

Book One

The Soulify Method Hypno-Journeying

Deeply rooted in:

- Neuroscience
- Psychology
- Epigenetics

**UNBLOCK UNLEASH & UPLEVEL
YOUR LIFE & MANIFEST YOUR DREAMS**

A guide on how to act on your soul's desires with clarity & confidence, making your dreams come true on your terms.



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Hypno-Journeying
has been called
"Mediation on
Steroids"

What is Hypno-Journeying?

Meet the Two Minds

The Conscious (logic mind)

- Uses 5-10% of our brain power
- Allows us think, analyze, organize or plan
- Its purpose is to AVOID PAIN and SEEK PLEASURE

The Subconscious (storage mind)

- Uses 90-95% of our brain power
- Stores all memories, beliefs, habits and emotions.

**Hypno-Journeying is a powerful, natural
and highly effective tool used to UPLEVEL
your life & MANIFEST your dreams**

Hypno-Journeying puts your mind & body in a deep state of relaxation allowing you to bypass the CONSCIOUS MIND and access your SUBCONSCIOUS MIND.

By reprogramming unwanted emotions associated with particular memories, beliefs and habits you can step into your highest self-worth & self love, and attract the manifestations that you are calling in.

Who is it for?

Hypno-Journeying

- Are you a human being
- Over the age of 7
- Do you feel stuck in any of the below patterns?



Unbalanced



Stressed



Overwhelmed



Exhausted



Lost

Negative emotions could be caused by your current workplace, relationships, personal challenges, grief, loss, illness, confusion or another difficult aspect of the human experience.



Why visualization alone doesn't work?

LAW OF ATTRACTION

LAW OF VIBRATION

The **Universal Law of Attraction** is the belief that the universe creates and provides for you what your thoughts are focused on. It is the belief that positive or negative thoughts bring upon positive or negative experiences into a person's life.

Visualization and vision boards are great, but if you don't believe that it is possible on a subconscious level, then you will not be able to achieve those manifestations, dreams, desires energetically.

The manifestation that you have set out to call in must vibrationally align with your your subconscious belief that it is possible for you to obtain it.

The **Universal Law of Vibration** states that you will attract whatever you're in harmonious vibration with. And you are in control of your vibration.



Hypno-Journeying

Basic Terms



Limiting Beliefs- Beliefs within ourselves that prevent us from taking action to pursue our dreams, causing us to miss out on the things that we want most in life.

EXAMPLE - Jasmine feels too old and not qualified to apply for her dream job.

Ingrained Beliefs- These beliefs form your belief system. By age 6, children have an understanding as to what they believe to be right & wrong, fair & unfair, good & bad. As we travel into adulthood, this belief system gets reinforced by societal forces. EXAMPLE - Cheryl was taught that when making purchases the money must be in the bank.

Shadows- Are the parts of our character that we do not like and choose to hide from ourselves and others whether consciously or subconsciously. EXAMPLE - Adel strives for perfection & is upset when she makes mistakes.

Blocks & Roots- If the body doesn't fully process emotions from events in their life, this leaves residual energy from unhealed emotional wounds that stays submerged within the body. Later in life this can manifest as an illness. The law of conservation of energy states that energy can neither be created nor destroyed - only converted from one form of energy to another.

EXAMPLE - Lena has blocks around love & commitment from feeling abandoned during her parents' divorce.

Triggers- Unwanted or negative emotions that arise within us that act as hints and clues as to what work still needs to be done within. Example- Sarah feels angry and yells at her kids when they don't listen. This is a hint that she may need to unblock a desire to be seen and heard.

Authentic You (child or adult)- The 'you' that embodies your self-worth, self-love, clarity, joy and abundance.

Authentic Parent or Trusted Adult- A person who can provide unconditional love, support and guidance that feeds your true purpose in life.



When reprogramming you may be asked:

- What did you need to see, hear or feel?
- What is possible?
- What did you need to take control of?
- What did you need to own?
- Did a Boundary need to be set?

How to Reprogram the Subconscious? **Hypno-Journeying**

To get back to our authentic & most deserving self that embodies the ultimate self worth & self love, we must reprogram the negative or unwanted emotions associated with particular memories, beliefs and habits.

During Hypno-Journeying, you will enter a hypnotic state that will take you on a guided journey into your subconscious where you can access the blocks, shadows, triggers of imprinted and limiting beliefs that may have been programmed into us since childhood.

1. RELAX
2. UNBLOCK & RELEASE- bring forth emotions, challenges, situations, triggers associated with the present or past.
3. UNLEASH & REPROGRAM- Use visualization (it does not need to be crystal clear) to see, hear, or feel elements of this memory and emotion from your past/present.
4. UPLEVEL- You will be asked to bring forth a helper (you or trusted adult) who will help you to shift the old beliefs & show your subconscious what is possible.
5. REINFORCE THE NEW BELIEF- Take action! This will strengthen the new belief (creating a new neural pathway in your brain) and prune the old unwanted belief.
6. BONUS- Add movement, sound & tapping

Facts

Hypno-Journeying

- You are **always in control**, awake and aware
- You are **never-out-of-control**, and will only do things that serve your authentic self
- Anyone who can **follow instructions** will be successful with Hypno-Journeying
- You don't need to have a **vivid imagination**. Some people only feel or only hear during the process.
- You may not even know you are in a hypnotic state. You may even **2nd guess** yourself during hypnosis, and think you are not.
- The odd **mind chatter**, that is normal. Thoughts wander in and out of your mind. This is ok, just bring yourself back to my voice or the last question I posed
- With practice it **gets easier**.



How do I know when my subconscious belief has been reprogrammed?

You will know you are done when you feel a release, an energetic exhale, a weight lift, the unwanted emotion letting go, a sigh.



- Sometimes the entire emotion or memory can not fully be reprogrammed.



- One reason for this is that maybe there's something in the physical world that needs to be said or done to finish the unraveling.
- Then revisit the same Hypno-Journey another time with the same emotion, trigger or memory



Getting Started

Hypno-Journeying

Keys to Getting Started

- Find a quiet & comfortable setting
- Put your phone on do-not disturb
- Have a journal and pen near by

Have fun and experiment with different ways to go deep into the Hypno-Journey experience.

Positioning

- Sitting in a chair with feet flat on the floor
- Sitting on the floor with legs crossed
- Laying down (just don't fall asleep)
- Walking in Nature





Journaling **Hypno-Journeying**

Only when you feel like the work is done, emerge from your hypno-journey.

Record your responses to the Journal Prompts at the end of the hypno-Journey.

You may also journal any other information from your hypno-journey experience.

- Thoughts
- Insights
- Visions
- Feelings
- Messages you received

Next Steps

Start Manifesting: Unblock, Unleash and Uplevel



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