

Work With Your Children's Subconscious Mind

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Greetings,

Thank you for downloading this file. My name is Israel Maya and I am a certified Master Hypnotherapist working with many areas of hypnosis. I really enjoy helping others and do many kinds of hypnosis such as: stress release, pain control, painless childbirth, emotional release, regression therapy and some others. But among everything that I do...my most important task is to 1) **Educate you** and 2) **help you gain control over any part of your life that is out of control**. So in reality my job is not just about hypnotizing and giving positive suggestions, the real excitement in my work is about teaching you where you are having difficulty if you can't see it and then empowering you so that you can overcome any obstacles.

I've Been Really Lucky

I have been very fortunate to have found a career like the one I have. I've had such wonderful opportunities to help many along the way, even if it was just teaching someone the smallest thing...people have told me that their lives have changed by just bringing up the simplest things to consciousness.

I have had the opportunity to see firsthand how childhood affects us. Many adults that have come to see me for emotional healing and have gone through regressive therapy have taught me how important and forming the first handful of years in a child's life really is. It literally shapes the way you think, act, love, and can seriously affect (in a positive or negative way) the way you handle relationships with your spouse, children and others. Because of this, I thought of how extremely important it is to begin helping children very early on for success in all areas of their lives. With some really simple techniques I am going to teach, you will literally learn how to help improve your children's future way before they get there, so stay with me.

How It All Started

Unfortunately, when many of us were growing up, our family members and parents left many areas of our success up to us. Many of us were left to figure out a lot of things without too much explanation. Many children asked, (and you may have as well) "Why do we do this?" "That's just the way it is" was the reply. We were, at times left with confusion leaving it up to us to figure out why we do certain things, or why people react or think the way they do. As children, our curiosity caused us to observe the way other individuals acted (such as our peers, family members, teachers or parents) which formed our way of thinking. Many times we drew on their negative outlooks in life. We accepted their points of view because they were the intelligent ones. They were the ones that had the experience and knew almost everything in life.

As we grew older, our minds established our identity and way of thinking based on what we heard and saw from others in the past. Thus, in reality you are the sum total of all of the thinking of your past and you formed your own ideas of success and how life should be based on your life's previous experiences. For example, many people believe that getting older means getting sick, memory loss and hardships. It is only from the constant comments that they heard from their grandparents or even parents that programmed that idea in their minds. So as those people got older, they immediately attributed aches, pains, and loss of memory to getting older. We know that growing old does not have to be that way. There are many active, healthy, happy individuals that are 70 and 80 years old. Another prime example is that "you must work hard to make money." Many individuals hold that belief in mind and feel that if they don't do something that is stressful or a job that causes them to "work hard," they are not doing enough. We also know that this is not true, for there are so many people doing little and making a substantial financial income in investments, real estate, etc. It doesn't mean that they don't work, it just means that they don't have to kill themselves to make a living.

The Critical Factor

We have a very important mechanism in our minds called the "Critical Factor." This mechanism's job is to protect ideas in the subconscious mind. Here is an example to prove to you that this mechanism exists. If I tell you that the sky is green and the grass is blue...what is your reaction? There is a rejection, or a resistance that says..."no it isn't." The critical factor compared the information that you had in the subconscious. When it found this information to be different than what was there it rejected the new information. The information does not have to be necessarily true or false, it just have to be different or contrary to what you already know in order for there to be a rejection. We do this all of the time with new ideas that contradict or are different than what we know or are comfortable with. This protects our identity and who we are once our subconscious accepts and establishes these ideas, but it also protects negative ideas that are lurking in our subconscious as well.

The Vicious Cycle

When you want to make a conscious change in your life on whatever idea or habit you choose, your conscious mind exerts a lot of energy in trying to make a change, but the subconscious mind is the one that has the programming. It's like trying to change a program in the hard drive of your computer through software. No matter how good the software is that you place in your computer, if the hard drive is corrupted, there will be no change in the way the computer works. In other words, if a person wants to make a change, he does his best to make those changes consciously but the critical factor blocks many of those suggestions of change because the program of change does not exist in the subconscious. The subconscious has literally been programmed with negativity so that change is difficult or impossible **unless you access the subconscious**. This does not mean that change can't occur, it just simply means that it is more difficult and that one has to look in the right place to make a change possible. This is where hypnosis and personal growth can make a big difference.

There Is No Critical Factor In A Child

If I tell you that there is a planet that we have just discovered (we will call that planet Z) and that the sand on that planet is purple, would you reject that idea? If you knew nothing about planet Z or you didn't even know that Planet Z existed, what could you say? You would have to believe me to some extent until you verified the information or until you heard otherwise...correct? Therefore, the critical factor only forms around ideas that you have already established in your mind.

In a child's mind, there are no ideas at the beginning. Remember, ideas filter in from parents, siblings, family members, peers media and others. Children establish ideas based on what they hear, see and experience for themselves. In many cases the way they view their experiences are biased, tilting toward what they have already learned. For example, if you tell a child that math is difficult from the time he is little, he has no choice but to believe you because you have stated what he considers "a fact." When he goes to school, he will already have the idea that math is difficult and his mindset may be that he may not be able to do it because it is hard. Failures on tests or difficulty in understanding the teacher will only establish this idea even more, compounding it and making it a fact "for him" that "math is difficult."

This does not mean that a child that began with negative programming is going to be a total failure in life and it also doesn't mean that a child that began with positive programming was not going to have a difficulty in math, English, social studies, prosperity, relationships etc. anyway. Maybe that child does not have the mental capacity for certain things. However, we can give them a head start.

A Head Start For Success

In hypnosis, we have a term called "waking hypnotic suggestions." This simply means that you can give someone suggestions when they are fully alert, not hypnotized and the suggestion will be accepted. Of course, this depends on several factors. One very important factor is that the person who is receiving the suggestions respects or admires the one giving the suggestion. Think of your favorite movie star or singer, think of a famous doctor, the president of the US or a well-known religious leader. What they say can instantly hypnotize us without us even knowing it and they can quickly and easily implant suggestion because many of us are so respectful of them. Yes you have the power to block these suggestions, all you have to do is mentally reject them, but most people are not aware of what happens when they are in front of or meet with such a respectable individual.

Children, (especially before the age of 5-6) on the other hand do not have too much defense against suggestion because they are in the process of learning. When you teach a child a new concept, he doesn't really have any other information to compare to so the child just accepts it as it is. This is the basis for their programming of the future. When you begin to teach a child about life, schooling, socializing, and relationships (in a simple manner, not with any philosophy), even with your actions...they learn and establish this as their beginning source of information. If you show your child positive things, they will act out in a positive manner, if you show your child how hard life is and how sick people get, how many people suffer around the

world and how scared you may be of living in general...the child will grow up with that idea and establish it as his own. Having this knowledge, it is my responsibility to educate you on the importance of your words in front of your child and what you say to your children.

They Have No Choice But To Believe You!

If you tell your children that they are smart and continue to reinforce it, they have no choice but to believe you. At a young age, keep in mind that children have no Critical Factor and no mechanisms that block suggestions. You can literally program a child at an early age. Once they turn the age of 5-7 they will question, but before that age (depending upon the mental development of the child) they will have total belief in what you say. In this case, you are not only respected, you are God in the eyes of that child.

On the same note, if you tell a child that he is stupid when he does something wrong, the belief of stupidity will begin to set in. If the child is told over and over again, “**you are so stupid,**” “**why did you do that dumb kid,**” “**you are no good for nothing**” the child will have no choice but to believe you and guess what....if the child does something that he thinks is dumb, he will just suggest it and reinforce it for himself and to himself. This message will be the one that plays in his mind over and over again because mommy or daddy (whom is always right) told him that he is stupid or good for nothing. Sounds scary? Yes it is, especially when you have clients that have had this happen to them. Please don't do any of this to your child, give them praise all of the time that they do something good and go easy on them when they do something wrong.

Let me repeat myself and as repetitious as it may sound, read it anyway. Please give your child as much praise as you can so that you can get them off on a good start. Program them and give them plenty of “waking hypnotic suggestions” so that **YOU... can affect their future.** Tell them how handsome/pretty they look, tell them how smart they are, tell them how wonderful they cleaned something (even if they didn't do such a great job), build their confidence and tell them how easy life is going to be for them and how fantastic they are going to do in school and how easy it will be to get along with other people. **You are the hypnotist**, you are the programmer and you can affect their future starting now. When do you start? When they are tiny little things. Start when they are just born, or you may want to start before they are born if you can. They won't fight you, they won't tell you that you are wrong, they will just sit there and stare at you and say ok, I guess I am smart, good, pretty, handsome, and everything other positive thing that you tell them. If you have questions...call me, or let me know how this information has helped you, or how I can help you further. Good luck.

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