

CREATIVE LIVES HYPNOSIS

(Maggie Dubris)

Hypnotic and trance states have been used for centuries by shamans, mystics and visionaries. Hypnosis allows a person to easily access a creative flow state, and can be used to generate images, to increase creative focus, to switch gears from a day job into creativity, and to circumvent creative blocks. It enables the artist, musician, or writer to stay engaged with his or her creative spirit, to get in touch with inner sources of inspiration, and to maintain a joyful creativity. In conjunction with other tools such as automatic writing, hypnosis can jar loose startling and beautiful subconscious imagery that can be woven into more consciously structured work.

In order to get the most out of this hypnosis download, it is important to keep your attention on my voice, and to answer the questions quickly, even if you are not “sure”. Your subconscious mind will bring the world or lifetime you are entering into focus—the key is not to think, just answer. You need to listen when you are in a relatively quiet place, where you feel safe. Don’t do anything else while you are listening to your hypnosis download. This download is unique in that it is not necessary to listen regularly, although you may want to. You may begin the session with a conscious desire in mind—for example, I want to go to a lifetime where I broke through to another level of creativity, or, I want to discover more about the lifetime I experienced in the last session. It is important to aim your intention towards a positive experience in this hypnosis. Your positive intention will direct you to a lifetime that will enhance your present creative life, which is what this session is designed to do.

For more information about hypnosis, you can visit my website,
www.realsolutionshypnosis.com