



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #249

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Erika Flint is an award-winning hypnotist, three-time best-selling author, speaker on hypnosis and the self-actualized mind, and a co-host of the popular podcast series Hypnosis, Etc. She is the founder of the Cascade Hypnosis Center for Training & Services in Bellingham, Washington.

Quotes

"Hypnosis helps us to reprogram how we think and feel."

"If you can control your inner operating system, that is the fastest path to happiness and satisfaction in life, self-actualization, and everything you want."

"The way that I like to describe hypnosis is it's for something you think you should be able to do, but you're not able to do it."

"A hypnotist can't control your mind. Only you can control your own mind."

About Hypnotism for Entertainment and Hypnotism for Progress 09:48 - 11:52

There are some things in life that are for entertainment purposes and the intention is different than what you would go see your hypnotist in the office for something like stopping smoking or stopping drinking. But here's how the method actually works. All 20 people get up on stage. The hypnotist is going to ask these people, 'You move here. You sit over there,' asking everybody to change and move. Really, what the hypnotist is looking for is someone who is just following instructions without hesitation. So if the hypnotist is asking you to move over here and you ask, 'Why do you want me to move over there?' the hypnotist will say, 'Thank you very much,' and ask you to leave the stage. That's really what they're looking for, someone who's willing to follow instructions up on stage. We all probably know people in our life who would love to get up on stage and would love to be the center of attention and

would love to do all that type of stuff. So they're willing to play along. Guess what happens? At some point along the way when the hypnosis kicks in, they still continue to follow instructions. So it really is hypnosis but it's for a completely different purpose. When I have clients who ask me, 'Are you going to make me bark like a dog or cluck like a chicken?' one of my responses will be, 'Well, do you want to bark like a dog? I've never had a client ask me to do that for therapeutic reasons.' There's never really been a need. Most people come to me for things in their life that they might find a little more resourceful or helpful like stopping drink or sleep better at night or eat healthier and lose weight. So at that point, most people understand, 'Oh, I get it, that is for entertaining purposes.' Look how powerful the mind is. If you can bark like a dog up on stage, what do you think you can do in the hypnosis office when it's just you and me, and you can focus on something that is truly meaningful and powerful to you?"

About How Hypnosis Can Help 14:17 - 15:42

"Have you ever known that you want to do something? I'll just pick losing weight or eating healthy because this is so common. 'I know I want to eat healthy because I want to lose weight.' But when it comes right down to it in that moment, you continue to make bad decisions. For example, you wake up early in the morning, you have a healthy breakfast, you pack your lunch, you put your gym clothes in the car, you go to work. Everything is set for you to have an awesome day and staying on track. Everything is going well. You eat your healthy lunch. In the afternoon, maybe you get in an argument with your co-worker and before you realize it, against everything that you've already planned, you're zooming off over to Starbucks or Dairy Queen and you find yourself in the drive-thru on the way home. All of a sudden, you realize, 'I wasn't going to do this. I hadn't planned on this.' A lot of people will think, 'Is there something wrong with me?' So that type of thinking is usually what I'd say hypnosis is a really good tool for. You know you want to do it, but in the moment, you don't feel like it. So you're not following through on what you know you want because you don't feel like it in the moment. Why is that happening? There's usually information or data in your mind, what we call the subconscious part of the mind."

Process of Hypnosis 19:15 20:30

1. Establish trust and rapport with the client
2. Come up with a plan for the change that the client wants to make

3. When it's time for the hypnosis, the client sits in a comfortable chair

4. Hypnotic induction, which induces hypnosis from a normal state of consciousness to a hypnotic state of consciousness. That is done by relaxing the body. Then you relax the mind. Then you're able to help the client become aware of those limiting beliefs.

How to Control Thoughts to Maximize Potential 27:36 - 31:00

1. One of the hacks is to **train yourself on focus or attention**. Whatever we pay attention to is very important to the mind. We have basically control over two things in our life; what we pay attention to and how we respond. Whatever you focus on grows. Wherever you are listening to this podcast now, I want you to focus on your tongue and your mouth. As I say that, you probably just felt your tongue and your mouth. The reason is because I mentioned it. So be very focused and intentional about what you are focusing on.

2. Understand our biology. It's important to learn to control your nervous system.

If your nervous system is out of control, you're going to be super anxious all the time, or you might be depressed, or sleepy all the time. If you get control over your nervous system, now you can calm down and focus when you need to. You can get inspired and motivated when you need to. Wouldn't it be nice to just press a button that says 'INSPIRE' or press a button that said 'RECHARGE.' That's what hypnosis can do for you if you learn the secrets of biology and focus.

3. We need to pay attention to our feelings. Our feelings are really being driven from our subconscious. For many generations, we have been taught to ignore our feelings. We have been taught that feelings are, 'You're being too sensitive,' and that everything should be rational. Guess what? Those feelings are coming from your subconscious. If you pay attention to them, there is a secret in that feeling. So our feelings are designed to motivate us to do something. When you allow yourself to pay attention to that ask yourself what is that feeling and what is it trying to tell you what to do, that is definitely a secret of mind control.

4. Curiosity. If you can train yourself, instead of getting angry, instead of getting frustrated, instead of getting anxious, instead of what we would call negative feelings, **just be curious**. Ask yourself, 'I wonder why my brain is doing that. That's so interesting. Why did my brain do that?' If you can take that approach where you're kind of stepping outside of yourself and looking back at the functioning of your

brain, it will help you feel more calm and relaxed in that moment, and be able to make a good decision.

Action Item

1. Ask yourself, 'What's one thing I should be able to do that I'm not doing right now?' That's a good candidate for hypnosis.

2. I do have a [hypnosis recording](#) that I'm giving away. You can at least experience a little bit of it. The recording is not as good as working with somebody live because recordings of course, are more generalized. They're for a larger population, not for an individual. But you could experience that hypnosis recording. And then it would shift your state of being. So in that moment, you are very likely to say, 'I feel better. I feel like I just rested. I feel like I just got some release. I am convinced now that there's something more going on that I want to learn about.'

Four-Step Reveal Your Path Blueprint

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