



**MIND FORCE**

*Secrets*

ATTRACTION



HYPNOSIS



MEDITATION



PSYCHIC ENERGY

# Mind Force Syndicate

**“Auto-Suggestions  
& Affirmations”**

# Think of It As a “Process”

- When You Are In Process, The Mind Sees It As True.
- I Am In The Process of Losing 15 lbs
- I Am In The Process of Quitting Smoking

# **Rules For Structuring Auto-Suggestions**

- **Understanding The Laws Is Extremely Important.**
- **These Laws Weren't Meant To Be Broken.**
- **Through Repetition, These Laws Have Been Proven To Work.**
- **They Work Well With The Semantic Imagery Exercise.**

# Rule #1- Repetition

This is the most important rule in making successful suggestions. A suggestion cannot be repeated too often. All advertising is based on suggestion, and advertisers know the value of repetition. Commercials of TV are repeated again and again, as you have undoubtedly noted with some annoyance.

A suggestion has the power to suppress or inhibit its reverse concept in the mind. Once a suggestion is conditioned in our nervous system, there is an impulse to carry it out immediately. That action temporarily bars any impulse to carry out the opposite impulse not to act, and vice versa.

# Rule #2- Be Positive

A suggestion is more likely to be accepted if it is characterized by a firm belief in the idea presented. Doubt seems to block results and negate the suggestion. If you say, "I'll try," you are implying doubt. You really expect to fail and probably will. When you say, "I can't" you probably mean "I don't want to."

Eliminate every possible negative word. DO NOT mention what you are trying to move away from. Create a word picture of what you wish to move toward. If you suggest, "I am not self-conscious" you trigger the feeling of self-consciousness, and the memory of past experiences when you have felt self-conscious. Instead suggest, "I like people. I enjoy the company of people. When I am with people, I am calm, poised and relaxed."

**RIGHT:** "I sleep deeply, soundly, all night long."

**WRONG:** "I do not toss and turn for hours before going to sleep."

# Rule #3- Be Logical

A suggestion should be accurate and a sound reason given for its acceptance. For example, it is futile to eliminate a headache by suggesting; "Your headache is gone," for the subject feels the discomfort of the headache and knows it is there. Even in hypnosis, his first thought would be, "It is not gone, I still feel it." Most subjects would then reject the suggestion and the headache would continue.

This is where using "THE PROCESS" is suggested

"I am in the Process of Losing My Headache, and as each minute slips by, it lessens more and more..."

# Rule #4- Use Visual Images

A verbal suggestion will be more forceful if a visual image can be formed and added to it. Visual images will always aid the processes of conditioning.

For example, if you are tired and wish to overcome this feeling by suggestion, visualize yourself doing something where you are active and full of energy. In your imagination see yourself playing golf or tennis.

Carry this thought out for three or four minutes and the results can be quite surprising. Your visual images should always represent the desired end result.

# Rule #5- Use Exciting & Emotional Words

It is well known that conditioning takes place very rapidly when we are experiencing some strong emotion. If a suggestion can be woven into some emotion, it is very beneficial.

This may be by means of words or a visual image or both. Desire for success can be such an emotion. Use such words as: vibrant, sparkling, thrilling, wonderful, powerful, radiant, loving, generous, exciting, delightful and beautiful.

# Rule #7- Use The Present Tense

Always, when ever possible, phrase your suggestions as though they were already an accomplished fact. Suggestions phrased in the future become easy to forget and not taken seriously.

Never refer to past conditions in your suggestions. This brings a dual image into your mind, the image of how you have been and how you wish to be. Naturally the image of how you have been is the stronger of the two.

An exception to this rule is when you are dealing with a physical condition, such as a broken leg. The progressive form of the present tense is used to bypass the critical factor of your logical mind. "Each day my leg grows stronger and healthier." If you were to say, "My leg is strong and healthy" your logical mind would reject the suggestion.

**RIGHT:** I am...It is...I feel...

**WRONG:** I will...It will...I am going to...

# Rule #8- Be Specific

Choose one specific area for self-improvement and confine your efforts to that area. Do not give yourself suggestions for two or three problems all at the same time. You can work on more than one problem by alternating your suggestions.

Work with repetition on one suggestion for two or three sessions then change to another. Do not suggest that you are filled with confidence, sleep perfectly every night, wear a size twelve dress, express love to your children and have given up cigarettes.

Work on one goal until you feel some change, then move on to another. You may get results with your first suggestion, many people do, but be prepared to use the same suggestion once a day for two weeks before moving on to your next goal.

# Rule #9- Be Detailed

**Analyze your goal and structure your suggestion to cover every detail of your desired change of behavior.**

**RIGHT:** "I like people. I enjoy being with people. People are aware that I like them and they return the feeling. I especially enjoy talking to people when I stand before an audience; I want to do things for them. I feel a wave of friendship and understanding flowing from every member of the audience to me. As I begin speaking my lips are flexible, my mouth is moist, I breathe deeply from the diaphragm. My legs are strong beneath me. My hands are poised and calm. The gestures flow spontaneously and freely. I have the undivided attention of the audience and it makes me feel secure and confident. There is a smile in my heart, which comes to my lips at the proper times. I speak easily, freely and confidently. I speak with a full release of my knowledge, skill and ability. When my talk is concluded, I am gratified by the applause."

**WRONG:** I will be an excellent public speaker.

# Rule #10- Personalize

Structure your suggestions to change yourself, your attitudes, your actions. Don't suggestion a change in others. As you change those associated with you change. Try to describe your actions rather than your abilities.

**RIGHT:** "My family and my friends co-operate with me because I am interested in their welfare."

**WRONG:** "My children always respect and obey me."

# **Rules For Applying Auto-Suggestions**

Once You Structure Your Auto-Suggestions, The Next Thing To Do Is To Set Up These Strategies to Apply Your Auto-Suggestions and Affirmations To All Areas of Your Life

# **Rule #1- Write Your Auto-Suggestions**

Write out your suggestion following the rules you have been given (see Rules For Structuring Auto-Suggestions).

Writing forces us to crystallize our ideas. It makes us analyze the problem that we are facing, and is an aid to clear thinking.

# **Rule #2- Symbolize Your Auto-Suggestions**

Find a key or code word that symbolizes the feeling and content of your suggestion. Select a simple word, if possible that means to you the entire suggestion.

For example, a suggestion designed to help a person to overcome feelings of inferiority could be symbolized by the word "Confidence."

Finding the correct symbol is extremely important. The symbol doesn't have to mean a thing to anyone else; it is for you and should cause a strong surge of feeling or create a picture for you.

# Rule #3- Edit Your Auto-Suggestions

Read the written suggestion to make sure it complies with the rules.

- Revise it
- Reconstruct it
- Expand it
- Condense it
- Recopy the revised version and destroy the first copy

# Rule #4- Read Your Suggestions Aloud

**READ** your suggestion aloud before hypnotizing yourself.

When in the presents of others where reading might be embarrassing or impossible, the suggestion can be read silently but very carefully.

Reading aloud is much preferable because it forces us to verbalize every word. When reading silently we have a tendency to skip and scan. In a properly edited suggestion, every word is important.

# **Rule #5- Hypnotize Yourself**

Use the Master Key Method; "RELAX NOW," etc.

# Sample Auto- Suggestions/Affirmations

- I am relaxed and in control at all times
- I declare the favor of God for all I do
- It is OK for me to be over paid.
- I feel euphoric and blissful all the time.
- My presence alone produces valuable results.
- I am attracting business and success every day

# Continued...

I am relaxed and in control at all times

- I declare the favor of God for all I do
- I am relaxed and in control at all times
  
- I declare the favor of God for all I do
  
- It is OK for me to be over paid.
  
- I feel euphoric and blissful all the time.
  
- My presence alone produces valuable results.
  
- I am attracting business and success every day
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- I feel euphoric and blissful all the time.
  
- My presence alone produces valuable results.
  
- I am attracting business and success every day

# Continued 2...

- I have a strong mind and can control my thoughts and emotions
- I attract people to me like a magnet
- I believe in the perfect outcome of every situation in my life
- My words heal, quicken, vitalize, prosper, satisfy, persuade & make rich everyone I meet.
- Everyone I talk to wants to get involved in business with me
- I am in the process of weighing a strong and healthy ( ) lbs .
- I feel my chi getting stronger every day
- I have total faith & belief in my ability to control all areas in my life based on the power that God has blessed me with
- I keep my thoughts pure and good and channel my energy into creative, worthwhile actions

# Continued 3...

- I am abundant in every good way
- Infinite money is mine to earn, save, invest, exponentially multiply and share.
- My abundance is making everyone better off.
- I embrace abundance, and abundance embraces me.
- Every resource I need (tangible & intangible ) is possessed by someone, somewhere at this very moment. I will find these individuals and persuade them to provide me with these resources.

# Conclusion

Always Keep The  
Rules For Best  
Results...