

TOP 100 BLACK BELT SELF HYPNOSIS SKILLS

<includes some GOLDEN BELT tips and tricks!>

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instant time travel, to past, present and future. multiple time line realities possible like in string theory in quantum physics	
humor, ability to tell self joke and beginning laughing, and see humor and paradox in all situations	
increased creativity as needed, transcend functional fixedness, and create new uses for objects, tool,s situations	
ability to reframe anything	
ability to create synthesis to create positive action, altered states of consciousness	
ability to make pain disappear	
ability to increase pleasure to ecstatic levels	
ability to shift mood instantly	
ability to tap into higher consciousness, both neurologically and to source (the universe)	
ability to become WISE without thinking (i.e. go into no trance trance in which wisdom flows)	
abilities to see life as movie with in movie within movies and change the stories	
ability to profoundly relax and melt, both physically and mentally	
to be comfortable both inside and outside shared realities	
ability to balance two nervous systems, sympathetic an parasympathetic, i.e. hypno-autogenics master	
ability to come out of shell and act immediately, go fast or slow	
ability to tell stories within stories within stories with threaded key meanings or concepts	
ability to create useful symptoms as necessary e.g. lust for reading certain materials, exercise, etc	
ability to create amnesia or hyper recall memory (memory palace)	
ability to be in the now in slow motion	
ability to enter mystical states of oneness or everythingness and transition through the infinity loop	
ability to create and radiate happiness, joy and energy	

ability to avoid the DARK SIDE of hypnotic hexes, vengeance or negative energy and to recognize when others are doing such and intervene	
ability to do hypnotic shamanic ceremonies to invoke sacred space	
ability to intervene in disease or create disease	
ability to discern the "truth" or "lies" of self and others trance states	
hypnotic protection of self and others, use of attention filters	
sensory awareness enhancement (charlotte selver) both internal and external\	
mastering use of breathing	
peak performance, for self and others golf example, 2 holes in one in a row	
ability to direct and choose trances for self and others (magic number in psychology 87 plus or minus two)	
ability to completely let go	
ability to experience and create compassion through mirror neurons	
ability to alter blood blow: for healing woe,, pain control, sex therapy	
ability to have too much fun	
ability to create and use posthypnotic suggestion for self and others	
psychoimmunology and general well being	
ability to will to live and to enjoy life	
ability to find meaning and purpose in any situation, circumstances and life challenge	
ability to control altered states of consciousness both from plant guides, extreme circumstances and as training and for emergency interventions	
ability to tap into special energies	
ability to erase self and know nothing and be the fool	
ability to deal with death, dying and transitions	
ability to hallucinate and know what is not real simultaneously	
ability for extreme selective attention	
ability to shift identity, archetypes and PERSONALITY Constellations	
ABILITY to deal with change, both small and large	
ability for discernment: what to pay attention and listen to	
ability to keep evolving	

ability to recognize that we are the healing force, only the gateways	
ability to have supreme confidence	
ability to recognize synchronicity and act on it	
ability to shift energy, both physically, metaphysically and also medically	
ability to recognize when less is more (homeopathy) see Dr Weil, marriage of the sun and moon book	
ability to see through culture and its assumptions in different cultures	
ability to contact the ancestors and invite their presence and wisdom	
ability contact DNA wisdom and ancestral memories	
ability to do fractal healing	
ability to stay open and curious	
increased capacity for self love and sense of self worth	
ability to enter our collective consciousness field in a single breath	
capacity to resonate a field of compassion across communities and heal remotely	
ability to see auras and energy fields	
ability to move subtle energy with mindful intention	
acute awareness of body language and ability to read the intentions of others	
ability to selectively choose responses to external stress points	
ability to quiet inner chatter of the mind	
have control over emergency responses (fight or flight/panic) and balance sympathetic and parasympathetic nervous systems by reenforcing healthy dendritic neural pathways	
ability to dance until you become light as a feather	
ability to recognize resistance at the onset and chart appropriate actions to address the challenge	
power to direct creative energy at will and invoke inspiration among the mundane	
harness and compost fear and anger to be directed toward positive outcomes or change	
control our brainwaves rather than allowing them to be entrained by superfluous frequencies	
learn to see in the dark	
learn to astral project	

learn to remote view	
learn to sense thoughts, ESP	
ability to watch the I seeing the self develop emotions prior to thought waves forming in the mind	
emotional mastery	
develop greater balance of Flow consciousness with needed recovery time	
actualize life goals and develop self discipline	
develop enhanced lucid dreaming	
maintain a positive attitude and hold a high frequency amongst negativity	
enhance abilities to create healthy boundaries for self and clearly communicate boundaries in all relationships	
ability to actively listen	
ability to recognize our shortcomings and admit when we are wrong and take action to improve	
ability to create abundance	
enhance ability to resonate with beauty	
enhance creative abilities of artists, musicians and authors	
improved mediation skills and peace making social interactions	
achieve oneness and connectedness with all creation as an interconnected web of moldable plasma in a field of energy	
ability to smile inwardly and reflect on our experiences in relation to infinity (QR training - Quieting Reflex)	
ability to cool the mind and warm the body automatically and subconsciously (Autogenics)	
maintain an optimistic perspective during times of challenge or strife	
always feeling that we are loved and lovable no matter what (ie John Welwood "Perfect Love Imperfect Relationships")	
integrated mind body experience that enhances intuition and responds to synchronicity	
emit and amplify stable brainwave activity to induce a state of deep relaxation or heightened consciousness in those around us, entraining the frequency of our environment to optimize our personal flow	
ability to recognize elemental imbalances and know how to bring those elements back into balance (ie Traditional Chinese 5 Elements System, Sheng and Ko cycles)	
ability to manifest peace within	