

Full Transcript

Topic – **How To Have a Positive Mind**

Go Pure Introduction of Guest

- Name: Patrick Ho
- Title: Consulting Hypnotist
- What are you dealing with?

Using Advanced Hypnosis and Access Bars to help my clients:

1) overcome longstanding psychological related issues eg. Anxiety/ chronic Stress/

Depression/ Sleeping Disorder, Trauma, Addiction etc or

2) to achieve Breakthru success

by addressing the root cause directly at their subconscious mind level.

Question Go Pure asked

- In this current period, a lot of people are worried about the situation around them. There can be an excess in negative thoughts, together with a sudden change in lifestyle while being at home most of the time. How does this affect our minds?

From a physical and mental perspective, definitely it has great impacts for which we are slowly adapting to it. (or is still in the process of dealing with the new norm). We are becoming more and more sedentary, we feel a sense of loss (be it freedom, opportunity etc) and our inner voice (tend to be negative in nature) will raise its ugly head more often especially we are always bombarded by the negative news in the media like COVID19 figures, lockdown and its subsequent impact (loss of jobs etc), economic hard hit etc. Our anxiety level (trace back to root feeling) FEAR will definitely be on the rise – and our body actually produces more cortisol (a stress hormone) because of FEAR. We don't get to go out to have at least more sunlight (thus less melatonin produced which affects our sleep), we exercise even lesser (thus lesser dopamine/ endorphin which affects our mood), we can't meet our extended family & friends (thus lesser oxytocin which is a love chemical) and with the restricted intake of air when we go out due to wearing mask and no more facial

expression even when we interact, all these will just make us feel more and more lousy to put it the least. A definitely no-good sign for our minds if we are not mindful about it!!

- How can we train ourselves to be more positive and what are the benefits to doing so?

(DEMO)

I would like to use an acronym HOPE to start. It stands for “Hang On ... Pain Ends” to remind us to always be hopeful. And when we have hope in the future, infuse it with FAITH and LOVE to supercharge it, things will definitely start to change for the better. In other words, always use FAITH, HOPE and LOVE as levers to keep us vibrate in a more positive higher frequency, instead of spiraling downward into low frequencies caused by negative emotions.

- Is there any shortcut to recommend?

Definitely. I would say use a night ritual that I myself use every night.

a) Do a memory jog – recall every single event/ details right from the beginning of day till at night, find either 3 good things happened to you, or 3 good deeds that you have done for others. This is to fill our mind with Gratitude and fall asleep with this positive vibe.

b) **Recite 10 times** silently in your head, and can use your 10 fingers to assist, this powerful positive affirmation **“Every day in every way, I am getting better, better and better”**. This is a powerful auto suggestion (aka a self-hypnosis technique) by famous French Psychologist Emile Coue. This will help our mind to be more and more positive.

- Do you have any Link or Promotion that you want to shoot out?

Yes, <https://www.mindease.sg/online-counselling-service/> to book appointment online, apply “GOPURE” as coupon code to receive a complimentary counselling/ hypnotherapy session worth \$169. Limit to 1 redemption per user.

Pop-Up Question

- What does Purity within mean to you?

Our inner essence we all possess which sparkles with fires like a pure diamond.