

Emotional Mastery

<https://hypno4health.ca/>

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March 19th April 2nd, 16th, 30th May 7th, 21st
Wednesday nights 630-830- pm

KEY POINTS TO REMEMBER:

Understand how to get your basic Subconscious needs met

**Stop "Self-Sabotage" Coping Mechanisms such as
Food ~Substances ~ Anger yelling ~ Cheating ~Lying ~ Bing
Watching TV**

Understand yourself and improve in each of the seven areas of life.

- **Relationships**
- **Career**
- **Emotional health**
- **Mental Health**
- **Physical Health**
- **Physical Health**
- **Spiritual Health**

We often repeat our beliefs, thoughts, emotional patterns, and subconscious coping mechanisms but don't realize them because the external version of our lives seems to change.

BTEA = Beliefs Thoughts Emotions Actions

To adapt to our environment and avoid pain from others, we often deeply remember and focus on painful experiences and re-project the likelihood of them occurring. This process can be one of three causes of depression and anxiety subconsciously.

When we run painful thoughts and beliefs, there is a direct impact on our neurochemistry, as emotions consist of neurochemical reactions and B-T-E-A. RAS = Reticular Activating System This acts as our "filtering system" and creates a selective perception of reality based mainly on past experiences and programming. Neuroscience has proven that emotions drive all of our actions.

If we aren't entirely in charge of our beliefs and thought patterns, we aren't fully in control of our emotions and actions.

Negative emotions are our friends. They give us feedback about triggered painful thoughts, belief patterns, or unmet needs. They are a feedback mechanism for us to go inwards and create necessary change.

Questioning our thoughts and beliefs whenever triggered is vital, and then identifying the unmet need. The order of this is essential.

Emotions are always valid. It's just that sometimes the thoughts and beliefs creating them may not be. Our feelings tell us about our external reality instead of our internal reality based on programming, though our emotions cannot be invalid.

By identifying the **unmet needs** and consciously updating the way we get these needs met, we can **stop the actions we don't like through reprogramming**.

Your brain is a needs-meeting machine. However, it is always trying to get its' needs met in the fastest way possible, not necessarily the most effective way.

Experience a rewarding relationship with yourself by systematically reprogramming your subconscious mind and understanding how to get your subconscious minds needs met in a healthy effective way.

Tuition: \$210.00

Deposit of \$50.00 required to hold space refundable within 7 days of start date.

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Name _____

Email _____

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