

Self Mastery – III

written by Hypnosis Scripts | October 14, 2018

```
[wc_accordion collapse="1" leaveopen="0" class="" layout="box"]
```

```
[wc_accordion_section title="Introduction – Please Read First"]
```

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.

[/wc_accordion_section]

[/wc_accordion]

Self-Mastery Script 3

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 You will find your subconscious absorbing the best behaviors of the times you have most efficiently and effectively worked on a consulting project.

[Repeat the induction sequence from the first script here.] You will find your subconscious absorbing the best behaviors, feelings and attitudes of the times you have most efficiently and effectively worked on a consulting project. Breathing. Slowly. And. Deeply.

In your mind's eye you look up and to the right. There you see someone who looks just like you. Breathing. Slowly. And. Deeply.

You watch that distant you and you notice that the you over there is performing effective and efficiently on a consulting

project. You see that other you doing the project using all the best behaviors that you have learned for performing consulting projects. You sense that the you over there has the best attitudes for getting work done efficiently and effectively. You know that the other you has the beliefs and confidence that you need to do work of excellence.

You see that other you responding to others quickly. Breathing. Slowly. And. Deeply.

You see that other you documenting activities effectively.

Breathing. Slowly. And. Deeply.

You see that other you making decisions quickly and acting on them.

Breathing. Slowly. And. Deeply.

You see that other you focusing with complete concentration and ignoring distractions.

Breathing. Slowly. And. Deeply.

You see that other you preparing impressively for meetings and appointments.

Breathing. Slowly. And. Deeply.

You see that other you being a pig for closure.

Breathing. Slowly. And. Deeply.

You see that other you making preemptive phone calls and dealing with problems early.

Breathing. Slowly. And. Deeply.

You notice that that other you's Internal Voice is enticing and

encouraging. It reminds that other you of future rewards. You feel the excitement of working at high excellence.

Now you see a mist or fog come between you and the image of the other you. The wisdom of your subconscious processes these images and thoughts into an ecological whole. Breathing. Slowly. And. Deeply.

Breathing. Slowly. And. Deeply.

When the mist clears you will see that some adjustments have been made in a way that is pleasing and good for you. Breathing. Slowly. And. Deeply.

When you are satisfied that you want to be that Person that you have created over there. Draw that you into yourself. Feel the energy and excitement of becoming this new you. You feel gratitude and joy that your mind can work such magic.

Breathing. Slowly. And. Deeply. Drawing that other you in.

Breathing. Slowly. And. Deeply. Becoming one with that other you.

Breathing. Slowly. And. Deeply.

Whenever you need or desire to awaken 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 acting as the new you. You will find yourself becoming more and more efficient and effective at working on your consulting projects.

Breathing. Slowly. And. Deeply.

Sleep. Sleep. Sleep.