

Reset your Thermostat

As a professional hypnotherapist I've discovered some profound secrets for change and motivation that I would like to share with you.

The first and most important one is that our conscious and subconscious minds are servo-mechanisms.

Just like a thermostat operates by keeping the temperature between a pre-defined range, our minds are constantly operating in the background to make sure that we are within our predefined settings.

Our predefined financial settings.

Our predefined emotional settings.

Our predefined weight settings and every other aspect of your life.

Think about this.

Have you ever noticed that your weight stays in a certain range? And, isn't it the same with your income and your habits?

There may be temporary changes, but more often than not, things return to how they were. Have you seen this happen? Maybe, to YOU?

Do you know that you can change this?

You just have to understand your mind a little differently and change your approach.

In order to create real change you need to "reset" your subconscious settings.

Now, the next thing I learned about motivation and change is that people often sabotage themselves by concentrating on what they don't want to be.

How does telling yourself to stop being a dumb lazy slob who overeats and fails at everything, make you feel?

Do you feel motivated? Probably not!

It's much different when you say:

"I love myself and I want to eat fresh foods and move more, so that I have the energy to generate a boatload of money and do what I want."

Notice the difference in feelings.

In order to create real change you need to know exactly what you want to experience.

Now getting back to the question, why hypnotic goal setting?

The reason is simple. The success you experience setting goals, is directly related to your attitude while you're doing it.

Remember those times when you really felt like you were on a roll, how the ideas just kept flowing? And when you feel this way it is simple to create a plan that works.

Once you have a plan you're ready for the fun part. Because now you can install your new dreams into your subconscious mind, so that they begin to manifest themselves automatically in your life.

Does this sound exciting?

There are moments in life when everything can change. It always starts with a decision.

Dr. Bunny Vreeland – Ventura County Hypnotherapist – Bunny Vreeland serves Camarillo, Oxnard, Ventura, Thousand Oaks, Ojai, Moorpark and Santa Paula California – Bunny Vreeland provides hypnotherapy solutions for weight loss, hypnosis to stop smoking, IBS, fibromyalgia, stress relief, and more. Dr. Bunny Vreeland can be reached at **800-755-4083 or 805-984-1237 or at www.bunnyvreeland.com**.