



Blue Printed Self

How to change on a cellular level

NLP and hypnosis techniques
that change the world and
open the mind

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Blueprinted Self - Nlp techniques to advance hypnosis.

When would I use the blueprinted self?

- When a client has searched for long term change but struggled to continue with it
- Change on a cellular level with ongoing illness

Dr. Bruce Lipton and Epigenetics:

What is Epigenetics?

Epigenetics is the study of cellular and physiological traits – let me break that down. It is the external environmental factors that turn genes on or off and define how our cells read those genes.

This is a science that even scientists are beginning to see the potential in.

Epigenetics and Dr. Bruce Lipton

Bruce Lipton is a stem cell biologist. Starting his career as a cell biologist, he would go on to examine the principles of quantum physics and how that can be integrated into the understanding of how cells process information. Through this, he produced studies that were breakthroughs regarding cell membranes. His studies showed that the outer layer of the cell was essentially an organic computer chip and worked like the brain of the cell. He researched the idea for 5 years, from 1987 to 1992, and found that the environment, which

would operate through the membrane, controlled the behaviour and the physiology of the cell. It would turn genes on and off, and it would help create the modern science of epigenetics.

This led to a deeper understanding of cell biology and how the mind can control the bodily functions, as well as the possibility of an immortal spirit. He took this science and applied it to his daily life and found huge improvement on all aspects.

Dr. Bruce Lipton called this “the honeymoon effect”

The honeymoon effect talks about the 4 minds of self. Bliss, Passion, Energy and Health. But before we reach that automated point, we must shift the negative minds and continue to practice shifting them every day.

This technique I asked a client with stage 4 breast cancer and 3 months to live to do. It has been 2 years now and she reached her 60th birthday in April 2021.

So here it is:

Most people are in the dwelling to conclusion stage as the honesty to evolution stage is painful or hurts.

Dwelling to conclusion stage is all about why - Honesty to evolution is all about healing (but let's be honest here ... it can hurt).

Notes:

- Turn off the music, shut all the doors, make it as quiet as possible (but do not pander to the quiet, your client is about to learn to focus).
- You will need a timer.
- The goal is for your client to sit with no thought distractions for 10minutes.

KEY:

Orange – you are therapist talking ... Blue – Likely client response ... Black – Instructions – be intuitive!

Pre-talk:

What is the problem?

client answers let them take as long as they need

Let's do this technique, what I want you to do is to sit with your eyes closed with no thoughts for as long as you can, when a thought comes into your mind open your eyes. Repeat back to me what you're going to do.

client repeats

Close your eyes. (set your timer and see how they go)

client opens eyes

* Do not tell me the thought. Stay quiet. The truth will set you free but first it will hurt you. Think now. What is it your pretending to not know to heal this ... close your eyes and again ... Clear your thoughts ... Keep your mind blank and calm, this time go for longer. (set your timer and see how they go)

client opens eyes * (repeat from * to * till they get to at least double the time they started)

No breathe deeply and slowly ... listen to the sound of my voice. Our thoughts are trigger by external factors that create an internal dialect. As we go through life we train these thoughts to become automatic. Now some thoughts also change our genetics inside us. For example: Angry thoughts can turn into ailments such as high blood pressure which turns into stress, which turns into bad habits such as drinking, leading to bigger ramifications. Rather than just dealing or monitoring the problem we can go back all the way to the automatic thought and start readjusting it to create a better automatic response. The only way to do this is to reset our computer ... our brain. We need to turn it off so when it reboots it works from a clean slate again. This is what you are practicing here today. Rebooting your computer. Your first reboot was for (insert time) the second reboot was for (insert time) this is not something when can do whilst asleep. It only occurs in the theta wave. Once a thought comes in you come out of the theta wave.

Here is the fascinating thing. Whilst you are in that theta wave your cells are not taking in information from the external world. Your cells can work on what is happening in the internal world. They will recognise ailments inside you and work on healing them rather than processing information from outside you. I want you to practice this technique everyday between now and your next session. The aim is to do it for a minimum of ten minutes. Set your timer for ten minutes so you can continue your day and just like today if a thought comes in simply open your eyes ... ponder a solution and then close your eyes again. Understand?

client answers - yes

Just for clarity, tell me why you are aiming to quieten your mind for 10 minutes a day?

client answers

Very good ... Now let's practise one more time before you go. Close your eyes, take your time ... *(start timer)*

My cancer client made an adaptation to this once she had mastered quietening her mind. She created a character called "Aunty Lindy". Each night she would go to bed 20minutes earlier and imagine Aunty Lindy going around her body and cleaning away the cancerous cells. You can do this to as an add on once mastered.

On a side note: Whilst the client is practicing rebooting you can do it to. Calm your own thoughts *(keep your eyes open)* and feel yourself grounding your energy source.