

Self Mastery – II

written by Hypnosis Scripts | October 14, 2018

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[wc_accordion_section title="Introduction – Please Read First"]
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This set contains 3 word-for-word self-hypnosis induction scripts to utilize a technique that Stever Robbins proposed.

Self Mastery Script I asks the subconscious to sort through a set of events, pick out the ten best instances and install the best techniques from those instances into your future actions.

This script is idiosyncratic because it incorporates the sequence I have been using since I was a teenager to go into trance. It contains my interpretation of a propulsion system to progressively deepen the trance state.

During the relaxation suggestions (fractional relaxation) you can tense then relax the part of the body to be relaxed to enhance the contrast and further anchor 1000 3 as a relaxation mantra. Or you can use your own technic and skip to the actual specific suggestions. The funny punctuation is because I use my Macintosh's speech capability to refine my scripts before I put them on audio tape. It works pretty well. (Until you been hypnotized by Software Sam, you ain't been hyp-motized!) This is a script I use for enhancing my work style. You can substitute any activity. Stever used the technique for voice and learning. I left the trance open-ended because I am very comfortable with trance-states. If you're not you might want to add wake up suggestions at the end. I'll be eager to hear if anyone uses this script to advantage. And also any suggestions from the NLP/hypno-pro's about ways to enhance it.

Self Mastery Script II – Next Step Modeling Others This message

contains a variation on the word-for-word self-hypnosis induction script that encourages the subconscious to model others who show self-mastery. This script asks the subconscious to sort through a set of events, pick out the ten best instances and install the best techniques from those instances into your future actions.

Self Mastery Script III-This script is for use after having worked with Script I and/or II. In this script the best behaviors that the subconscious has learned from having sorted through past experiences are installed within you via a New Behavior Generator segment. I've used an actual script I use. You would want to change the particulars for your own issues. I hope this makes it easy for you to use Stever's original plan for increasing mastery.

Stever Robbins Technique I have a number of techniques I've used to help stretch myself and others. Based on "Trance-Formations," my first technique is:

1. Choose a topic area where you want to perform better.
2. Put yourself into a light trance.
 - 3a. Tell your unconscious mind to review every time you've done the activity.
 - 3b. Tell it to review the scenes from the inside [first person point of view], and from several vantage points.
 - 3c. Tell it to review the sights, sounds, and feelings.
 - 4a. As it reviews, ask it to note the ten BEST times you ever did the activity.
 - 4b. Tell it to find out what those ten times have IN COMMON that the other times don't have. It might be something physical, something visual, something auditory, a state of mind, etc.
5. Tell it to begin doing those common things more and more in the future, and monitor the results to find out if those are the crucial distinctions.

6. Tell yourself to drop into a deep trance and do those instructions.

Do this daily for a few weeks. At that point, do it again, but for the "topic," choose "learning to learn." That will have your unconscious mind find out how/when/where it learns best.

After you've mastered that, enrich step #3 by having your unconscious mind review other people who are superb at , and review THOSE PEOPLE being excellent from within their bodies.

... In the last year or so, I've begun to specialize this technique on each sensory system. For example, I'm taking voice lessons, so I've put myself through several trances where I gave my unconscious mind instructions to pay very close attention to the link between the feelings/kinesthesia of my throat, mouth, tongue, and vocal chords, and the resulting sound. My voice teacher tells me that in 18 months, I've come farther than most people do in 4 or 5 years.

One piece that was very important to me was using finger signals (because I needed an external indicator to trust that it was "really" my unconscious mind giving me internal answers, rather than conscious hopefulness) to set up a contract with my unconscious mind:

When I'm getting good at something, I am deliberately kept unaware of it and consciously amnesiac for it, EXCEPT for some of the pieces that don't matter. That way, my conscious mind can worry about whether or not I'm doing right, when all the while I'm busily mastering several other fields. It's deliberate misdirection, so my occasional doubts and self-scrutiny don't get in the way of learning.

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Self Mastery Script 2

Hello. Greetings. and welcome.

You find yourself thinking back to a time when you went into a deep sound trance. You realize where that trance state started within your body and how it moved through your body and where it exited your body. As you imagine that sequence of the energy coming into your body and moving through your body you feel that when the energy leaves your body it is circulated back through the entry place again and again. An energy loop is created so that the trance state is cycled through over and over, faster and faster and as it loops through it is enhanced, it grows stronger and deeper and more powerful. You feel yourself going into a deeper and deeper trance and find that the suggestions that you hear now have a powerful and deep effect upon you now in the future.

Welcome to a time to go into a deep sound relaxing trance. You will find your subconscious reviewing quickly and easily every time in that you have seen another person efficiently and effectively work on a consulting project.

[Repeat the induction sequence from the first script here.] You will now find your subconscious reviewing quickly and easily every time in your past that you have seen another person efficiently and effectively work on a consulting project. Breathing. Slowly. And. Deeply.

Time will slow as your subconscious examines every instance of observing efficient and effective work. As your subconscious mind reviews those times you will experience them from within the body of the person doing efficient and effective work. Breathing. Slowly. And. Deeply.

Your subconscious will review the sights. The sounds. And the feelings in each of these events. Breathing. Slowly. And. Deeply.

As your subconscious reviews those events the ten best times you ever saw a person being efficient and effective in their work will be noted. When they are noted your subconscious will find out what those ten times have in common that the other times don't have. It might be something physical, something visual, something auditory, a state of mind, or something else. Breathing. Slowly. And. Deeply.

When you are through processing those events your subconscious will signal you. If you need or desire to awaken sooner you can. Whenever you wake up, whether it be soon or later you will wake up feeling refreshed and joyful. Breathing. Slowly. And. Deeply.

After you wake up and in the coming days you will find yourself doing those common things more and more in the future and as you do your subconscious will monitor the results to find out if those are the crucial distinctions. Whatever the keys that are finally realized, you will find yourself able to do them whenever you want or need to do them. You will find yourself becoming more and more efficient and effective at working on your own consulting projects.

Breathing. Slowly. And. Deeply.

Sleep. Sleep. Sleep.