

## HypnoSeed Brain Programming Method by Choizy Katanga

### HypnoSeed : Brain Programming method by Choizy Katanga



### The Human Brain

During the past twenty years, technological innovations such as the development of MRI or PET techniques have allowed very great strides in understanding how the human brain functions.

The human brain is a complex organ and powerful. Composed of approximately 100 billion neurons that are fed by a network of more than a 1500000 km of blood vessels, the brain has tremendous capacity for action:

- it produces more than 9 billiards operations per second
- Each brain cell has the complexity of a global phone network
- Every second, approximately 10 million cells die to be instantly replaced by an additional 10 million new cells.

With such a brain, one quickly realizes that the human being may have a limitless potential.

Yet according to recent findings in neuroscience, we seldom use consciously 4% to 5% of our brain capacity. 95% being used in an subconscious manner.

*Do you remember the person you wanted to be, when you were a kid ?*

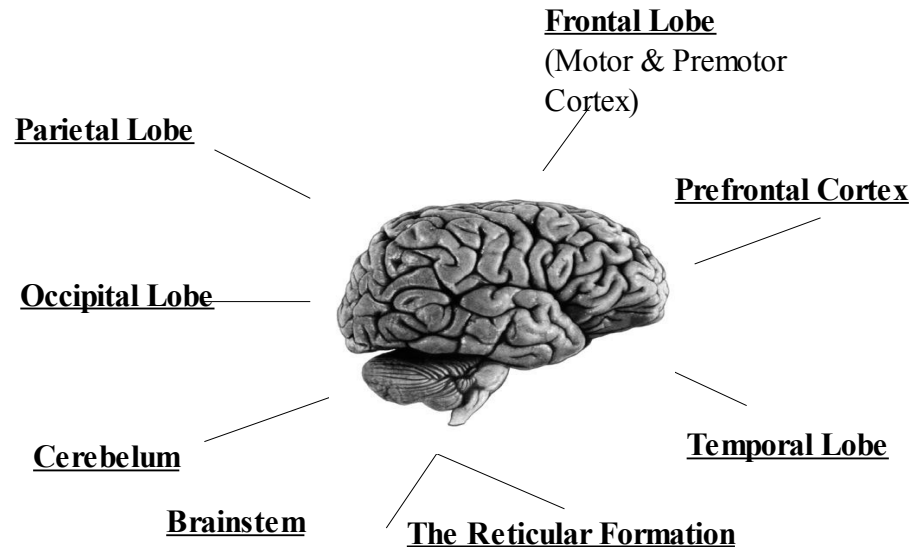
*What is the image you have of your life now ? Does it fit what you want or are there things that need to change ?*

*How do you feel ? Your confidence in yourself...is it good ?*

I suggest you take a moment to discover HypnoSeed : Brain Programming method, but before it is important you know about the Human Brain and its power center the Subconscious.

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### The brain in brief



1. **The Frontal Lobe** is subdivided into three main structures :  
Motor cortex, which governs the execution of voluntary movement  
Premotor cortex, which governs the planning and organization of voluntary movement  
Prefrontal cortex which governs the various higher cognitive functions - is the seat of conscious thought.
2. **The Temporal Lobe** manages the functions of the hearing and speech
3. **The Occipital Lobe** handles visual functions
4. **The Parietal Lobe** manages spatial functions
5. **The Cerebellum and Brainstem** that play a role in balance and control of primary functions (breathing, digestion, heartbeat, etc. ...)
6. **The Reticular Formation** that filter sensory information and are relaying information to other brain areas is part of the Brainstem

The human being's mind has the characteristic of being both conscious and subconscious.

### The Brain and Conscious Will

Represented by the Neocortex and Frontal lobe, the conscious brain is characterized by the so-called higher cognitive abilities such as reasoning, evaluation, concentration ...  
The conscious brain is the place where your decisions are taken.

When you make a conscious decision you manifest « Will ».

Will is our ability to set goals and to ensure that our objectives are realized. One of the event is the discipline, commitment, perseverance.

We have learned « with Will, we can change everything ».  
But how many times your own experience has actually deny that saying?

In my case, there are goals that I could not achieve and habits that I could not change with the sole desire or Will.  
It took the involvement of another actor often ignored: the Subconscious brain.

We identify ourselves with our conscious thoughts and many of us believe **deciding** something **equals acting on** something.

For years we thought the conscious brain is the one that is totally in

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charge of our actions, yet recent researches tell us that, consciously, we are limited.

**The conscious brain has a short-term and not long term action capacity.**

**It realizes approximately 5% of our actions. Its control is also short term, because our natural abilities of concentration has an average of 10 seconds.**

Our great belief in our conscious faculties is justified by the sense of effectiveness and control that gives us being aware.

**Instead, the subconscious brain has a long-term action on your behavior and your life :**

**It generates nearly 95% of your actions its control on our life is long-term and non-stop 24H / 7 and so its concentration is limitless.**

### Comparison Chart

	CONSCIOUS	SUBCONSCIOUS
<b>Function</b>	Voluntary	Involuntary
<b>Concentration</b>	Approx. 10 sec	Unlimited
<b>Space Projection</b>	Past/Futur	Present
<b>Control</b>	5%	95 %

### The Subconscious Brain

The subconscious mind appears to be the center of the brain.

While the role of the conscious mind is:

- define
- structure => our goals
- fix

The subconscious brain's role is to:

- achieve our goals

The subconscious brain accomplishes the management of our human capabilities that is without even thinking about it consciously.

It is the filing of our psychological and behavioral habits.

A habit is an activity that is repeated until it becomes automatic, action that we have to think more consciously to reproduce.

**When you want to change, what do we really want to change?**

A habit - whether psychological or behavioral.

### The strength of habits and beliefs

Contrary to what we think, beliefs are neither superior nor always thought of absolute truths.

They are ingrained and automatic neurological patterns that are most often transmitted.

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They describe the thoughts, opinions and attitudes we adopt toward ourselves and the world and life in general and they condition our experiences.

They are the foundation on which we determine what is possible or not in our life - and that so mostly unconsciously.

When we want something, more often we express our desires and goals as wishes, as in the depths of ourselves we have the belief that those desires or goals will be unattainable.

We have failed even before initiating anything!

That is why the New Year's resolutions might lead very rarely to achievement. We do not simply believe them.

So you understand that the first obstacles to your goals achievement and to change often come from within.

The thinking habits are the seed and the situation is the result. For example, excess weight are not the seed but the fruit. If you dig a little into your thinking habits you may find the account that you have long-fed ideas that support your weight problem like "I'm too fat", "everyone in the family is large, "I need to eat to feel good" etc. ...

Our habits are thousands of times more powerful than our desires. Our actions truly emanate from our habits, not our conscious thoughts. For one conscious thought, one goal, one desire to be fulfilled in your life, it must become a habit, a belief.

Knowing that 95% of our behavior is automatic, I think the situation is becoming increasingly clear to you!

**To achieve one's goals and change one's behavior and one's life, it is necessary to care about the subconscious mind!**

### Changing habits and beliefs

It is now possible to change habits thanks to Brain Hypnoprogrammation.

Thanks to the phenomenon of neuroplasticity, every day we build new neural connections.

Each new idea or new experience that will encode your brain create new neural connections that will, and as these connections are strengthened, they will give rise to new behaviors and experiences in your life.

Our genetic and cultural inheritance shape us but it is possible to transform the existing connections if we decide it to the extent of what is acceptable to ourselves.

The human brain is an organ which has been designed to change and whose ability to take care of us throughout our lives depend on our ability to use the best!

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If you want to change what is wrong with your behavior or your life, it is necessary that you appeal to both parts of your brain!

**The conscious brain** to set your goals and **the subconscious mind** to achieve your goals by making your goals a part of yourself.

This requires brain programming and HypnoSeed method in this sense is the appropriate method.

### HypnoSeed (or the Seed of Sleep method)

In antiquity, the ancient Egyptians had as a practice affirmations whispering during their sleep to empower their personality, heal the sick ...

**HypnoSeed** or "the method of Seed of Sleep" is a unique, simple, direct and effective brain programming method.

For several decades, the practice of visualization, positive affirmations and autosuggestions has been in vogue.

Early on, I myself got interested in those methods. I read the works of Dr. Murphy, Napoleon Hill, Dr. Chopra, Dr. Coue ... Today, as a psychotherapist and hypnotherapist, I have to work with the suggestions and autosuggestions.

Depending on circumstances, the results with my clients are more or less spectacular.

As a practitioner of autosuggestions (and like many others) I realized, despite all the positive statements and suggestions, the results could be long in coming.

Something was missing.

In my desire to always improve my life and that of my clients, I started looking for a panacea.

And HypnoSeed the method of brain programming was born.

The method HypnoSeed is not a miracle method, but it is very possible that it will cause great changes in your life, as it did for me and others.

### The difference with other methods of Subconscious programming

HypnoSeed is a method of brain programming which involves listening to suggestions loop called during sleep or during the day on a subliminal mode.

During my research, I noted that most of the subconscious brain programming techniques involved conscious programming.

Unless you are in a state of meditation or hypnosis, visualization, and many exercises like autosuggestions and affirmations solicit your conscious mind.

When you're awake, only the thoughts that you believe or are in

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resonance with the beliefs and subsequent entries can be accepted by the Subconscious.

Any thoughts that you do not fundamentally believe is rejected by a system whose role is to protect your psychological balance that I call ***the Guardian***.

The first years of your life, you have saved beliefs and values that became the foundation for your life today. Over the years, you store away information in addition to those beliefs and core values and reinforce them.

The Guardian filters all the information before they become part of you. He mostly lets in the information that is already in tune with what you have stored and accepted.

If you wish to make a habit of a thought, a belief and create a new reality, it needs to be updated by your subconscious mind and therefore must pass the filter of the Guardian.

The Subconscious is present 24 / 7, but the Guardian is more careful when the mind is on a conscious mode, so implementing positive suggestions and affirmations which have precisely the goal to change your behavior (and thus a belief rooted and often contradictory) becomes much more difficult.

The conscious repetition of the same suggestion / visualization helps to gain acceptance by the mind, but how many times have

you seen that you return to your old habits? Probably often!

### **The Guardian**

We may change, however it is important to know that we have protective structures which I call here the Guardian whose role is to keep the internal balance that we have created over the years.

We see with our brain. The sensorial organs are relays of sensory information to the brain. Such sensory information are filtered by a network of nerve pathways to the Brainstem called the reticular formation.

When programming a thought, the reticular formation will begin to search any data in connection with that thought in your brain and your reality

### ***So why am I not getting what I want?***

Because there is probably within you the belief you cannot get what you want.

But again, it is possible to change things!

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### Listening to suggestions at bedtime

The Conscious and Subconscious brain vibrate at different speeds.

#### the Conscious is characterized by brain waves:

Delta (13-30Hz) which corresponds to the state of wakefulness

Alpha (12-8Hz) which corresponds to daydream, relaxation, meditation, hypnosis

#### The Subconscious is characterized by brain waves:

Theta (7-4Hz) which corresponds to sleep, dreams, deep meditation and deep hypnosis

Delta (1-3Hz) which corresponds to deep sleep

### ***There are four main ways to access the subconscious : subliminal hypnotherapy, meditation and sleep.***

Because the Theta level is the Subconscious and sleep state and it is during this phase that the suggestions are most easily treated,

### **HypnoSeed is a method that involves listening to suggestions at bedtime.**

In my hypnotherapy sessions, I always advise my clients to listen to their CD at bedtime, and if they fall asleep, so it's perfect!

### **One of the reasons why changes take time to implement :**

the doubts and limiting beliefs that you can feed your mind during the conscious exercise of suggestion and positive affirmation. Implementing positive suggestion at bedtime or during sleep is a method that provides rapid results with no effort and you can leave your ego and your worries aside during the day!

Listening to suggestions during the day using the method on a subliminal mode is also very effective !

However be careful to keep an attitude of detachment !

The Subconscious is a creative force that needs to be used. It works faster when it can do the full creative work.

The work of creation is a engineering process. Engineering is the ability to connect things.

The Subconscious is ingenious ; it can design your reality if you ask through its ability to link information that you have internalized.

### **The Seeds**

When you try to implement a positive affirmation or suggestion in a conscious way, you face the resistance of your conscious mind. This resistance is manifested in many ways (the doubts, frustrations ...), because your conscious mind is logical and knows what you say does not correspond to your reality now.

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The Seeds are not suggestions that come into conflict with your conscious mind. They can be in any language. But the key words must be well-chosen for the best effective programming.

The suggestions are whispered.

### **HypnoSeed: An efficient method**

In the nineteenth century, Dr. Coue had already observed how the whispering method used by ancient Egyptians in the Temples of Sleep was effective in advising parents to whisper positive words to their children once they were asleep to change their behaviour. Legend says that Julius Caesar himself was using that technique.

HypnoSeed is an easy, simple, effective and effortless technique.

Studies in neuroscience have determined your life is largely based on habits, preferences and choices that are essentially stored in your subconscious.

Those habits and preferences, those choices are often the result of family or cultural conditioning that have forged your personality and the pinnacle image of your life in general. Those settings may have been inadequate for your life.

Now you can change those settings so they match what you want from your life by reprogramming your subconscious in a positive and sustainable manner.

With the method HypnoSeed, positive changes occur and are taking place in your life without effort.

Of course, everyone is different and the speed those changes are realized will depend on a person to another. Some people may see changes after 10 days, depending on the problem to be addressed. According to research scientists, you need 21-30 days for an information to be fully integrated into your subconscious.

Moreover, we all have emotional attachments that can block the manifestation of change.

Playing the recording until you obtain your results and shortly after is important.

I advise my clients to listen to their recording for 6-12 weeks to cement the results.

HypnoSeed is a safe method

The "side effects" that you may be observed, because it varies from one person to another are:

A readjustment of the sleep duration

an increase in dreams : some of your dreams can be troubling or confusing. The dream is a way for the human mind to break invalid unconscious patterns as well as a way to link the thoughts and events in your life.

Some somatic symptoms such as light fatigue or a renewed energy may be expected the first time you use your record.

These side effects are very temporary.

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### How to apply the HypnoSeed method ?

**The audio listening program is for a minimum time of 6 to 12 weeks, every night/day.**

**Your goal can be achieved shortly before or after this period.**

#### You will need :

- a wma audio file player : I advise you to have a small mp3 player to listen quietly to your audio
- patience and perseverance

After having ordered and downloaded your audio program HypnoSeed, save it to your computer and your mp3 player.

#### **Play your audio loop:**

##### Day mode subliminal

Turn on your audio device

Turn down the volume as low as possible so that the words are very few audible

Take 4/6 deep breaths and listen without listening : you can listen to your audio without your conscious mind paying attention while information goes into your subconscious

##### Bedtime Mode

Turn on your audio device

Turn down the volume : the words must remain audible

Take 4/6 deep breaths and listen attentively first then listen without listening.

Let yourself carried away by sleep if you feel it and have a good night !

**Want a personalized audio program? It is possible!**

Order it on [www.psykae.net](http://www.psykae.net) for 15 euros only!

**Choizy Katanga is a psychotherapist – hypnotherapist and creator of Hypnoseed Method on [www.psykae.net](http://www.psykae.net)**

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