



Mindpower Healing & Hypnosis 10 Paradigms for Living Authentically

1. Release the pressure to create change, and *focus on increasing choice*.
2. Nothing changes in the world, or in anyone else, until *you* change.
3. Every moment, feeling and experience is perfectly orchestrated for your transformation. Nothing happens to you; *everything happens for you*.
4. There is never a downside to *taking responsibility* for your own experience.
5. Desire is not selfish, it's wise. It's a *compass* pointing you in the direction of your life's purpose.
6. The most efficient states for change are *curiosity and amazement*, not judgement.
7. Transformation is a continual process of *letting go*.
8. Healing is an *inside* job.
9. Life's wisdom comes through the *ups and downs*.
10. Everything that happens from doing something new is *right*.