

How To Help Your Children While They Sleep

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The information presented here is not to be used in any malicious way or with any malevolent intent. This material is not intended to be used in the aid of programming children in a negative fashion. It is the reader's responsibility to use the techniques presented here wisely and in a healthy fashion.

The author assumes no responsibility.

If your child is psychologically compromised, or is seeking psychological or psychiatric help, please consult your doctor before using the technique described below.

Thank you for downloading this file. I really appreciate you taking the time to look at this information. The material that you will find here will really blow you away, but most importantly it can help your child/ren excel in an academic, social and even financial means. With the following tool, you will literally have the power to influence your child's future. You will better understand this file if you have already read the file titled "**Work With Your Child's Subconscious Mind.**" You will find it in the download section of www.painlessbirth.com.

The Critical Factor

Here is a brief review of important information pertinent to this file. As you may remember, the mind has an important mechanism called the Critical Factor. This mental instrument (if you may) helps you to keep your identity and protects ideas in the subconscious mind. It does not matter whether the ideas are bad or good, positive or negative, the ideas are protected.

In children, the critical factor does not form until the age of 5-6 depending upon the mental development of the child. In fact a critical factor cannot form unless there is a pre-existing idea. In other words, there must be an idea to protect in order for there to be a critical factor. For example, if I teach a child that wheels are round, the critical factor will form about that idea. If you tell the child otherwise, the child will tell you "no, wheels are round." This, of course does not occur unless the idea that the child has accepted has been firmly established. By this I mean that the child already has a set belief in what was taught.

No Critical Factor – No Resistance

If a child does not have a critical factor, it means that he/she is not protected from any ideas. If you tell a child that he/she is successful or is smart, what resistance can they have? They just accept those words as they are because they have no other information in their subconscious to refute what you've told them. As parents, this is definitely to our advantage and can save our children and us a lot of headache in the future when talking about success because we can have a tremendous influence on our child/ren's self-confidence.

We can use this knowledge to our advantage, not only in the waking state but while a child sleeps as well and here is where the beauty lies in this technique...almost effortless success for the future for your child. Of course, this techniques has it's limitations and may not produce another Einstein but it can definitely give your child leverage.

Be A Little Sneaky

Yes it's true! Hacking into your child's subconscious mind is a dirty rotten trick, but hey somebody has got to do it. In fact, somebody will if you don't get in there first. They may not get into their subconscious through sleep, but the really influential people, peers, commercial, friends, family etc. will cut right through the critical factor like a knife through butter and you don't need to be asleep for that. So don't feel guilty about programming your child, because remember...you do it anyway. And for the people that lean toward spirituality and say "but I'm changing karma" I say that the child's karma is to have his karma changed.

So Here It Is

When your child is asleep, I'd say pretty much like a rock softly come up to him/her and say..."this is mommy/daddy...you can hear me but you can't wake up (*say that about 3x*). Just say this softly and then ask the child to move a part of their body. For example you might say "ok Johnny, show mommy/daddy that you can hear me and move your arm/leg a little. Just one part of the body is fine and just a slight movement is also good. Once you've got that established, you can begin to fire away suggestions to the child and they will go directly into the subconscious mind. Which suggestions for example? Something like: "You know, tomorrow is your first day of school and you will be so happy there with all of the children. You will find that you are so excited to go to school and you will have such a great time while you are there."

When you are finished with giving your child the suggestions, tell the child to go back to sleep again. "Ok Johnny, you are now going back to sleep and it is not necessary for you to remember this tomorrow morning. Just sleep deeply now...mommy/daddy loves you...good night." That's all there is to it, simple but very powerful. **Below are some Q's and A's that may help you better understand more about this process.**

Questions and Answers

How much time should I give the suggestions? Generally about 15-20 seconds is a good amount of time to give suggestions to your child while asleep.

Should I stay on one topic or can I do several at a time? Besides working in a time that the mind is very passive, you are also dealing with a child so it's better to stick to one topic at a time and keep the suggestions simple.

How often should I use this technique? If you are really gung ho about the technique, you can use it 1-2 times per week. It's not really necessary to do it everyday and you may not want to interrupt your child's sleep that often or even create a subconscious dependency on you and outside suggestions. You need to give your child room to suggest to him/herself. You also don't need to use this technique for many years; use it once in a while and it can be very effective, but don't forget that most of the programming that you give your child comes from a waking state.

Is there an ideal age to begin using the subconscious suggestion sleep technique? Once a child begins to understand is a good time to start using this technique, although just talking to a child even if they don't understand also helps to create a subconscious message that they will hear once they begin to understand. They don't need to be asleep for that. However, to be more concrete, around the age of 3-5 is good depending upon the mental development of the child.

Is there an age I should stop using the technique? Probably around the age of 8 or 9 because the child can wake up while you are giving suggestions and wonder what you are doing. This may cause a problem with trust unless your child knows what and why you are doing what you are doing. You may want to see if your child is averse to you using the technique and will have to judge for yourself. You may want to explain to your child that what you are doing is only to help him/her and if the child is accepting, then continue...otherwise stop.

What should I do if my child wakes up in the middle of me giving suggestions? Sometimes, the child may seem to be awake but he/she is totally asleep or in a very deep hypnotic state even with their eyes open. They can even talk to you and respond. If this is the case, your child will remember absolutely nothing in the morning. Nevertheless, if the child is very young (3-8) and happen to open their eyes in the middle of suggestioning tell them softly to go back to sleep and quietly leave the room. They will usually just close their eyes and fall right back to sleep. If you believe that the child is totally awake, especially at an older age...act really dumb. You should say, "Ohhh, I thought you were awake, I had no idea you were sleeping." Then tell them you are sorry and to go back to sleep. Most likely, they will not remember anything in the morning, but to be safe, don't bring up the issue.

Are there things I should not say while giving my children suggestions?

Yes. Stay off the negatives. Don't use the words: don't, not, can't, shouldn't because the subconscious may reject these words by something called phrasing. Instead of saying, "you are not going to be nervous tomorrow," use "you are going to feel very happy tomorrow" instead. Instead of "you will not hate math anymore," use "you will have a great time in your math class and math will be easier for you to understand."

Can giving my child subconscious suggestions hurt him/her? Keep in mind that you are always giving your child subconscious suggestions. It's just that now you are doing it in a different way. As long as you use reasonable suggestions and don't try to force your child into anything they would never want to do...the technique will not hurt the child. If your child is psychologically compromised, or is seeking psychological or psychiatric help, please consult your doctor before using any subconscious technique.

If you have any other questions, you may E-mail me (info@painlessbirth.com), I'd love to hear how you are using the techniques and information that I've provided. If you have any questions about hypnosis do not hesitate to call. I wish you the best of luck and I wish you and your children great success.

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