

BRAIN TRAINING

Exercises

NEUROSCIENCE

HYPNOSIS

ANCIENT WISDOM &

TRANSFORMATIONAL

PSYCHOLOGY

NELL ROSE FOREMAN

BOARD CERTIFIED COACH

HYPNOTHERAPIST



GET OUT OF FEAR

And Into Calm Quickly



Welcome!

Congratulations, you have completed your first session with me. We covered a lot in our session. Breathe, you have this. Remember we are in partnership to manipulate your mind and way of being to get the result that you want. Trust the process, it works!

Ready to get centered? The exercises are simple but powerful. Don't discredit them because of their simplicity. They are scientifically proven to engage the neurochemicals in your brain to elicit the response we discussed.

Don't over think it! ***Remember the best way to get out of the mind is to get into the body.***

Change is not always linear. You may make strides and then take a couple steps back. I want you to remember that is ok and even expected. It is trusting and committing to yourself again and again. With awareness and attention your brain will rewire more quickly than you thought.

Along with the exercises you will find a Hypnosis Mind Spa Audio. This audio is a great way to rewire your brain for success. Please find somewhere comfortable where you won't be disturbed to listen. As you listen, visualize the outcome you desire. You may find that you enjoy this time and will begin to look forward to it.

There are several exercises included in this guide. Because I take my clients through a custom program some of the exercises we may not have discussed yet. Please stick with the exercises that we covered in your session. Using this blend of exercises and audios you will find change will happen easily. You have this. I believe in you!

To your success,

Nell Rose Foreman

NEURO - Exercise #1

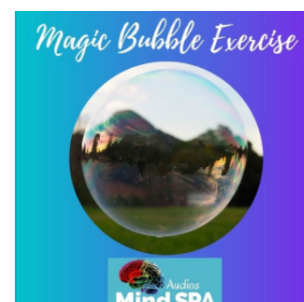
Magic Bubble

- If you feel anxiety and fear (or other discomforting feeling) take a moment to deal with it and notice what you are feeling and where it is in your body.
- Once you know what and where in your body or mind you are experiencing this feeling, ask yourself:
If this feeling had a color what color would it be?
Is there a shape?
Is it big or small?
Heavy or light?
Can you see through it or is it solid?
Is it hot or cold?
Is it smooth or rough to the touch
- Visualize or imagine a steel box in front of you.
- Once you have identified all of these modalities it becomes easier to grasp, allowing you to imagine getting rid of it. Imagine reaching into your body and removing that feeling. When you are ready place that feeling in the box and shut the lid.
- Now scan your body again and feel if there is any of this feeling left, sometimes it can move or get smaller. If you do feel something, repeat the same process and place in the box. Then scan again.
- When you have completely removed everything, lock the box, weld it shut, put chains around it. Then move it away from you, across the room, across the horizon so that it is small and far from you. Then choose how you want to destroy it, shoot it to the moon, shoot a missile at it, until you know it is completely destroyed and can't come back.

Now go to your comfort, safety feeling or experience and notice where you feel that. Ask the same questions but then bring attention to it. Anything we give our attention to begins to grow. allow this color to grow and expand into every cell of your body, until you are so full it expands out into the room, feeling that wonderful feeling of safety spread filling up the building and out into the world. See yourself with this wonderful color doing the activities through the rest of the day feeling calm, safe and relaxed.

Mind Spa Hypnosis Audio - Magic Bubble Exercise

Access this audio by clicking [HERE](#)



NEURO - Exercise #2

Anchor

- If you feel anxiety (or other discomforting feeling) squeeze your finger and thumb together as you did in our session, take a deep breath and allow that positive feeling and relaxation spread throughout your body.
- Imagine the color that you felt spreading with it and around you. You are protected in this bubble.
- Develop a relationship with this bubble. Practice using the anchor, feeling this feeling and then letting it go, and bringing it back. Notice the difference with it, and with out it.
- If you continue having a discomforting feeling, rub your thumb and finger together gently in a circle. If you can close your eyes and remember a time when you felt safety and comfort. As you do count backwards down from 100 allowing each number to feel stronger connected with each number. You may get down to 92...0r 87... before you notice the discomfortable feeling is gone.

NEURO - Exercise #3

Powerful Neuro-engaging Breath Work

- Any time you notice yourself tense or anxious commit to at least 90 seconds of breathing in through your nose and out through your mouth for a longer period of time.
- So if you are counting in for 4, count to 6 or 8 on then exhale. The longer exhale is the magic. It turns on your parasympathetic nervous system and floods your body with feel good chemicals..
- If you can, close eyes and incorporate that feeling of safety and comfort.

NEURO - Exercise #4

Resource State

- If you feel anxiety (or other discomfoting feeling), determine the opposite for that feeling. Example: If you are feeling lonely, the resource state would be a time when you felt connected or loved.
- Your mind has no idea what is real and what is not. Close your eyes and bring up a memory of a time when you were feeling that resource state. Make it as vivid as you can! What do you see, feel, hear, who is there, etc.
- Play that memory in your mind, letting it do it's job. Imagine yourself feeling it working. It is allowing you to feel better. From this state, you can do anything because you are BEING in the energy that you need.
- Continue to feel or experience your resource feeling. Notice where you feel that in your body. When we give our awareness and attention to a feeling it begins to grow and get stronger. Imagine the feeling grows and expands into every cell of your body.

NEURO - Exercise #5

Excellence Mental Movie

- This exercise help you visualize what you want and puts you in the right state to achieve it. Visual imagery is more effective at reducing anxiety than words or logic. Our brain communicates thru symbols. It is a powerful way to create what you want in your life. You are creating 80% of the nueron networks needed to accomplish your goal.
- Before you sleep decide what you want to work on. Your task is to create a short movie. Example: If you have a presentation the next day and have been nervous, imagine your self presenting with calm and ease.
- Create as much detail as you can, what it will feel like, how you will walk and carry yourself, what you smell, etc. The more detail in the moment the better. Our subconscious mind will think about and experience what ever it is that you think about right before you sleep.

MIND SPA - Hypnosis Audios Progressive Relaxation

Below is your progressive relaxation audio. For the most powerful effect, use with headphones and never while driving a car. The best thing to do is to find somewhere comfortable where you can sit or lay down and relax. At a time where you won't be disturbed. No need to listen to all of them. Pick the one that works for you.

These are perfect for practicing the mind/body connection and creating relaxation in your body and mind. You may begin to feel more relaxed, sleep better and experience an overall feeling of comfort. Hypnosis and relaxation are skills, the more you do it the better you will become.

This audio has a special mind-enhancing technology, to put your mind into the perfect state for growth and development as well as subliminal suggestions for positive self-esteem and confidence. As you listen to the audio bring up the experience/desire that you are working on creating. Example- if you are anxious while driving over bridges, imagine yourself easily, calmly driving over bridges, if you are anxious at work, imagine going through your day with this wonderful productive positive energy. As you think about creating what you want, notice if your body tightens, if it does, breathe into that area. Your goal is to stay in a relaxed state as you bring up your challenging experiences.

Like everything, the more you use these the better you will be at getting your body into a relaxed state. You can download this audios to your computer/phone. When you go to soundcloud click on the box with the arrow on the top right side (download button) Enjoy!

Mind Spa Hypnosis Audio - General Relaxation Awakening



Access this audio by clicking [HERE](#)