

Creative Mind Training For Health and Wealth

What The Mind Believes The Mind Achieves



THE MYSTERIES AND SECRETS OF THE MIND REVEALED.

How to get your sub-conscious mind to work for you.

I'm Christen Violette, clinical hypnotherapist and anti-aging/stress reduction expert. I have 27 years of experience studying the mind and doing extensive testing. Based on what I've observed over the years, there is much more to us than we know. And that is why I am telling you the following stories-to expose the mysteries and secrets of the human mind.

How I Got Into Hypnosis

I was playing poker in the clubs in San Jose, for relaxation, and I was doing very well. So I decided to do it for a living. I was playing no limit high draw. The way I got into hypnotherapy is every now and then I would get a winning feeling and sure enough I would win as long as the feeling lasted. But it was fleeting. I had read where professionals in sports would get that feeling from time to time and sure enough they would win. I had also read that hypnosis had helped people reach their full potential by removing blocks and then giving positive suggestion. So I thought maybe hypnosis could help me induce the winning feeling and keep it going. So I started to study hypnosis and self-hypnosis and became more and more fascinated with it. But to make a long story short I never could get the winning feeling to happen when I wanted it to. I was still doing very well in poker but they changed the law and made everything limit poker, which changed the psychology of the game. However I did get more and more into the study of hypnosis.

I finally went to an accredited school and after I passed all the exams, I took my internship there. Hypnosis has been looked upon as mysterious but it isn't---all hypnosis is ultimately self-hypnosis. We go in and out of it when we day dream, watch TV or movies, when our mind drifts while driving our car, and every night we drift right through hypnosis before sleep. Hypnosis is the safest form of treatment because you're using your own mind, you're in control and are totally aware--- the hypnotherapist is a skillful guide. Hypnosis is part of us and I believe it should be taught to us in the form of self-hypnosis early on so we would be in touch with this powerful tool. To me it is just as important as teaching us to think. People have always had the wrong idea about hypnosis. For instance...

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Dr. Messmer

Dr. Messmer (where the word mesmerize comes from) was doing hypnosis for healing in France in the 1600's. But he decided to showcase it. He had these metal tubs built with metal poles attached to them and he would put metal filings in the bottom. Then he would have the people stand in the tubs and hold on to the poles. He said that the poles were aligned with the astral bodies and he had a glass wand and convinced them that when he touched them they would be what he called animal magnetized. People would come from all over to watch, it was really like a sideshow. He would guide the subjects into hypnosis through waves and passes with the wand and when he touched them with the wand and they would react like they had been magnetized some would even go into convulsions. But he was healing a lot of people. The local doctors became irate and wanted to prove him a fraud. So they got a team of scientists together to investigate him. Benjamin Franklin was part of the team. Naturally the team concluded that there was no connection to the astral bodies nor was anyone magnetized. So Messmer was exiled and sent off as a charlatan because he tricked people into being well. But the thing they all missed was it worked. And they never made the connection that the mind could have a big role to play in healing.

You see the subconscious mind does not know the difference between a real experience and a vividly imagined one. This is how we have been able to defeat cancer-using imagery. We trick the sub-conscious mind into believing what we are imagining is real. Once you affect the belief system the sub-conscious mind goes to work getting all our healing powers working and probably using energy that we're not even aware of. The creative mind takes over and miraculous things happen. There were many other stories about the evolution of hypnosis that helped me understand how in many cases hypnosis was put into a bad light. For instance hypnosis comes from the Greek word hypno meaning sleep. That gave everyone the wrong impression right away. They saw people laying there with their eyes closed and thought hypnosis was some sort of sleep or unconscious state, when it is really an altered state of consciousness and nothing like sleep.

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Getting back to the creative mind, it's that part of our mind that takes all the information in our memory bank and creates what it thinks we want from that information including the self-image. It doesn't question anything. But it uses all our abilities to get what it thinks we want.

For example if you have a negative self image the creative mind will keep creating ways for you to lose no matter how hard we try on the conscious level.. It will guide you, on the sub-conscious level, in the wrong direction. Hearing about people who keep choosing the same kind of mates, that are not good for them is not surprising when you understand this. Some people are successful in achieving financial wealth but their love relationships are highly lacking, and there is the exact reverse. Great love relationships but their relationships with money are less than desirable. You see if there is information in your data bank that believes something is for your survival, no matter how bad it is for you, your creative mind is going to do every thing to make sure you get it.

You believed at some point that some crazy idea was how you survive. You have forgotten it, because it is usually when you are very young. The main thing that I keep running into is people defeating themselves in life on the sub-conscious level. I began to suspect that the sub-conscious mind was using our ESP to guide us like a missile. Because of this, I became very interested in ESP and how hypnosis could unlock and enhance our powers. So I started doing research and came across tests that I could use.

ESP

In one test, I sent away for some envelopes with different colored cards that fit into them. I put all the cards into different envelopes; mixed them all up so even I didn't know what was in each envelope. The subjects were then guided into hypnosis. I would hold the card over them and tell them they could see the color, know the color and feel the color and they would be able to tell it to me. I found out through testing a lot of willing subjects that some of them could tell me the colors beyond chance. Which means our sub-conscious mind does not need our eyes. And I had read case studies where people who did not believe in ESP would fail studies beyond chance, proving that they were using ESP without knowing it.

I went further and started testing precognition. I would use sporting events because I could get the results fairly soon. And there were those that could tell me the winners beyond chance. I had people come to me for things other than esp. who related experiences they had, that seem to be a residual effect. For example, I had a person come to me to quit smoking, and in the session I included suggestions on feeling relaxed and

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peaceful. When he came back for his second session, he said and he and his wife went up to Lake Tahoe for the weekend and they stayed at one of the casino hotels. He said he felt so relaxed that he was going around picking the wining slot machines. But after awhile it kind of freaked him out and he found himself starting to guess. One of the things I found happening to people is when they are just fooling around and there is nothing serious involved, when they are just having fun they seem to do very well, but when it gets serious, the struggle between the analytical mind and the intuition starts. The main problem is we cannot force intuition. It has to become a natural part of us where it develops into a natural knowingness.

I have never told anyone this next story; First of all I thought no one would believe me. But times have changed and I feel it is important to reveal it.

I have always been a sports enthusiast and I had a friend that would get an intuitive hit every now and then on who was going to win a game and she was always right. So while I was really getting into esp. I thought it might be fun to see if we could harness her ability.

She agreed. It was during the football season. I put her under hypnosis and told her the date they were playing, where they were playing and the teams. Then I asked her to see if she could see who the winner was. Well she saw the game as a war and after she saw the whole struggle she told me who won. And it turned out she was right.

We did this for a while with her always coming up with the winner. I want to say at this point that the majority of the winners she came up with defied logic. We became very ambitious and decided to see how far she could go with all kinds of things, so we went to Reno and stayed at the MGM Grand. It was right before New Years. There were a lot of bowl games coming up and she said she wanted to see if she could pick a winner without knowing who the teams were. She made sure she didn't know who was playing where.

So on New Years day we went up to the room and I hypnotized her. I picked the game. The only thing I told her was the name of the bowl game and what time they were playing. I don't remember who both teams were; I just remember the winner, which was Alabama.

As we were going through the session all of the sudden she said, is one of the teams Alabama and I said yes. She said I see all these people in the stands and they are waving red flags and on the flags it says; Alabama Forever. After Alabama won the game, I was bowled over by her ability.

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We started trying other forms of casino games so we picked the crap table. I asked her while under hypnosis, which crap table she saw and she told me. I then told her that she would be able to see what numbers came up at precisely at 7pm according to my watch. She saw the number seven with the five, two showing.

We went down to the casino and about five minutes to seven we walked up to the crap table and stood in the middle right in front of the of the table boss who was sitting and the pit boss was standing next to him. I have to say the person I was with was very attractive and they were both looking at her. She turned and looked at me waiting for my signal that it was seven O'clock .I nodded and she put five dollars on the number seven. They were still watching her. And you guessed it the number seven with the five two came up. The table boss and the pit boss saw this whole action and were looking at us like what the---- She picked up her winnings and we walked away. Again I was blown away.

We did more football games with great success. Before we left we tried the baccarat table. There was the big table and a bunch of little tables, we went back up to the room and I put her under hypnosis and she saw a specific little table with the bank winning five times in a row at 10pm. We went down to that specific table and at 10pm, again according to my watch, she bet five dollars on the bank and the bank won five times in a row. That was really wild.

It was also basketball season and she was nailing the winners there also. We finally decided to go for it. We started out with \$200 bets. And as we won we raised it to \$500, and then \$1000. We leveled off there. We ran it up to \$10,000. But then the pressure started to get to her and she admitted that even though at first it came easy, for the most part it started to become a real struggle between her analytical mind and her psychic ability and she was burning out. So we terminated our venture trying to use her psychic ability to make money.

HEALING THE BODY WITH HYPNOSIS

As I talked about earlier hypnosis can also heal the body and I learned from the studies of Dr. Messmer and other case studies. I have had numerous successes in many other areas of mind over body using hypnosis techniques, but I have picked out a couple from my own case studies www.creativemindtraining.com/casestudies.html that has to do with the healing powers of the mind.

A woman I knew came to me with a malignant lump in her breast. It was quite large and was protruding. She said she had read where hypnosis and visualization had been

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successful in some cancer patients and wanted know if I would work with her. I told her I would be more than happy to work with her but that it was a medical problem and I would need a prescription from her doctor. She did get the prescription and we started. We started with visualization, her seeing an army of cells, like warriors attacking and devouring the cancerous cells. I told her under hypnosis that she would be able to hypnotize herself and continue to visualize. After a couple of sessions, I knew that some people responded better to a combination of suggestions, visualizations and physical touch. I knew this person quite well and I asked if it would be ok touch the lump as it was in the upper part of the breast. She said she had no objection to it. Once she was under hypnosis I told her that I was connected to the powerful healing energy of the universe and I had my hand pointing right up at the sky, and that the powerful healing energies were coming right through me and I grabbed the lump with my fingers and all of the sudden I could feel the lump breaking up. So we continued using that procedure until the lump was gone. I never know what someone might respond to and when it comes to helping someone I use all the tools in my arsenal.

There was an older lady friend of mine that I hadn't seen in awhile. She called me one day and asked if hypnosis could help with pain, because she had terrible arthritis and her hands, arms and legs were in raps and she was on a walker. I told her that hypnosis had been very successful in controlling pain and I would love to try and help her. I had also had great success using a method called **Cell Command Therapy**. After our discussion I decided to use it with her. How it works is that I get the subconscious mind to agree to release every reason for her to have arthritis. Once all of that is cleared, I would then ask the subconscious mind which cell systems were being affected by her problem. After the cell systems were identified, I would then ask to speak directly to those cell systems. Once I got a conformation that I was talking to the cell systems, I would command them to heal and restore. Then I told her that all her joints were being lubricated and every time she moved the lubrication would become more powerful. I was very pleased with the session; she was a deep subject and had responded to the commands and procedures very well. However the proof was in the pudding so to speak. How well the session worked. I got a call from her two days latter, she said that she was off the walker, her wraps were gone and her therapist couldn't believe it. I stayed in touch with her for several months and the pain of arthritis never returned.

So we proved that ESP is real. We certainly proved precognition and it didn't seem to matter if the game was the same day or weeks away, that the healing power of the mind is real. That hypnosis, self hypnosis and guided meditations are tools to help us get in touch with areas of our abilities that are impossible with just our conscious mind. During this

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whole period I was still growing, trying to understand the connection between all this and spirituality. I have come to believe that hypnosis is God's tool within us. And when used in a positive way it can help us unlock the powers within, free us from the ties and attachments to the past and help us become one with all the positive energies in the universe.

The things that block us from our full potential are the negative thought forms and the negative images we have in our sub-conscious mind that rules as long as they are there. Another thing that we seldom hear about is sub-personalities that serve to block us. I run into them all the time in my practice. Now when I am doing a regression I always ask who I am talking to and I can't count the times that I get another name. Then I have to deal with them just like I'm dealing with a real person. And then there are the ones who regress right into a past life. Here is another area where I have seen dramatic results. Whether you believe in it or not when I get people to release and let go of the past life they are experiencing the vast majority of the time their symptoms go away.

So it is up to us to do everything we possibly can to rid ourselves of the blocks and causes that serve to defeat us, because the stories I have just told you means that the sub-conscious mind has the power to use everything in its arsenal to guide us where it thinks we want to go bad or good. It uses our own ESP below the level of our awareness, and in most cases it will take a massive effort on our part to work toward freedom and upliftment.

As I have said the sub-conscious mind doesn't know the difference between a real experience and a vividly imagined one. So when you imagine positive results with positive affirmations daily, positive results can happen. However if you find yourself not doing your imagery or you are doing it and not getting results, then there are deeper blocks that need to be dealt with. You may need outside individual help. You may need to find a hypnotherapist that you feel compatible with to help you disempower the blocks and causes and replace them with positive input.

Christen's story

I can use myself as an example. I have carried a lot of baggage because of my childhood I was a depression baby. My father was a hopeless alcoholic and was out drunk when I was born. When he sobered up for a moment he came to the hospital and my mother told me he got down on his knees he cried and swore to my mother that he would never do it again. Naturally he couldn't help himself. And he eventually drank himself to death at age 39.

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My mother was a very angry person. She tried her whole life to get her mother's love and approval but her mother was incapable of giving it so it was a futile goal. She couldn't pick a man to save her life; they were all losers too.

My father used to beat up on my mother. One time my mother had hid some money in a shoe and my father wanted it. When she wouldn't give it to him he hit her in the eye and then started choking her. My sister went and got the money and gave it to him. Later she told me she did that not so much to save our mother but she was afraid he might turn on her next.

My mother had a black eye where he had hit her. She was wearing dark glasses but you could still see it. A neighbor asked her what happened and I guess she was too embarrassed to say, so she said I threw a toy boat and hit her in the eye. The woman glared at me. I was four years old at the time.

By the time I got to school I would daydream my way through the day. I flunked the first grade. The teacher said in the classroom that everyone was going to the second grade except David (my given name) and she stood in the doorway, as the kids filed out, glaring at me in self-righteous indignation. I laid my head down on the desk in shame.

My mother had nervous breakdowns and my sister and I ended up in foster homes with people who had their own insanities, or we ended up with nutty relatives. After a few years my mother was well enough to get a place to live and we moved back in together. Of course there were many more neurosis provoking moments in my life but this gives you an idea of my of my early environment.

So the point I am making is I grew up with a negative self image, low self esteem and a lot of sub-conscious blocks. And I know that I was being guided by my sub-conscious mind playing off all that negative information that had been programmed into the memory cells of my brain, right into disastrous financial situations. I have made good money in my life and had built a business that was well on its way to making me a millionaire but in every situation I got the rug pulled out from under me big time for some reason or another. I ended up in bankruptcy. I felt like the guys that always kept picking the wrong mate. Only in my case it was the wrong financial endeavors.

It wasn't until I started using self hypnosis and meditations combined with the spiritual that I got my life turned around. I discovered that I had been living life through what I call "mortal conscious self will control" instead of my intuition that comes from my

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higher source. I am determined to master life and living on the firing in life. I learned some time ago that it does no good to retreat. Life is my teacher and it causes me to look deep inside my self daily as, what I call “the divine observer”, to me this means without judgment of my self or others. It gives me the opportunity to grow through all my experiences being totally impersonal and you can too. I listen to my own CD’s daily and find that the clearer I get the more accepting I become, and the more accepting I become the more I grow.

I want everything in life to come to me through the highest form of energy. I ask that for myself and I ask that for you.

So, I have taken everything I have learned and formulated it in to a six CD system to help people improve their quality of life. You can not separate the mind and body. If we don’t feel good mentally it affects us physically and visa versa. We all have natural success magnets and drives that come into play when they are freed up. In my 6 CD System, I have created a guided meditation for Clearing, Cleansing and Rejuvenation.

Clearing is designed to help clear our ties and attachments to the past and accept the positive flow of the universe and enhance our intuition.

Cleansing is designed to cleanse our mind, body and spirit of negative influence, align us so we feel one with the universe and keep us centered.

Rejuvenation is designed for spiritual upliftment, magnetizing positive energy and then rejuvenating every cell in your body.

This is all done through guided meditations so that the imagery and suggestions penetrate deep into your sub-conscious mind.

Inner peace, freedom and Centeredness
Christen Violette Cht.

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