



The EXPANDED “Sense of Self” Technique

This technique enables the client to deeply connect to the truth of who they are and what they can do ... accomplish ... be. This is only an outline – it's up to you to flesh it out with your own hypnotic patter, visualizations, suggestions. It can be adapted to any problem that needs to be solved and to release any and all self-limiting beliefs.

Expanded Sense of Self Script

Just about every A-List superhero taps into it at some point. Superman. Black Panther. Iron Man. Wonder Woman... the list goes on.

They all have amazing powers.

But there always comes a time where the gravity of the literally world-ending scenario they are facing, pushes back so hard on them - they must withdraw.

For a moment the hero or heroine's faith looks in doubt ... they begin to question themselves and truly doubt who they are ...

It's the part in the movie where all looks like it could be lost.

But it all turns around the moment the Superhero retreats inside ... to their source.

They reconnect to an EXPANDED sense of self and awareness.

That's when the music changes. When it rises, becoming more and more uplifting and inspirational. That's when the glint restores to our heroes eyes.

They get up.

They remember who they are and what they have come from.

That's when we know the bad guys are about to get their asses handed to them.

Take a moment now to step into your own superpowers. Plant your feet firmly on the ground. Maybe your hands are on your hips ... or arms rising to the sky, pulling in the power of the universe. Perhaps you're wearing a cape flowing in the wind, your hair blowing back by the power flowing your way. Connect to YOUR superpowers. Connect to your TRUTH. (For example: intelligence, creativity, bravery, inner warrior, the hero within, empathy, love, compassion etc. elicit their own super powers)

You expand your sense of awareness, your sense of self – all the way out to the edge of the cosmos (and beyond!)

Feel your awareness expanding now.

... Expanding in front of you, beyond the horizon.

... Expanding in back of you

... Expanding to the left of you and to the right of you

... Your awareness expanding around the world and out into the cosmos.

Notice ... What do you see? What do you hear? If there are sounds, are they emanating from with you? Or outside of you? Are there scents and smells? What do they mean to you? What do you FEEL? As you expand your awareness further and further. What do you KNOW in the depths of your being?

As you expand your awareness and sense of self further and further, you connect the TRUTH ... the TRUTH of who you ARE.

Proceed with further customization and personalization for your client's needs.