



The Step By Step Action Guide

Note- This Action Guide has limited text and missing links because it's distributed as a sample, after you buy the program please download full action guide from member's area.

This action guide was designed to accompany the '7 Steps of Feminization Hypnosis' program, but the core principals explained in it can be used for any hypnosis package. Anybody planning to use hypnosis for personal development or other more specific goals will find this knowledge indispensable.

What's new?

The visually organized planner

Step-specific guidelines

The 5 biggest mistakes made in hypnosis sessions.

The Third version of the Action Guide, this time reborn as the Fun Action Guide is probably the last upgrade, unless we identify new points to perk and polish. If you can spot any shortcomings in this guide, please report them to me using the feedback section at the end of this document.

The Core Principles

Without filling pages and pages with pointless talk, let me cut straight to the chase and introduce the core principles that will lead you to success on your path of feminine transformation. The secret is 'Activation through Repetition'. First of all, these are the three basic stages of hypnosis, no matter what hypnosis sessions you are using or for what purpose.

#1 Feel Good - You listen, you let the session give you positive vibes, you feel good. And then what? **J Nothing?** You just listen to it two or three times and think you're done? Nope, sorry. It is definitely a good start, but for hypnosis to really work you need a little more endurance.

#2 Become Absorbed - You take my advice and listen to the track at least once a day for a week or so. You start feeling calm and relaxed. You feel like you have absorbed the session.

#3 Activation - You reach the third stage after you have used the session for about a month. You feel like you have become the session. Through constant repetition a subliminal path is created in your mind. Now the session directly reaches your subconscious. You enjoy each session more than the last. You have become even more absorbed than before. This is what I call the session's 'activation'.

Until you reach #2 you need to stick with the sessions in Step 2. Between Steps 4 and 7 you have to advance to #3 with each session. This will be explained in more detail in the individual Step descriptions and in your visually organized planner.

Each time you take a session it will be a different experience, sometimes great, sometimes uneventful. This is perfectly normal, but here are some points that will help you boost each session's effectiveness.

Before the Session

If you feel distracted and find it difficult to stop the endless stream of thoughts in your mind, use any track from Step 1 and get yourself focused before you move on to the actual session you want to work with. Another possibility is using a 10-20 minute relaxation track to get ready for your session.

During the Session

Until you have reached a receptive state in which you can focus all your attention on the session at hand, attempting a hypnosis session is a pointless quest. If you try to use hypnosis when you are not focused, the track amounts to nothing but a dead digital collection of sound. You can listen to it all your want but you won't be successful with it. You need to make sure you are in the right state of mind when you start. Of course you will get distracted at times - who doesn't? - but when you advance to #3, the 'activation' of the session, your focus will be sharp, and you will find it easy to keep your attention fixed on the session and your goal.

Post Induction

After the session is finished do not immediately jump up and start running around. Take it easy. The waking up stage is vital to your success. Take time to reflect.

Mentally repeat the visualization and your experience to deepen the effect. Let your whole being absorb the energy released throughout the session even after you have fully returned to consciousness.

Then, start making slow movements and prepare yourself for the moment you want to open your eyes and return to the present moment with your visual perception.

Taking a couple minutes more can influence your success significantly, so please don't skip this step!

Step One: Learn to Relax

I should have called this 'Step 0' because you will need it more often than any other Step in this program. This Step contains three different relaxation methods on three individual tracks. The three methods are designed for different situations, but their purpose is the same: to reach a state of 'Deep Trance'.

You should take at least six days to listen to these methods. Listen to Method A on the first and second day, to Method B on the third and fourth, and to Method C on the fifth and sixth day.

After that, Method A should be used when you are already feeling quite relaxed, Method B in moderate stress situations, and Method C in high stress situations. In the beginning, you should use one of these relaxation methods (select A, B, or C as appropriate) before starting any other session from the '7 Steps' program. This applies until you have 'activated' the

Steps and no longer feel the requirement. You may also replace the three relaxation methods with music as you move on.



Step Two: Freedom from Fears & Blocks

Since you were born, you have been bombarded constantly with standards, requirements, and demands, mostly contradicting each other. This is why your conscious mind is such a mess. These pre-existing ideas become your own thoughts, sneaking deep into your subconscious, where they take on different forms: fear, anxiety, and psychological blocks. The result: a dull, inflexible personality with little potential for transformation.

This Step will allow you to access the deepest layers of your thoughts, including whatever alien ideas you have unwittingly admitted to this profound layer of your personality in the past. From here you can magically release unwanted fears, blocks, and negative thoughts. With each session you will emerge as a new person, radiant, clear, and powerful. Even phobias can be healed with this powerful method.



Step Three: Desire of Feminization

Once you are full of energy, you need to focus in order to stay on track. After completing 'Freedom from Fears and Blocks' you may feel so vibrant and energetic that you simply want to bask in your new-found happiness all day and make no further effort. But taking the process to the next level will pay off! You need to focus on your path. You need to boost your desire to complete your feminization process.

The single clear suggestion dominating this session will allow you to focus all your energy completely on the path ahead of you, and boost your desire to fully release the beautiful woman inside you. This will be your first induction based session. You will find it very powerful.



Step Four: Mind Feminization

This track is designed to induce desired emotions and feelings into your subconscious, which will be reflected in your conscious mind. It has been structured in a way that allows you to choose the thoughts and emotions at a specific time during the session.

You should warm up with a demo session before you start using this powerful track. For the demo session, listen to the track a few times and induce a negative emotion during the session. Do not be afraid of negative consequences! This is done simply because right now, you are more susceptible to negative suggestions, so it will program you more easily for the right process. You can easily reverse the suggestion you choose later by inducing a positive suggestion opposite to the negative one used for demo purposes. You are close to mastering your emotions and feelings.

It is very helpful to begin with a feeling of sadness. You will be able to see clearly how your emotions reflect your suggestions, allowing you to take your level of faith to new heights.

Now you are ready to add happiness, love, and joy to your life. You will enjoy this part - especially the results!



The Biggest Mistakes in Hypnotherapy Sessions

You Know It: We all make this mistake. We expect the tracks to do all the work for us, simply sit there, and 'do nothing'. Please don't make this mistake!

Beware: 'Too Much Pressure' is the biggest reason for failing to succeed in self help programs of any kind. Especially when dealing with your subconscious, pressure is poison! If you don't believe me, think about it: How many people manage to quit smoking by taking an oath? How many people actually get slim, healthy, and happy when they try to impose strict dieting regimes on themselves? These are only two examples. I am sure you have experienced the same problem in your own life!

Some things you do and don't like have become bad habits due to repetition. Your subconscious is following a pattern you have created and cannot change by force.

So please relax. You now have all the tools you need to deal with your subconscious and change your habits.

Take it easy!

OK, I'll Skip That: 'Overdoing It' is just a different version of 'Too Much Pressure' but let me mention it just in case it tries to escape your eagle eye by changing its name.

Doubts and Negativity: To be honest with you, I have a complete package designed to deal with this problem alone, but a special section in Step 2 will help you build a firewall protecting you from doubts and other negative thoughts that may try to sneak in and bother you throughout the program!

What's Next Step?

Do you ever wonder what your mind is made of? What are the building blocks of your emotions and where do they come from? Why do they sometimes force you to do things you never wanted to do?

Thoughts, that's right. Your mind is made of thoughts. Thoughts that enter and function on three different levels:

The conscious level - These are the thoughts that keep you busy all the time. J

The subconscious level - At the subconscious level thoughts affect your life by changing your feelings and emotions.

The super subconscious level - Your super subconscious thoughts affect your whole life. They manifest themselves in your actions and emotions, even in external situations you think you cannot change. The truth is, there are a lot more situations than you think that are the direct results of your super subconscious thoughts.

This is why many people are always stressed and keeps attracting more of the same stress factors into their lives, why many cannot rise from poverty, and even why some people always seem to be lucky. To reach your thoughts at this level deep below your conscious mind takes a lot of faith, time, and effort.

Do you want to access and control the deepest layer of your mind and boost your feminization process? Use the bonus tracks included in this package!

These inductions contain positive suggestions you can use in conjunction with the '7 Steps of Feminization Hypnosis' (You can find these files under the name 'Bonus' in the same folder containing the rest of your program.) You do not need to use every one of these inductions. Pick the one that suits your personal needs best and add these 20-25 sessions to any other Step you are currently working on.

List of Bonus Inductions for Your Reference

Facial Feminization

Feminizing Hormones
Breast Enlargement/Enhancement
Feminine voice
Healing From Surgery

If you cannot find an induction to suit your needs in this package, have a look at our induction store. If you can't find what you're looking for, please let us know your suggestions at this page, and we will do our best to fill the gap.

Feedback

Positive or negative, your feedback is important to me. I would love to hear from you. Whoever follows the action guide will see results sooner or later. Your feedback after completing this program will help us further improve visualizations and design more inductions to suit everybody's needs.

Please use the link below to send us your feedback and comments. Your cooperation is priceless to me and many others struggling with the problems addressed in this package.

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=====End of the Action Guide=====

I Hope you enjoyed "The Action Guide" from 7 Steps of Feminization Hypnosis program, for more information and ordering your copy please visit below Link.

<http://www.cheetu.com/7steps-part1.html#Download>

Regards
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PS. Don't forget to download full length relaxation session and other goodies, if you have missed please visit to below URL and download them.

<http://www.cheetu.com/7steps-part1.html#Download>

