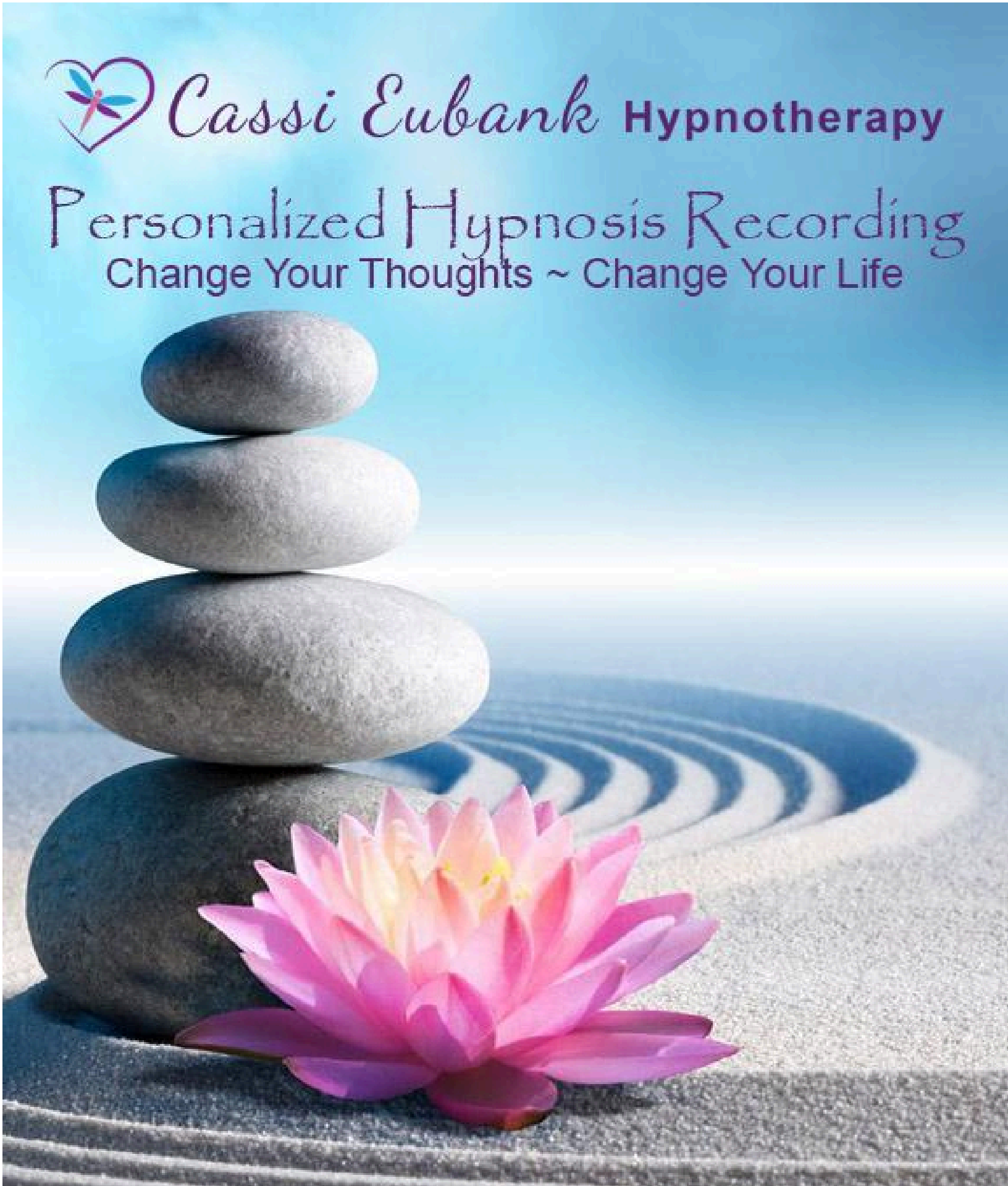
Cassi Eubank Hypnotherapy
Personalized Hypnosis Recording
Change Your Thoughts ~ Change Your Life

WELCOME

Welcome! I congratulate you on a fantastic decision. Perhaps you already know how powerful your subconscious mind is or maybe you are just ready to give hypnosis a try. Either way, if you want to make changes in your life – how you think, how you feel, the results you get – this is the fastest and easiest way to get there.

While there are many great hypnosis meditations on YouTube, you will find that by using your words and targeting your unique thought patterns and beliefs, your personal recording will so much more powerful and effective than any generic recording you will find floating around on the internet.

I also want to point out that your recording will help to "de-program" the old negative beliefs and "re-program" your mind to remember the truth about how incredibly loved, valued, supported, safe and capable you are!!! Yet if you have deep issues, I invite you to go to https://CassiEubank.com and get a package of at least 3 sessions so we can dig deep to find hidden beliefs, habits and thought patterns that you may not be aware of and resolve those issues.

When filling out this form, be as descriptive as possible. Imagine the things you want to be, feel, and do. Where will you be? What will you be doing? Who will be there? What will you see? What will you hear? Are there any smells? How will you feel? Use your imagination and have fun with this. The more vividly we can get you to imagine your desired outcome, the faster it will come to fruition.

After I receive your information, you will receive your unique, personalized recording within 5 business days. A webpage will be created in your name and you will be able to access your recording anytime, anywhere. If you have any questions, please email me at Cassi@CassiEubank.com.

You are perfect, whole, and complete. It's time to remember that!

Area of Improvement

While your customized hypnotic recording session will be created from the input you provide in this form, if you select the area you are focusing on for this recording, supporting ideas can be added for maximum input. You can simply select “Unique” if you are intending to focus on several areas you wish to change in this recording.

For example, you may wish to focus on weight release, yet you know you need to reduce anxiety and sleep better to assist you in achieving your goals. Because you have more than one area of concern, just select “Unique”.

□ Stress and Anxiety
□ Success Blocks
□ Confidence and Self-Appreciation
□ Weight Release
□ Sleeping
□ Abundant Mindset
□ Better Focus/Sticking to Goals
□ Accelerated Learning
□ I Am Enough
□ I am deserving of good things
□ Connecting with Spiritual Self
□ Overall Well-being
□ Unique
□ Other _____

Disclaimer and Distractions

Disclaimer or No Disclaimer?

The standard disclaimer that is prudent to start a recording with is listed below. If you choose to not start your recording with this disclaimer, you will need to acknowledge that you are aware that driving or operating heavy equipment is not advised when listening to the recording by checking the box below.

If you just wish to start with the intention setting, please fill in the blanks for just that part.

INTENTION SETTING WITH DISCLAIMER:

Welcome _____, to this customized hypnotic programming session designed to support you in _____.

Listen to this recording once per day, more often if you want to, and remember to never listen to this recording while driving, operating any kind of equipment or when your attention to your surroundings is required. Relax and enjoy.

As we set the intention of _____, your mind will be open and responsive to taking in all suggestions that will move us towards this goal.

INTENTION SETTING WITH NO DISCLAIMER:

Welcome _____, to this customized hypnotic programming session designed to support you in _____.

Relax and enjoy, as we set the intention of _____, your mind will be open and responsive to taking in all suggestions that will move us towards this goal.

Disclaimer Choice PLEASE SELECT ONE:

□ I would like the Intention Setting with Disclaimer at the beginning of my recording as a reminder. I have filled in the information for this above.

□ I would like the Intention Setting with No Disclaimer at the beginning of my recording and I understand that I should not listen while driving, operating heavy equipment, or when my attention to my surroundings is required. I have filled in the information for this above.

□ I do not want the Intention Setting or the Disclaimer at the beginning of my recording and I understand that I should not listen while driving, operating heavy equipment, or when my attention to my surroundings is required.

DISTRACTIONS

Would you like a short suggestion about putting aside outside sounds and thoughts? This is very helpful if you have persistent thoughts and find it challenging to let go or relax.

PLEASE SELECT ONE:

□ Yes, please include a short narrative where I set aside my thoughts and allow outside thoughts to cause me to relax and disconnect even more.

□ No thank you, I am easily able to relax and put aside distractions.

Induction Choice

An induction is when we first call upon your mind to relax and enter into a hypnotic state, causing your brainwaves to go into alpha waves so that you are able to allow the positive suggestions in and imprint them on your subconscious mind.

Select which induction resonates with you the most.
PLEASE SELECT ONE:

□ Eye Fixation – you will focus all of your attention in one point on the ceiling, causing your eyelids to get heavier and heavier. You keep your eyes open until the end of this induction, which primes you to be ready to just let go when you do get to close your eye.

□ Rapid Eye Fixation – again you will focus all of your attention on one point on the ceiling, yet in this induction, take 3 deep breaths before closing your eyes, and do not count down from 5 to 1. Instead, we focus on the heaviness of your eyelids.

□ Moon Glow Induction – You will start with your eyes closed and roll your eyes up, imagining that you are looking at a full moon in the night sky.

□ Guiding Star Induction – You will start with your eyes closed and roll your eyes up, imagining that you are looking at a guiding star, there just for you and always there for you.

□ Sun Salutation Induction - You will start with your eyes closed and roll your eyes up, imagining that you are easily and effortlessly looking at the sun, drinking in its power.

□ Hot Air Balloon Induction – You will start with your eyes closed and roll your eyes up, imagining that you see a large hot air balloon in the sky.

Starting Place

Your starting place is where you are after the induction. You will have an opportunity to create a special, happy place later, where you decide on the sights, sounds, smell and all the details of this sacred and special place where you will relax and allow your transformation to take place. For now, we are using this place as a starting point before you move to your special, sacred, magical, healing place.

I prefer to start this journey in this following type of area.
PLEASE SELECT ONE:

□ Mountain Top
□ Mountain Side
□ Forest (Ancient)
□ Forest (Magical)
□ Beach
□ Secluded Island
□ Desert
□ Park
□ Lake

I do not want you to mention/I have an aversion to:

□ Animals (birds, bunny rabbits, squirrels)
□ Water sounds (streams, waterfall)
□ Heights
□ Other _____

Countdown or Progressive Relaxation Choice

The Countdown is a powerful deepener and allows your mind to relax to prepare it for the wonderful truths and transformations that will be shared.

Progressive Relaxation is where you relax your body, which also relaxes the mind and allows you to let go of the physical world so you can connect with the spiritual truths that will allow your mind, body, and soul to return to a more natural, healthy state.

PLEASE SELECT ONE:

□ Countdown
□ Progressive Relaxation from Toes to Head
□ Progressive Relaxation from Head to Toes

If you chose "Countdown Choice" PLEASE SELECT ONE:

□ Glass Spiral Staircase
□ Ancient Stone Staircase
□ Escalator
□ Cloud
□ Elevator
□ Magic Carpet
□ Floating down a waterfall

If you chose "Progressive Relaxation" PLEASE SELECT ONE:

□ Sunlight and Healing Energy
□ Healing Energy and Chakra Rejuvenation
□ Allow Tension and Body to Dissolve into Sand on Lake
□ Allow Tension and Body to Dissolve into Sand on Beach

Your Happy Place

Transition

You will be guided to a special place, YOUR special place, where you will be deeply relaxed as you listen to the suggestions your subconscious mind needs to hear to make the changes you desire. You will be guided from where you are in the hypnosis meditation to your happy place. How would you like to be transported?

Transition to happy place on a…
PLEASE SELECT ONE:

□ Cloud
□ Flying Carpet
□ Magical Creature (Describe _____)
□ by Floating

Happy Place

Your happy place should be a place where you are completely at peace, at ease. It can be a real place, an imagined place, a place from your past or a place you wish to go in the future. Or you can create a combination of these places. It is your imagination and your happy place. You can even have magical fairies with you!

Be as descriptive as possible and use all your senses.

Where is your happy place? (Beach, private island, mountain top, park, top of the Eiffel Tower…)

Time of Day

Weather (sunny, breeze, clouds…)

What do you see? (Birds, trees, a lake, rabbits, waterfalls…)

What do you hear? (Leaves rustling in the wind, birds chirping, the sound of waves against the shore or a running stream, kids playing in the distance…)

What can you smell? (The scent of pine trees or flowers in the garden, the mist of salt air, clean, crisp air, people barbecuing in the distance…)

How do you feel?

What are you resting on? (Hammock, recliner, raft, towel, marshmallow, giant mushroom…)

What other magical things would you like to add here in your special, happy place?

YOUR SUGGESTIONS

Make sure these are things you want for you. Behaviors of YOURS you want to change. Feelings YOU have that need to be shifted. Outcomes in YOUR life that you want to create. We have no control over other people or situations, yet when we change our perspective on the behavior expected of other, we can soften how we feel about and how we deal with things. Change yourself and you can change your world.

For example, rather than saying “I want my spouse to stop being a jerk,” you would say, “I want to have more patience so I can deal with difficult situations with more ease and grace. Because I am more empathetic and understanding of other people, I get along with people better and I am happier more often. It feels good to give people the benefit of the doubt and allows me to focus on all I have to be grateful for.”

Be sure to add what you DO WANT, rather than what you don’t want. For example, if you don’t want to be afraid to ask for what you are worth in your career, you would say, “I know my value and I feel good about asking for what I am worth. The people I work with know my value as well and they are happy to pay me what I am worth.”

If you don’t want to overeat, you may put, “I am mindful when I eat and select foods that nourish my body. I am now the type of person who treats my body like a temple and I eat wisely and always stop before I am full.”

Below, just write about the transformation you wish to see in yourself. Be descriptive and dream big, you can have what you want and when you rewire your brain for success in the areas of your life that are important, you will find it fun and easy to reach your goals. I give you prompts below to encourage your creativity, yet this is your space. Have fun with this.

You will also see a section where we tie feelings, thoughts, and new beliefs to everyday activities so that once your brain is rewired, you will reinforce all the positive new mapping with each activity. For example, if you drink a lot of water, and you want to be more confident, we can add the suggestion that when you drink

water, or any other beverage, it is as if you are drink in confidence. After listening to your recording for a week or two, this will trigger your confidence automatically, anytime you drink any kind of beverage.

Below, you will be prompted with, “what would come of that?” questions. For example, “I am feeling more confident, which has allowed me to present my ideas to corporate. This empowerment has led to a new job position with a raise, big expense account and many opportunities for growth.”

FEEL FREE TO WRITE IN ANYTHING YOU WANT

I want to have more

Because that will make me feel more…

And that would lead to…

And allow me to…

Confidence

Self-Love

Health

Self-Healing Ability

Relationships

Finances

Career

Abundance

Inner Peace and Joy

Contribution

When I wake up, I feel…

As I brush my teeth and get ready for the day, I think…

When I drink _____ or any other beverage, I fill myself up with…

As I move through my day I focus on…

At the end of the day, as things wind down, I feel more…

As I close my eyes at night, I drift off to sleep and sleep…

Each time I listen to this recording I am feeling more

Seeing my future as (how things can be)

I am trusting that…

I am so grateful for…

Every day I am seeing evidence of more…

When you have completed this form, please email to Cassi@CassiEubank.com. You will receive a return email acknowledging that we have received your form and we will give you an estimate as to when you will get your recording, not alter than 5 business days after we receive this form.

If you have any questions, please call me directly at 561-843-4243. It is my intention to create a special and almost magical recording that will allow you to feel your very best and achieve everything you want to make you happy, joyful and at peace in life.

Love,
Cassi

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