

449: Hypnotized to Transform

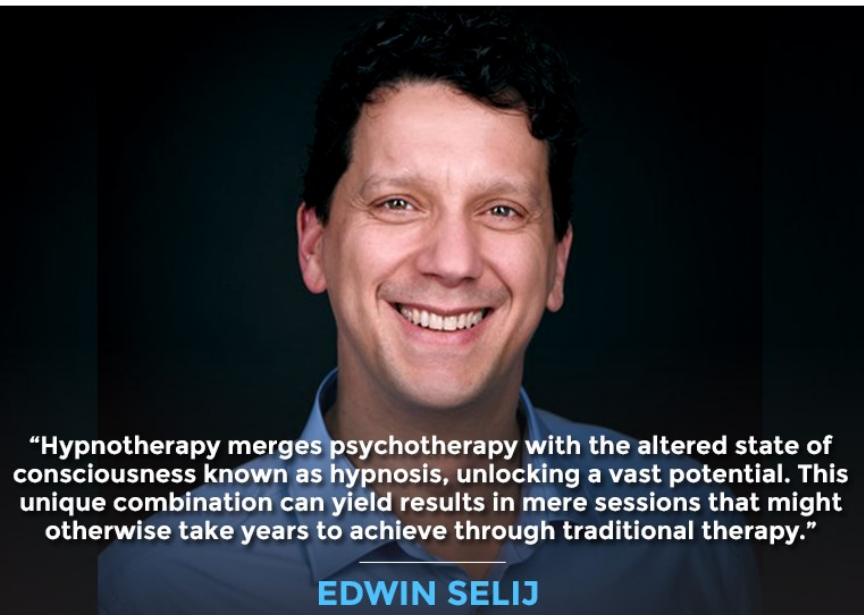
10 Point Checklist

Edwin Selij

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



“Hypnotherapy merges psychotherapy with the altered state of consciousness known as hypnosis, unlocking a vast potential. This unique combination can yield results in mere sessions that might otherwise take years to achieve through traditional therapy.”

EDWIN SELIJ

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Maintain an open mindset towards the possibilities of hypnosis and hypnotherapy, recognizing its potential for life-changing outcomes.
- Combine hypnosis with psychotherapy. I should utilize hypnotherapy alongside traditional psychotherapy techniques. This allows me to experience rapid, enhanced therapeutic effects.
- Practice emotional regulation strategies to help identify my triggers and validate my feelings. Explore tools such as deep breathing and comfort objects.
- Use my creative right brain for new neural connections. Develop my fantasies and imagination to change my perceptions.
- Change my instinctive emotional reactions by transforming my thought patterns, habits, and behaviors.
- Prioritize active listening and validation in my therapeutic interactions. This can help my clients to feel heard and understood before I suggest solutions.
- Ask for divine assistance through angels, spirit guides, and other spiritual beings. This can help me to heal and magnify my energetic shifts by stating my intentions aloud.
- Set boundaries around energy work to protect my energy field. Only allow divine or benevolent energies into my life.
- Send light to people and situations that I find challenging, and avoid placing judgment on them. Embrace compassion and raise my energy vibrations.
- Connect with Edwin Selij through [Instagram](#). Visit [@livecoachingnow](#) to explore his expertise, inquire about his services, or to book a session.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/hypnotized-to-transform-with-edwin-selij/>