want to make.

Stress Management

Better Health

Destroy Disease

Become Worry Free

Sleep Well

Boost Your Immune System

Destroy Fears and Phobias

Relaxation

Free from Pain

Weight Loss

Confidence

Break Addictions

Positive Thinking

Public Speaking

Creating a Winning Attitude

Creating Vision

Discovering Purpose

Attract Wealth

This is just a small list of what you can achieve once you have a good understanding of this simple Hypnotic Personal Development technique. You may find that there are many changes you wish to make to your life and you can, my recommendation is to choose just one or two at a time and work on those until that task is complete.

Hypnosis allows you to change the way you think and respond in all situations. Your mind is a computer, isn’t it time you invested some time into learning how to program it?



### **Welcome to Your Gate Guardian**

Throughout your life your conscious thoughts allow you to take control of your future. You guide your life through this conscious ability to think.

But what if these thoughts are misinformed? what if the information you are supplied by your surroundings are not fact? what if you are being lied to by your unconscious self limiting beliefs?

Allow me to introduce you to Your Gate Guardian.

### **Your Gate Guardian's responsibility is one of protection.**

The Gate Guardian or the Frontal Lobe as it is more commonly known is located at the front of the brain and one of its functions is the ability of judgement.

**The Gate Guardian is your ability to know the difference between right and wrong** and when you consciously decide to do something you check those actions against the knowledge stored within your subconscious programming, knowledge that has been sorted and placed there via your Gate Guardian.

Since the moment of birth all your decisions become part of your learned behaviour. This learned behaviour is like a series of mind filters which give you a default mind program to fall back to at any time in the future.

Let's say that as a young child you were frightened by a puppy dog. At the time of the event you were young and small and this great big puppy dog came bounding in and jumped up at you all excited to see you.

This scare becomes registered in your subconscious mind and is labeled as a threat and a fear. The Gate Guardian has just labeled the encounter with the puppy as a threat and this is stored as evidence in your subconscious mind as a fear. This mind filter will be a default that your subconscious mind will fall back to when you meet with a dog at anytime in the future.

This is how fear filters are created. Fear of dogs, fear of spiders, fear of heights, fear of flying. What may have been a completely normal event becomes interpreted as a threat and becomes a default memory for similar future events. Most fears are created by events that took place as a child and become part of your learned behaviour.

In the case above your fear of dogs today is like taking advice from you as a small child. If that event had taken place when you were fully grown you would have seen the size and enthusiasm of the puppy in a very different way.

Every thought you have today is tested by your Gate Guardian by passing all possible outcomes through your mind filters.

These mind filters are not just through your thoughts but also take into account all your senses. Sight, Hearing, Smell, Feelings and Taste.

Through your past self programming your subconscious knows exactly what you like and this creates the pathway that you will follow and so the greatest part of your future will be created from your past thoughts and past programming. Your future path is created from your past subconscious mind programming.

So if you want to make changes you must change the programming found in the subconscious mind. Change the beliefs at the bottom of the subconscious mind and everything above changes.

The problem comes when we try to make change and your Gate Guardian won't let you. Your Gate Guardian will always create thoughts of protection to stop you making change.

So you want to break the fear of the puppy dog but for every rational thought you have your unconscious more powerful thoughts will simply overwhelm your conscious power and force the feelings of fear to simply grow deeper and stronger.

**The subconscious program is the law and these programs and filters cannot simply be broken by conscious thoughts. To make changes we must go beyond the Gate Guardian and into the subconscious.**

**Perhaps 95% of your daily program comes directly from your subconscious habits.**

**Today science tells us that your subconscious mind is perhaps 30,000 times stronger than your conscious thoughts.** This is why it's so hard to make change. A habit that has grown in your subconscious is a very tough habit to beat.

Consciously we have the thought power to set goals and create a desire for change. We consciously have the power to be able to measure the changes as we progress towards our goals but the things that we must change in order to succeed are buried deep within our subconscious mind.

The subconscious holds the key to improving health, the subconscious is the seat of your energy and holds the ability to make change. Your subconscious is the controller of your immune systems, your fight and flight mechanisms, your deepest rooted core beliefs and values, your goals and your fears.



**Your Gate Guardian becomes programmed through your own thoughts and experiences and also the thoughts and experiences of those around you.**

If those you were around were positive and strong then your character will tend to be programmed the same way but if you were constantly being programmed by people telling you it's not possible to do something then that negative program gets deep rooted in the subconscious.

So we see that it's our character that is locked inside the subconscious, it's who we really are and it's the program that we follow from the moment that we wake in a morning.

It protects us and means we have a code to follow for the day ahead.

But what happens when we want to do something different?

What happens if we want more out of life?

What happens when we are fed up with our old strategies and want to create a future of our dreams?

What happens when we are ready to step out of our comfort zone and want to build a new future?

The moment that happens everything becomes tough. It's hard to change the deep rooted belief systems. It's just easier not to change. Humans are simply creatures of habit.

So we create our own belief systems of what we believe we can and can't do. But the good news is, we can change it too. The David Knight Hypnosis Program gives you the knowledge to go beyond the Gate Guardian and make change easy, direct and fast.

Everything we do every single day grows and enforces our character.

When we are happy just going along with our everyday life following our pathway everything feels right, it feels easy and good.

But what happens when we want to make change, what happens the moment we decide we want to do something different?

Most people will only make the change when the pain of making the change is less than the pain of staying where they currently are.

Maybe we want to change our jobs because we want to create more money. Instantly your Gate Guardian become alert of these new thoughts and they are passed through all your mind filters. These Mind Filters just want to stop the thoughts reaching your subconscious because they don't fit into your view of life. It's outside your comfort zone.

The thoughts of a new job become uncomfortable because of the unknown, because you don't have the skills, because you can't do that, because it's safer to stay where you are, because the grass is always greener on the other side of the fence, because you will miss your friends, because it's harder work or because people have told you that you can't do that!

Your mindset simply makes it easier to do what you've always done. Of course if you always do what you have always done then you will of course get what you have always got.

The most interesting things about your subconscious mind is that it accepts everything as the truth.

**Your subconscious mind has no ability to judge or question.**

If we could access the subconscious mind we could simply reprogram it with anything we desire. So what's stopping us? The Gate Guardian.

If the Gate Guardian wasn't there you would simply believe everything you were told and a mind this open would very quickly lead you into life threatening trouble. Your Gate Guardian is vital for your everyday survival.

Your Gate Guardian helps you create a pathway of survival, an easy road for you to follow each day to keep you safe and out of danger.

The Gate Guardian helps you follow that learned pathway guiding you through an easy way of living keeping you away from any type of change. Just like a river flowing down stream, it takes the easy route.

Since the day you were born your Gate Guardian has been creating mind filters for all life situations, being programmed by all our learning experiences we encounter as we grow and also from the people around us, our parents, our family, our teachers and all the people we come in contact with.

If you want to make change, if you want to create a bigger and better future, if you want to be the best version of you then you must **bypass the Gate Guardian and you will have direct access to your subconscious mind.** Direct access to the programming that will give you everything that you desire in life.

Hypnosis allows you to go "Beyond The Gate Guardian" giving you direct access to the powerful subconscious mind. Access to the mind that does not question or judge, access to the mind that will allow you to make the desired changes in a few short hours.

By accessing your subconscious mind you can break stress, prevent overwhelm, increase health, remove self limiting beliefs, discover your true self, open doors of opportunity, enhance ability and unleash creativity that will allow you to find new energy, purpose and confidence to create a future of action and design.

Let the journey begin.

## **Chapter Three – The Conscious and Subconscious Minds**

To understand the Gate Guardian we must first understand the 2 minds. The conscious mind and the subconscious mind.

### **The Conscious Mind**

Your conscious mind is your thinking mind. This is the mind you are using right now to read this ebook. Your conscious mind is processing around 60,000 thoughts a day and is 99% busy.

Everything you do starts with a thought from your conscious mind.

I like to think about the conscious mind as the keyboard on a computer. It's the starting point of all action or in other words it's the place where all the information is input.

Because your conscious mind is so busy it becomes hard to control all the thoughts that you have. This can lead to some thoughts being negative, no matter how hard you try to keep a positive attitude.

This conscious mind is the starting point of all actions and where every change must begin.

The conscious mind is also limited by the judgements that you create.

### **The Subconscious**

Today we know of a second mind. This second mind is your subconscious mind. The subconscious is the place where the information goes. This would be like the hard drive of the computer. All your 60,000 conscious thoughts a day are stored in your subconscious mind. So, your subconscious mind holds all your memories. Therefore it is your character; it's who you are today.

If you imagine your subconscious mind is like a hard drive on a computer, your subconscious hard drive is capable of storing over 100 Trillion Images. Imagine that!

Your subconscious mind also controls your nervous systems, your fight and flight mechanisms, your energy and your emotions. It truly is the powerhouse of your body.

Unlike your conscious mind, your subconscious mind has working power available. It is perhaps less than 4% busy. This means it is ready to help you make change.

So, if you are ready to change, the place to make change happen is in the subconscious mind. The subconscious mind never questions, it only acts on the information it is told.

No judgements are made by the subconscious mind; it doesn't differentiate between right and wrong, true or false, real or fictional. It simply believes everything to be the truth.

Our conscious mind tends to be known as the Left Brain, the analytical thinking brain whereas the subconscious mind tends to refer to the Right Brain, the more creative mind.

Mathematicians, Scientists, Teachers are said to be left brain thinkers whereas Musicians, Artists, Entertainers would tend to be known as right brain thinkers.

The Gate Guardian sits between your conscious and subconscious mind and is essentially your ability to create judgement.

The Gate Guardian's responsibility is one of protection. It is there to help you survive each day, keeping you safe by allowing you to learn all the dangers that surround you. We are creatures of survival and because of this maybe 90% of our thoughts are safety based.

Your Gate Guardian could be imagined like a goal keeper. There to stop unwanted thoughts from entering your subconscious and becoming part of your programming.

So imagine the power you would have if you could find a way to bypass the Gate Guardian.

Imagine if you could discover a way to get direct access to your subconscious mind and make changes to the deepest part of your subconscious mind.

Imagine if you could make instant changes in your life.

Imagine if you could instruct your subconscious mind to let go of stress, worries and anxiety.

Imagine if you could boost your immune system.

Imagine if you could boost energy or break negative thought patterns.

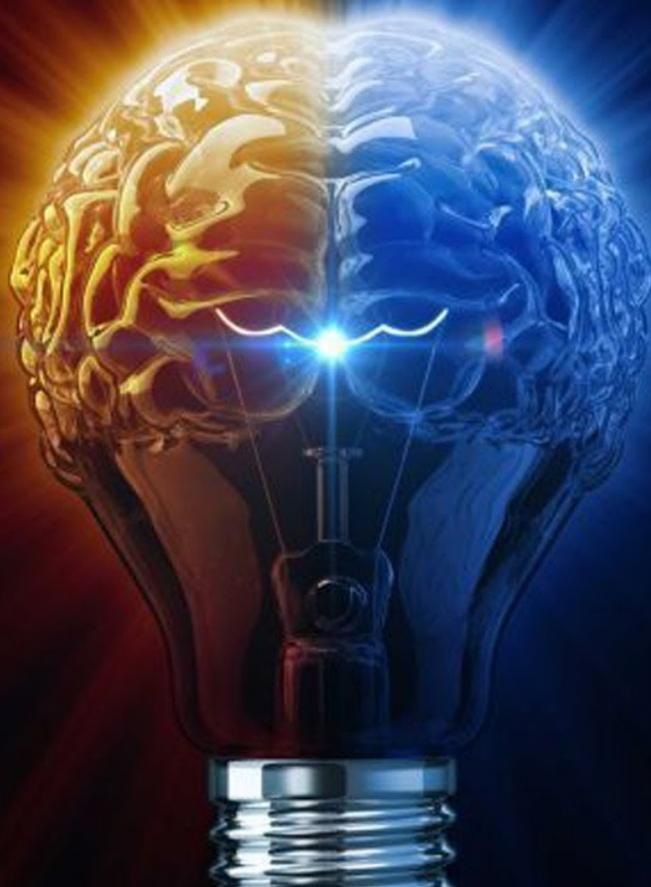
Imagine if you could remove self limiting beliefs, destroy your internal saboteurs that hold you back and simply delete your worries, fears and phobias.

Imagine if you could create a different mind set where you can move forwards beyond your limited thinking and create a new mindset for health, wealth and happiness.

All of this is not just possible but will happen when you discover how to go beyond the GateGuardian.

Over the following pages I will show you a simple technique where you can sneak past your Gate Guardian and gain direct access to massive brain power, that with a little bit of focus will allow you to change anything you desire with speed.

It's time to become the very best version of YOU.



## **Chapter Four – Unlocking The Gate Guardian**

To make changes fast it is important to communicate to the subconscious mind. Why? Because the subconscious mind does not judge, it just follows commands. Now I'm about to tell you exactly how we do this. Prepare to be mesmerised.

### **Beta State - Your Normal Brain Frequency**

In a normal waking state which I guess you must be in right now otherwise you wouldn't be able to read this manual, your mind is working in Beta state.

Beta state means that your brain wave is cycling from between 21-14 cycles per second. This is your normal waking state.

Conscious changes are hard to make in this state, as your mind is just so busy. Breaking negative habits and creating new positive habits are hard to complete as the Gate Guardian is active and monitoring all your thoughts. And so to make change we need to change our state of mind, we need to change our brain frequency.

To directly access our subconscious mind we need to shift to a lower brain frequency that bypasses the Gate Guardian.

## **Alpha State - The Self Hypnosis Frequency**

When you relax and drift off to sleep your brain wave frequency lowers. When it lowers between 14-7 cycles per second you enter Alpha state. A more powerful state of mind.

**When you relax and enter Alpha State you bypass the Gate Guardian and so you unlock direct access to your subconscious mind!**

*“The greatest discovery of our generation is that a human can alter their life by altering their attitudes of mind.”*

Alpha state is the state that allows us to make change!

Relax and enter Alpha State and you have access to brain power where you can achieve anything.

Once you have access to your subconscious you simply reprogram this mind by presenting positive affirmations to your subconscious through the power of thought.

An affirmation is simply a statement that is 100% positive.

“I am calm and relaxed.”

The affirmation above presented to your mind through repetition in Alpha State would destroy stress and help create health.

**Alpha State is the doorway to the subconscious.**

## **Theta State - The Hypnotic Frequency**

Relaxing further down from Alpha State to 7-4 cycles per second allows your mind to enter an even more powerful state of mind called Theta.

Theta state is where the deep-rooted mind changes can take place quickly. In this state of mind you are asleep and so cannot use self-hypnosis to make changes easily as you have less control over your thoughts.

In this state of mind you can use a Hypnotist to help you personally or you can use self hypnosis audio.

## **Delta State - Deep Sleep**

Relaxing further takes you into Delta state. Delta state is simply deep sleep.

Does it sound a little scary?

Well it shouldn't because you have done it thousands of times already.

You see your mind changes through these levels many times each day and as you drift off to sleep on a night time and wake in a morning your brain frequency changes through all these levels.

So you can see moving through hypnotic levels of relaxation is completely normal and totally safe and natural.

Self-hypnosis is so simple, just relax into Alpha state.

Alpha state is the last thought you have as you drift off to sleep every night. Alpha state is the first thought you have every morning. Alpha state is the state you enter as you meditate or daydream.

If you have ever driven, perhaps late at night or when you were tired and all of sudden you seem to wake and you cannot remember the last 5 kilometres you have driven, that too is Alpha state.

Alpha state is relaxation where your conscious mind relaxes allowing you to communicate directly to your subconscious mind.

Simple, Amazing, Powerful, Magical and Life Changing.



## **Chapter Five – Hypnosis Brain Software**

To help you along this magical journey of self discovery, when you downloaded this Hypnotic Secret Ebook you have also downloaded 3 pieces of Hypnosis Brain Software.

3 Hypnosis audios that will help you to relax into alpha state, to unlock and go beyond the Gate Guardian.

Let's take a look at those 3 audio programs now and look at how they work and how they are best used.

## **Hypnosis Relaxation - Hypnosis Audio Program One**

Let's begin with some simple audio. Audio that you simply relax with and audio that will allow you to experience the feelings of calm Alpha State.

As the relaxation audio download is a relaxation program it is designed to be used as you close your eyes, put your feet up and relax completely. So, obviously never use the audio programme whilst you are driving, operating machinery or doing anything that requires your undivided attention.

This first audio program is a simple relaxation audio.

Stress is normal in all our lives. For some people stress can be a great motivator but when stress gets out of hand it has a power to create overwhelm, lack of sleep, confusion, sickness and disease. Doctors tell us that 85% of sickness and disease is created by too much stress in our lives.

If your doctor could give you a natural tablet that if taken daily would destroy all of this sickness would you take it? Of course you would.

Well, you have that cure right here. Just 20 minutes of relaxation everyday will give you the power to destroy that stress and to live a longer healthier life.

If you break that stress in your life, you will be fitter and healthier and ready for success in everything that you do.

You can play this audio anytime you can put your feet up close your eyes and relax.

This first audio download has my voice welcoming you into a relaxed state of hypnosis.

SMARTER Hypnosis Music will guide you through the 20 minutes of audio before my voice wakes you up at the end.

Over the next few days use this relaxation audio and you will feel your anxiety, stress, worry and overwhelm just melt away. Bed time may be the easiest time to use hypnosis. We all have busy lives so just listen to this life enhancing, stress busting relaxation audio as you drift off to sleep on a night. How cool is that! Hypnosis can be used as you drift off to sleep on a night! Imagine that! Hypnotic Personal Development takes no time from your day!

## **S.A.F.E. Hypnosis - Hypnosis Audio Program Two**

S.A.F.E. Hypnosis is a relaxation technique that is quite simple to learn and a technique that you can use when you have a few minutes free and want to break stress, overwhelm, sickness and disease.

I would learn this technique after you have listened to the relaxation audio a few times. Im giving you tools here that you have access to for the rest of your life. It's not a race, let's take it one step and a time and give you the power to Go Hypnotic and go Beyond The Gate Guardian and change your life for the better.

Many people have told me in the past that they have struggled to relax enough to really achieve the state of deep hypnosis. The technique, which I am about to teach you, is a very easy process and I guarantee that with just a little practise you will achieve great success.

Remember, the first hypnotic Alpha State is simply a relaxation state where you lower the brain frequency.

Lowering the brain frequency below 14 cycles per second will allow you access to your more powerful subconscious mind. Here you can make changes fast.

The technique is about using the senses. I call the technique

### **S.A.F.E. Hypnosis**

S – Sight

A – Auditory

F – Feelings

E - Emotions

We are going to get the conscious mind busy by focusing on what is happening around you. At the same time we will relax the physical body completely.

As you relax deeply and your conscious mind is focused you will gain access to the subconscious mind in order to begin programming through the power of conscious thought affirmations.

We will look at the affirmations you will need to use later in this ebook. You can use this SAFE Hypnosis technique at any time of day and as often as you wish as long as it's safe to do so.

I have known this technique to re-programme almost all thoughts and processes within 28 uses, which for most people would be 28 days. In 28 Days or Less you can change anything.

## Using S.A.F.E. Hypnosis

When it's safe for you to use the audio, make sure you won't be disturbed for the following 10 minutes. Remove any distractions such as TV or telephones etc.

When it's safe play the 10 minute SAFE Hypnosis .MP3. As you sit or lie comfortably then you begin to relax by closing your eyes.

**Sight** - With your eyes closed you say through the power of thought, one thing that you could see before you closed your eyes. The statement may be "I could see the clock."

**Auditory** - Then you would find one thing that you can hear. The statement you may say could be, "I can hear the sound of the clock ticking."

**Feeling** - Then you would find one thing that you could feel. The statement may be "I can feel my feet touching the floor."

**Emotion** - Then say to yourself through thought "I am safe, calm and relaxed."

Check you are comfortable, move if you need to and then continue.

### Sight – Auditory – Feeling - Emotion

Once you have done this you then repeat the process but with 2 different things.

"I can see the shoes."  
"I can see the TV."

"I can hear the dog barking."  
"I can hear the sound of cars passing in the street."

"I can feel my heart beating."  
"I can feel my legs against the chair."

Then say to yourself "I am Safe, calm and relaxed."  
Check you are comfortable, move if you need to and then continue.

Once again, what you are doing with this technique is relaxing the physical body and keeping the conscious mind busy searching for information and using the senses. Once you have found 2 different things you move on to find 3 new different things. Once you have found 3, you move on and find four. Then five.

## **SAFE Hypnosis**

You continue the process until you feel completely relaxed and until you begin to hear the sounds of the water on the Safe Hypnosis .MP3

As you begin to hear the sounds of the water you know that you are 6 minutes into the audio and you are ready to present the affirmations to your subconscious mind.

With a little practise you will find that you can relax quickly and easily and may only need to find two or three different things before starting to present the affirmations to yourself but let the audio be your guide.

If you start to drift to sleep or lose track of your counting then you have gone far enough and should begin with the affirmation statements. With just a little practise you will become a master of your thoughts and will control your destiny.

## **Understanding the Technique**

This simple and powerful technique is keeping your conscious mind busy searching and processing information from around you by using your senses. Sight, hearing and feeling.

As your conscious mind is busy and you are looking for new things your physical body is completely relaxed as if you are drifting off to sleep. I guess a bit like counting sheep as you drift off to sleep.

The powerful 10 minute S.A.F.E. Hypnosis .MP3 is playing, encouraging your mind to follow its relaxation patterns and for you to relax completely.

As this happens your subconscious mind begins to open allowing you to place your affirmations directly into the powerful part of your mind.

The S.A.F.E. Hypnosis Audio has my voice which will be a guide to help you understand the S.A.F.E. Hypnosis concept. After a few uses I am sure you will find this concept easy to understand.

I recommend using the S.A.F.E. Hypnosis audio several times before progressing to the third Naked Hypnosis Audio.

For more support join me in the David Knight Hypnosis Facebook group: [www.Facebook.com/groups/davidknighthypnosis](http://www.Facebook.com/groups/davidknighthypnosis)

### **Naked Hypnosis - Hypnosis Audio Program Three**

Once you have mastered the Relaxation Audio and the S.A.F.E. Hypnosis audio it's time to progress to the third Naked Hypnosis audio.

This is a 10 minute powerful hypnotic tool, again designed to be used as you close your eyes, put your feet up and relax completely. So, obviously never use the audio programme whilst you are driving, operating machinery or doing anything that requires your undivided attention.

To get the best from the audio just put your feet up, close your eyes and treat yourself to your own special time.

This third Naked Hypnosis audio download contains no voice, only music and SMARTER Hypnosis. You will learn all about this as you read on.

As your self hypnosis skills progress you may just require a little piece of music to play in the background to enable you to relax deeply. This piece of music also acts as a time for you to wake yourself up once the 10 minutes has elapsed.

I understand that finding time everyday to use hypnosis can be hard and so for most people the best time of day to use the audio programme is on night-time as they drift off to sleep. If you have time available during the day you can of course use the audio programme then, just put your feet up and relax for 10 powerful life changing minutes!

When you use the audio .mp3 you will relax and allow your subconscious mind to open.

This is not simply a piece of audio. This SMARTER Hypnosis audio is brain software that will unlock your Gate Guardian giving you direct access to your subconscious.

Directly programming your subconscious mind will allow you to make changes to your thought processes fast.

Ideally play the audio on a daily basis and through the power of thought present your affirmations directly to your subconscious mind.

We will look at many affirmations later in this Ebook but a great example would be: "I am calm and relaxed."

You will receive follow up emails giving you more information on each chapter of the e-book.

## Chapter Six - SMARTER Hypnosis

Hidden within the music of the 3 Hypnosis Brain Software audio programs is something called SMARTER Hypnosis.

SMARTER Hypnosis is a frequency built into the music, which lowers as the audio program plays. As this frequency lowers it encourages your mind to relax to below 14 cycles per second and so your mind enters the more powerful Alpha state.

As you continue to listen, the audio continues to lower in frequency suggesting that your mind relaxes to a perfect Theta state of calmness. In a Theta state of mind the audio unlocks the gate guardian allowing your conscious suggestions to be placed directly into your subconscious mind. Clever isn't it!

This technology means you make change happen fast.

This SMARTER Mind Code is only available in audio programmes from David Knight Hypnosis.

Our feedback so far shows that SMARTER Mind Code is 200% more powerful than conventional hypnosis.

SMARTER Mind Code means your mind is in a more responsive state of mind for a longer more controlled period of time ensuring that changes happen quickly.

SMARTER Hypnosis is simply more effective.



Watch out for the SMARTER Logo.

If it doesn't have a brain, it's not SMARTER.

## **SMARTER Mind Code within the 10 Minute Naked Hypnosis .MP3**

### **SMARTER Mind Code Timings**

The 10 minute Naked Hypnosis .MP3 may be the cleverest piece of music technology that you have today. Because it was given to you free please do not underestimate its power and its value.

Below you see the timings of the 10 minute Naked Hypnosis .MP3 and how the music is split into sections.

00.00 – The Beginning - Piano  
01.40 – Relaxation  
02.30 – Deep Relaxation  
03.17 – Light Hypnosis  
05.10 – Medium Hypnosis – Wind and Water Sounds  
06.00 – Deep Hypnosis – Waterfall  
08.00 – Final Suggestions and Wake Up - Piano  
10.00 – The End

Each music track is designed to guide your mind into a deeper level of relaxation. Each music track follows a certain frequency which is very similar to the pathway your mind will follow as you drift off to sleep.

As you play the music you simply close your eyes and relax.

As the piano plays just allow yourself to drift towards sleep listening to the music.

As the piano fades away soothing relaxation sounds allow you to continue to relax and drift.

**As you begin to hear the sounds of the water this is the time for you to think positive thoughts and to present your mind with your powerful affirmations.**

**As you hear the waterfall music you will know you are 6 minutes into the Naked Hypnosis .MP3 and the programme is now at its most powerful.**

**You have 2 minutes to programme your subconscious mind.**

The piano music begins to play again and it is time for you to allow yourself to wake up.

Genius, Pure Genius.

**I have a question for you.**

How many Hypnotherapists does it take to change a light bulb?

The answer is of course, one.

However the light bulb must really want to change!



What I mean is; hypnosis will help you make the changes you want to make and will not change things you give resistance to.

If you believe this technique will not work for you then you are right.

However, believe in what you want to achieve and change will be yours.

Over the page we will look at how affirmations work and some affirmations that you may find helpful.

## **Chapter Seven – Your Affirmations**

Once Alpha Mind Frequency has been reached and the Gate Guardian is open you have the power to go beyond and into the subconscious mind. The subconscious is a computer and simply follows instructions without question or judgement.

Once inside you can change anything. The first technique to master is the ability to present positive affirmations.

The affirmations tend to be where most people who try self-hypnosis go wrong. Presenting the correct affirmations the correct way is vital to your success and this is where this e-book will ensure your success.

If there is one big tip I can give you it is never use negatives like don't or won't. These words just make problems worse as they are still recognised by the subconscious mind as an instruction.

Let's say you want to stop smoking.  
An affirmation like "I don't smoke," is really bad and likely to encourage you to smoke more.

You see your mind is still focused on smoking.

Let me explain in more detail to show you how.

Here is something I don't want you to do. So please promise me you won't do it!

Don't imagine your fridge. Don't imagine opening the fridge door and don't imagine looking inside!

You did it, didn't you? I know you did. It is impossible not to.

Don't think of an elephant! You just did that too!

Always keep your affirmations positive and always as if the success has already been achieved.

Over the page I have listed a range of different affirmations.

If you are unsure please feel free to contact me though the Facebook group and I will keep you on the right track.

Initially don't try to change too much. Just focus on changing one or two habits. Keep your affirmations simple and short. With time and practise you can build the affirmations, maybe doing four, five or six affirmations in one go.

## **Powerful Affirmations**

“I am calm and relaxed.” – Breaking stress

“I am strong and positive in all situations.” – Building confidence

“I am confident.” – Building confidence

“I am strong and positive and confident.” – Building confidence

“I sleep well.” – Sleeping

“I sleep like a baby every night.” – Sleeping

“I sleep well even when my partner snores, I know they are safe.”

– Sleeping

“I am at my perfect weight.” – Weight loss

“I lose weight quickly and easily everyday.” – Weight loss

“I eat only when I am hungry and still feel satisfied.” – Weight loss

“There is no food that tastes as good as the feeling of being slim”

- Weight Loss

“I have an abundance of energy for exercise” - Weight Loss

“I am confident when I fly.” – Fears and phobias

“I feel comfortable in aircraft.” – Fears and phobias

“I am happy around snakes.” – Fears and phobias

“I am confident when I drive.” – Driving confidence

“I drive well in all situations.” – Driving confidence

“I am fit and healthy.” – Health

“My cells grow in perfect health and condition.” – Health

“My heart is strong and in perfect health.” – Health

“I have perfect mind and body connection.” – Health

“My muscles grow stronger every day.” - Health

“I walk my way towards health” - Health

“As I relax I have excellent health” - Blood Pressure

“I am happy and Positive” - Health and Happiness

“My Immune System is Strong” - Health

“My Immune System is in Perfect Harmony with my body” - Health

“My health improves everyday” - Health

“Each day I grow healthier and stronger” - Health

“I love life!” - Health

“My skin is healthy and healed.” – Psoriasis

“My arm is free from pain.” – Arm Pain

“My arm is comfortable and healed.” – Arm Pain

“My nails are healthy and strong.” – Stop Biting Nails

“I am becoming a better version of me” - Strength

“I am at one with the Universe and open to receiving” - Attraction

“I attract wealth in abundance” - Attraction

“I attract health and success” - Attraction

“I am at one with the infinite riches of my subconscious” - Attraction

“I take action today to achieve my goals” - Success

“I am in control of my thoughts and I choose success” - Success

“I am the master of my destiny” - Success

“I choose to think positively” - Success

“I am a light of positivity” - Success

“I create my future through the power of my thoughts” - Success

“I am motivated and I love achieving my daily goals” - Success



Be careful of your thoughts because they become words.

Be careful of your words because they become actions.

Be careful of your actions, as they become habits.

Be careful of your habits, as they become your character.

Be careful of your character, as it becomes your destiny.

## **Chapter Eight – Future Support**

I hope you have enjoyed reading this Hypnotic Superpowers Ebook.

Hypnosis is a relaxed state of alertness. As you allow yourself to relax as if drifting off to sleep your subconscious mind opens and you can go beyond the Gate Guardian and present powerful affirmations directly into your subconscious.

These thoughts will re-programme your mind quickly as the subconscious does not question. The subconscious mind only accepts your thoughts as the complete truth.

Always keep your affirmations positive and presented as if they have already been successful and the changes have already taken effect.

The Hypnosis Brain Software audio contains SMARTER Mind Code. The SMARTER Mind Code will encourage your mind to relax to a perfect level of calm to accept your affirmations.

Present just a few affirmations at a time and see changes happen within 28 days.

With this technique you can use your thoughts to change your actions, change your actions to create new positive habits to develop your character and create a wonderful destiny.

This Ebook will be updated from time to time and you will be notified by email that you will be able to download the updated version free of charge.

I am here for your support. Please feel free to contact me if you have any questions about this Hypnosis Circle Ebook and Hypnosis Brain Software Audios.

I look forwards to hearing from you about your successes and if you wish to contribute to the next e-book version then I welcome your input.



Join me on Facebook for daily support:

[www.Facebook.com/groups/davidknighthypnosis](http://www.Facebook.com/groups/davidknighthypnosis)

## **10 Superpowers of The Subconscious Mind**

From the information you have just read here's 10 Subconscious Superpowers. Unlock their powers and change your life forever.

### **Hypnotic Superpower 10**

Your Brain is a Computer. Your Thoughts are the Software.  
You can reprogram your future.

### **Hypnotic Superpower 9**

Perhaps 95% of your daily program comes directly from your subconscious habits.

### **Hypnotic Superpower 8**

Your subconscious is thought to be 30,000 times more powerful than conscious thought alone. You need your subconscious on your side.

### **Hypnotic Superpower 7**

Your subconscious controls your nervous systems, fight and flight mechanisms, emotions, beliefs, core values and memories.

### **Hypnotic Superpower 6**

Your subconscious is your character. It's who you are. It's your learned behaviour from all your past experiences. It's The Law.

### **Hypnotic Superpower 5**

Your subconscious becomes programmed through your own thoughts and experiences and also the thoughts and experiences of those around you. Be careful who you have around you.

### **Hypnotic Superpower 4**

Your subconscious mind has no ability to judge or question.  
Your subconscious accepts everything as the truth.

### **Hypnotic Superpower 3**

Bypass the Gate Guardian and you will have direct access to your subconscious mind. Direct access to programming your brain.

### **Hypnotic Superpower 2**

Your brain is like plastic, it can be reshaped and rewired by your subconscious thoughts and actions.

### **Hypnotic Superpower 1**

Your Subconscious has the ability to travel back (Regression) and to be reset allowing past events and emotions to be erased.

Hypnosis is fast it takes very little time and hypnosis audio can even help you do this as you sleep.

## **A Free Personal Telephone Consultation**

As A Master Hypnotist I have been fortunate enough to help people all around the World make positive changes in their lives. If you feel that you would like support then I am ready to help.

Hypnosis was only available to the wealthy but now through the power of the Internet and Group Support it is affordable to most.

Over the past three decades I have helped thousands of people around the world get unstuck, let go of the past, let go of their worries and fears and move their focus towards seeing a vision of a better happier, healthier, wealthier more successful future. Through the Hypnosis Circle Online Membership Program I can unlock the things that have been holding you back, making the Invisible, Visible. I can help you get unstuck, remove the brain fog and discover a future of passion and purpose and to take action steps towards it.

## **A Personal Life Coach Assessment**

Wherever you are in the world I would like to offer you a complimentary Life Coaching 30 minute video or telephone call. On this call I will be available to help you get clarity and move forwards with your health and wellbeing goals.

If you are interested in joining me in group or personal hypnosis coaching I will be able to assess your suitability and suggest a plan for you moving forwards depending on your specific personal requirements

To access this free gift simply email me with the changes you would like to make along with your location and include in the email the following code: **HypnosisCircle30**

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## **David Knight Hypnosis - Genetic Hypnosis**

### **Are you ready for better health?**

Join Master Hypnotist David Knight and explore the fascinating intersection of Hypnosis and Genetic Health. Uncover the potential of using the power of suggestion to positively influence and optimise your genetic wellbeing. Join us on a journey into the mind and body connection, offering insights and healing with the transformative effects of hypnosis on your genetic code and overall health. Discover the profound impact of the subconscious mind on your health and your genetic destiny. It's time to live a longer, healthier, happier life. Perhaps the most powerful hypnosis health program of modern times.

**8 Hypnosis Audios** For Genetic Health and Wellbeing  
**8 Hypnosis Ebooks** for Health and Wellbeing  
**8 Hypnosis Audio Books** for Health and Wellbeing  
**12 Coaching Sessions** Live Online Groups  
**12 Hypnosis Sessions** Live Online Groups  
**A Facebook Group** with Daily Support and Encouragement  
**E-Mail Support Group**

Begin this exciting journey today.

[www.DavidKnightHypnosis.com/health/genetic](http://www.DavidKnightHypnosis.com/health/genetic)

**If you wish, request a 30 minute private telephone consultation with David Knight before joining.**

[DavidKnight@aol.com](mailto:DavidKnight@aol.com)