

Linda-Ann's Empowering Presentations, Pages 6-7

# *The Mindset Gazette*

*The Journal About Thinking Differently To Get Better Results*

*Featuring Mindset Expert:*

[www.Linda-AnnStewart.com](http://www.Linda-AnnStewart.com)

**Linda-Ann Stewart**

Are You Hypnotizing Yourself To Fail?

Relax Away Stress



# The Mindset Gazette

## About Linda-Ann Stewart - Mindset Expert:

Are you stressed and pressured by our difficult times? Do you feel overwhelmed? Have you wondered what to do to create a more relaxed, calmer and more productive life?

For over two decades, Linda-Ann has helped people change the way they think about their life so they can be more successful and achieve their goals. As a hypnotherapist in private practice, she's taught hundreds of people how to reduce stress, improve their self-esteem, break negative habits and improve their lives.

In her presentations, she explains how your beliefs, attitudes and expectations color your life, and what to do to change them in a positive way. This helps you to be more relaxed, calmer, have a greater sense of well being, be able to solve problems more easily, be more productive, efficient, creative, increase your self-confidence and improve your self-esteem.

Linda-Ann has written over 200 articles on mindset, empowerment and motivation that have appeared in national newsletters, magazines and on the Internet.

Her presentations, seminars, classes and workshops in Arizona, Las Vegas, around the Texas Gulf Coast and at a national hypnotherapy symposium have received high praise for being well presented and clearly organized. She's also on the Board of NSA-Arizona.

## A Personal Note from Linda-Ann Stewart:

If you're like most people, you tend to be hypnotized by your mindset. You believe things about yourself, your life and the people around you that aren't true. Your thoughts then form attitudes that negatively affect your behaviors.

Those beliefs then become self-fulfilling prophecies because you act on them as if they were true. If you act in the same way over and over, you're going to get the same outcomes. The only way you can change your results is to change the way you think and behave.

Decades of working with hundreds of people have vividly demonstrated to me that when you change your mindset, everything else can shift in your life. Changing the way you think about yourself and your world, changes the way you feel, and that changes everything. Doors open, stress evaporates, and you can be successful and achieve your goals.

Explore the articles and resources available in this magazine, and create new possibilities that can propel you forward to fulfill your potential!

~ Linda-Ann Stewart



"Linda-Ann is great to work with! We received lots of positive feedback from the attendees. We were so grateful to have Linda-Ann share her joyful spirit and abundant creativity with us." ~ Rev. Julianne Lewis - Unity of the Southwest

“I liked Linda-Ann’s humor, and that we actually took time to do the relaxation exercise. (I didn’t want to open my eyes again at first.)” ~ *Gayna Breeze*

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## Are You Hypnotizing Yourself To Fail? *By Linda-Ann Stewart*

Most people have gotten their misconceptions about hypnosis from movies, books and TV. Hypnosis isn't necessarily the "deep sleep" that most people associate with the state. It's a natural process that most people drift into many times during the day.

This awareness occurs when the conscious or rational part of their mind steps aside for some reason. Daydreaming, focusing on a project, watching television, or being in a heightened emotional state creates a state of hypnosis. The things a person says over and over to themselves or others, like "I know this won't work" or "It can't fail," becomes a post-hypnotic command that the subconscious must obey.

The role of the subconscious is to follow the directions from the conscious and take action on them. For instance, a smoker may firmly believe that he can't quit smoking. The subconscious mind takes that belief as an order and makes it almost impossible for them to quit. In the reservoir of the subconscious is everything a person has seen, heard, read or done. The strongest, most powerful idea is what the creative mind follows through on.

So if this same smoker said, without conviction, "I can quit and become a nonsmoker," the subconscious would ignore it because it was said without the conscious mind's believing it's true. The most powerful idea would still be "I can't." He's hypnotized himself

to believe that he cannot quit smoking.

The conscious mind's function is to gather information, make decisions, stay focused on that decision, taking what action may be needed. At that point, the subconscious takes over. A smoker would decide, "I'm done with cigarettes," throwing them away and committing themselves to not smoke again, no matter what. The subconscious then accepts the dedication and begins to create a new, non-smoking reality.

If a person thinks, "I don't have enough money," "I don't have enough time," "I'm not good enough," "I'll never win," "Everyone's against me," or some other negative idea, they're actually hypnotizing themselves to make that suggestion a reality. Said with enough fear, anger, sadness or other strong emotion and belief, it gets the immediate attention of the subconscious. That emotion signals that creative part of the person to take action on the declaration and find a way to make it come true.

Belief and expectation are the driving forces of self-hypnosis. A person believing that they're going to fail, and expecting something bad to happen, will generally be correct. On the contrary, if they expect that something great is about to occur, then their subconscious will begin searching for a way to make lemons into lemonade.



Whenever the conscious mind believes that a particular thing can happen, it's the responsibility of the subconscious to find the way to make it happen. Trusting that the subconscious knows what to do, and how to do it, gives the creative mind the power to find the best way.

As a person becomes aware of their attitudes about the challenges of their life, they can then create positive statements or affirmations to counteract the negative hypnotic commands. Whenever they hear themselves say or think the old statement, substituting the new one will begin to sink this new desire into the subconscious. It takes some time to flush the old ideas out, but persistence will pay off.

You've created your present life with this process called self-hypnosis. Use this same process to change the aspects of your life into what you want it to be. You create your reality, and that reality can be anything you want, as long as you believe.

"You have a unique ability to format your material during the presentation according to the educational needs and instruction level required by your audience. This skill allows you to tailor the presentation "mid-stream" and really help the attendees learn and grow. You have a natural speaking style that is easy to listen to." ~ Tyler Johnson, Conference Manager, NACE - International Autobody Congress & Exposition, Hanley Woods Exhibitions

## Relax Away Stress *By Linda-Ann Stewart*

Do you think that stress just arises from difficult relationships, the death of a loved one, or from the workplace.? Not so. Stress can come from events such as Christmas, moving, a wedding or divorce, a vacation or even winning the lottery. The common denominator of what causes stress is a person having to adjust to something new.

Anytime you have something out of your normal routine, your mind has to make changes to accommodate the new circumstances. The subconscious mind doesn't like change. It likes the status quo, so whenever anything throws it off its schedule, your subconscious complains.

Stress results in tension, anxiety, short temper, tiredness, memory loss, inability to sleep, worry, obsessing over nonessentials, and much more. Without relief, stress begets more stress, and escalates. If stress continues unabated, it will eventually erode the body's organs, and create illness or disease.

To combat stress and its conse-

quences, take some time to do relaxation or meditation each day. This puts a break in the cycle of stress.

Meditating and relaxing helps to calm the mind and body. Instead of always feeling on edge and in danger, this practice lets the mind know that all is well and you are safe. This allows the body and mind to recover and recharge.

As a side benefit of taking a mental vacation, you actually become more efficient, effective and creative. Your awareness of your intuition will be enhanced. Any kind of contemplation will do, from concentrating on a mantra, to doing self-hypnosis.

Select the one that you resonate with. You just need to take the time to center, getting back in touch with yourself inner resources. By doing so, you'll have more time and strategies to deal with the events of your life.

**Download instructions on how to "Relax Away Stress,"** at [www.Linda-AnnStewart.com/relax.pdf](http://www.Linda-AnnStewart.com/relax.pdf)

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- \* And more

## *Linda-Ann's Presentations*

"Since beliefs tend to become self-fulfilling prophecies, the more you know about how to change your mind in a positive manner, the more effective and productive you can be."

~ Linda-Ann Stewart

### **Undo The Voodoo That You Do So Well** - 60-90 minutes

#### *Stop Hypnotizing Yourself To Fail*

You hypnotize yourself every day. This is normal, though, unless you're hypnotizing yourself to reinforce negative messages. These unconscious messages, beliefs or attitudes can make you unhappy, unproductive or underachieving. Undo The Voodoo shows you how to stop this trance-like self-sabotage, and improve your personal and professional life. This leads to more easily attained goals, increased productivity and an overall sense of accomplishment and well-being. This presentation will show you how to break the trance of your mindset.

#### *You will learn:*

- How to be more effective in your world
- Why it's important to be careful about what you tell yourself
- How to change the things you tell yourself
- What you can do to fulfill more of your potential

"Even if you have incredible knowledge, abilities and skills, your beliefs and attitudes can hold you back in all areas of your life."

~ Linda-Ann Stewart

### **From Stressed To Refreshed** - 60-90 minutes

#### *Reduce Your Stress In 15 Minutes A Day*

Stress is an everyday occurrence. Pressure from daily life builds up and negatively affects every aspect of your life, from your health to your mood. Finding a way to combat stress by unwinding, relaxing the muscles, and taking a mental vacation can reduce the pressure and help you have more resources to deal with the challenges of your life. This presentation will show you a simple way to relieve stress and live a happier, healthier life.

#### *You will learn:*

- What stress is
- How stress affects the mind/body
- How relaxation effectively decreases stress and improves health
- Alternative, wholistic techniques to decrease stress and lead a happier, healthier, and more productive life

"The one place we have complete freedom is over our thoughts. No matter what's happening, we have control over our attitudes and perceptions. And that affects how we respond to events."

~ Linda-Ann Stewart

## **First Aid For Anxiety - 45-60 minutes**

### *Your First Line Of Defense Against Anxiety*

In our fast-paced world, with so many changes and responsibilities, most people suffer some anxiety on a regular basis. Whether it's from having to finish a last-minute project at work, dealing with a difficult co-worker, traffic problems or handling a crisis at home, anxiety is a reality of life. Up to 25% of the population will deal with some kind of anxiety related disorder during their lifetime. And most people regularly feel mild anxiety that can be distressing and uncomfortable. Constant anxiety, even at a low level, reduces productivity and negatively impacts health. This presentation will teach you a simple technique to gain control over your anxiety

#### *You will learn:*

- How your thoughts can trigger anxiety
- The cycle of anxiety and stress
- What to do to break that cycle
- How to practice a simple technique that immediately stops anxiety

# *Seminar*

## **Breaking the Cycle of Stress - 4 hours**

Stress is one of the worst by-products of our society, negatively affecting every level of life. It is known to decrease effectiveness at work, interfere with sleep, cause anxiety, erode harmony at home, reduce the immune system's effectiveness and cause many other problems. When you're stressed, you tend to find nonproductive ways to deal with it, such as smoking, not exercising, eating too much and other self-destructive ways. Knowing this, it's worthwhile to learn an easy, safe, and convenient way to manage stress. This seminar will teach you how to deal with the physical and mental causes of stress and defuse them in a constructive way.

#### *You will learn:*

- What causes stress
- What stress is
- The effects of stress
- The benefits of stress
- How the way you think about stress increases its effects
- How to change the way you think about stressful events
- Three ways to break the cycle of stress
- How relaxation short-circuits stress
- What hypnosis is
- How to use hypnosis to change the way you think
- How to use hypnosis to reduce stress
- How to practice self-hypnosis
- You'll experience a guided demonstration of relaxation and self-hypnosis
- You'll receive an CD of relaxation and self-hypnosis techniques to help manage stress