



CREATING A HEALTHY AND HAPPY LIFE EVERYDAY

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When a new client seeks out my services, they are usually seeking support to shift a limited behavior or attitude that is not giving them what they think they want from life. It can be as obvious as reaching that goal weight, giving up those cigarettes, performing with greater confidence, feeling better about themselves, etc...

For some, they arrive with the clarity of experience that no matter how hard they have tried to find their way to a better life in the past, they continue to hit that invisible wall that keeps them unfulfilled, frustrated, and filled with feelings of failure and/or hopelessness. They are seeking hope, whether they state this or not, and desire to learn how to get rid of the limiting belief that what they want will never be possible. They share about their honest efforts at making changes in their life and how unjustly they feel they have been rewarded with short-term success, only to see it all slip away somehow. What could be the reason for this?

We know that our ability to create permanent and lasting change is impacted by a variety of factors. Let's explore a few. First, you must recognize that there is better way, that what you are doing is not giving you the desired results you seek. How can you find a solution if you don't see an opportunity for something better? Let's call this step "**Awareness**".

Next, you have the opportunity to take committed and consistent action that affirms your desire for change and betterment. So that's "**Choosing**" to do something and then, "**Doing**" it. The initial choice can be a no-brainer. It is the long-term, moment-after-moment, choosing and opportunity for inspired action that trips up most folks. This is where we see that what you say matters most does not appear to matter quite enough to do what is necessary to support a healthy change. The annual tradition of New Year's resolutions is a prime example. What's your personal record for success on achieving everything you said you were going to accomplish last year? How about the years before that? Congratulations to those of you who succeeded. You are in the minority. Not you? I invite you to choose again and consider this new strategy for success. There's a reason you may be experiencing resistance or sabotage.

In order to claim "**Being**" the healthier and happier you, it helps to understand that unless you actively engage your subconscious mind (the other 90% of your mental power) in the process, you are using only 10% of your ability to create the life you imagine. That is the Conscious Mind. You may be suffering because your internal life script does not support the conscious desires and intentions you hold...Surprise! The more negative experiences you have had, the more difficult it can become, and, the deck appears to be stacked against you. Here's how it all started...

As a child you were influenced by others both positively and negatively, especially by your parents. By the age of 8 years old, your path was set. What's worse is that you may not even consciously remember the limiting stuff you accepted as truth, that which now has become your internal world view or not so rose-colored glasses. Unfortunately, some less than ideal things made it past this Critical Area of Mind and dropped into your Subconscious Mind. Thankfully, at about that same age you were gifted with the ability to start to filter out the garbage shared by others around you before it automatically became embedded in your life script. So, you moved forward in life with known and unknown limitations in your life script - the good, the bad, and the ugly. I hope this helps you understand those "Why me?" and "Not again!" moments just a little bit better. Here's the good news. You now have the ability to choose a better life. With greater alignment and cooperation between the conscious and subconscious mind, you can create an empowering life script and transform old limitations into desired results.

When your Conscious Mind, desire or "I want" part of you, works effectively with the Subconscious Mind's motivation or "I will" part, you can neutralize unintended positive associations to a limited belief or behavior. You can also transform the negative expectations that come from a belief that is reinforced by experience or limited understanding, and, you can start planting seeds for positive expectations and more beneficial outcomes.

For example, instead of summoning up all your will power to avoid gobbling down that tasty but non-sliming jumbo slice of chocolate cake...you know, that one with sugary frosting that triggers your inner subconscious association with food as love...Now, you act with greater wisdom by grabbing for a fruit that is much healthier and gives you a good feeling about your Self and the healthy choices you are making to support your release of unwanted pounds, improved health and attractive physique.

Below are some ways to **engage your subconscious mind** more actively for positive results. Remember to "Choose" again every day. Then, enjoy "Doing" and "Being" the best you possible. Wishing you great health and happiness as you create the life you imagine! ♥GFV

Everyday Ways to Engage Your Subconscious Mind More Effectively:

1. Transform limiting and negative language that keeps you down and give voice to empowering thoughts with kinder and more affirmative words.
2. Create an affirmation that reflects your desired result as accomplished, i.e., "I am healthy and happy in my slim, 135 lb. body", "I am peaceful now". Repeat it often mentally or out loud and write it down, especially before you go to bed, or, upon rising in the morning.
3. Visualize being, doing, or having that positive result. Looking out through your eyes at the desired result vs. watching a movie. Athletes do this all the time to get results. Include taste, touch, smell, sight, and beneficial feelings.
4. Take time to meditate and breathe fully. True relaxation promotes a state of consciousness where we can access deeper wisdom and promote physical healing.
5. Seek the support of a qualified therapist, hypnotist, or coach who will teach you how to use the power of your subconscious mind and keep you accountable with your desired goals.