

# Belief Change

**George Hutton**

***Directions for Use***

This audio learning course is in three parts. One part coaching and two parts hypnosis. The coaching section can be listened to any time, and as often as needed for the ideas and reframes to sink in. There are a few exercises described, so listening while taking notes, at least once, can be beneficial.

As for the exercises, they can be done mentally, or on paper. Whichever is easier.

Both of the hypnosis sessions require being in a comfortable position with your eyes closed.

The first one is a guided visualization, where you will create your own inner laboratory in order to work on your beliefs. You'll need a belief you'd like to change, a belief you'd like to build in, something you absolutely know is true, and something that you doubt is true.

The Known Truth can be something that's a mathematical or physical fact. The Doubt can be anything where you're not sure either way. (The Mets will win the World Series; the next Batman movie will be the best ever, etc.)

Once you've got these four ideas in mind, you're ready to listen. You can listen with or without headphones, but be sure you are relaxed, and can close your eyes without being disturbed.

The second hypnosis session is a Dual Induction Hypnosis session. You'll hear a separate voice in each ear. It's best to listen with headphones.

To begin with, think of a belief you would like to get rid of.

What does this belief keep you from doing, being or having?

Next, think of a different belief you'd like to have instead.

What does this new belief allow you to do, be or have?

Once you think about and answer these questions, you're ready to listen. The Dual Induction session is intended for your subconscious, so you don't need to worry about listening carefully. Just relax, close your eyes, and let your mind wander wherever it wants to go.

# Contact

Questions? Comments? We'd love to hear from you!

Email: [support@mindpersuasion.com](mailto:support@mindpersuasion.com)

Site: [mindpersuasion.com](http://mindpersuasion.com)

Forum: [mindpersuasion.net](http://mindpersuasion.net)