

SLEEP TRANSFORMATION PLAYBOOK

Introduction

- **Welcome and Brief Overview**
 - Introduction to the challenge of making lasting personal transformations.
 - Overview of topics: inner conflict, hypnosis, and tools for sustainable change.

Why Change is Difficult

- **Inner Conflict of the Brain**
 - Explanation of the brain's layered nature and how it leads to inner conflict.
 - The limitations of traditional talk therapy in addressing deeper mind layers.

The Role of Hypnosis in Change

- **How Hypnosis Works**
 - Exploration of stillness as a gateway to deeper mental layers.
 - Steps in hypnosis: understanding, reprogramming, and creating new neural pathways.
 - Importance of habituation through repetition.

Overcoming Stagnation

- **Causes of Feeling Stuck**
 - Limiting beliefs from past experiences.
 - Negative self-talk as an operating system.
 - Chaos and inability to discern personal desires.

The Transformation Formula

- **$R = (C \times F) \div T$**
 - Explanation of the formula variables: Results, Clarity, Focus, and Time of Distraction.
 - Application of the formula for achieving clarity and reducing distractions.

Paths to Personal Transformation

- **Understanding Your Path**
 - Identifying personal paths: needing clarity, action follow-through, or tools for calm.

- Tailoring approaches based on personal needs and experiences.

Experience and Practice

SLEEP HYPNOSIS!

Listing the Day Technique

- **Live Hypnosis Experience**

- Introduction to a live hypnosis session to experience focus redirection.
- Encouragement to capture personal insights during the session.

Moving Forward

- **Post-Workshop Tools and Resources**

- Access to a recording for home practice to strengthen new neural pathways.
- Discussion on further resources: private sessions and group programs for deeper work.

Conclusion

- **Next Steps and Additional Support**

- Information on ongoing support: group programs and private sessions.
- Encouragement to utilize the workshop tools for continual personal growth.

Contact Information

- **Cascade Hypnosis Center Details**

- Contact details for further inquiry and support options.
- Promotion of discounts for consultations.

By focusing on the brain's natural ability to change and using hypnosis to access deeper mental layers, participants can achieve lasting transformation. This presentation outlines practical steps and resources to support sustainable personal growth.

THE TRANSFORMATION PLAYBOOK



Why Change Happens - And How to Make it Stick

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Welcome

You're about to discover why lasting change can seem difficult - and how instead to make transformation stick.

This workbook covers:

- Why your brain creates inner conflict
- How hypnosis addresses the root cause
- The exact formula for sustainable change
- Tools you can use at home

Use the space throughout to capture insights and your own experience.



The Good News: Healing Is Natural

Your brain is designed for returning to harmony and balance and self-healing. When you feel stuck, progress happens automatically whenever you do something different.

This is why:

- New diets work for the first two weeks
- Starting a new hobby energizes you
- After one hypnosis session, people feel dramatically better
- Beginning anything new feels inspiring

Example: A client came in struggling with nighttime snacking. In our first session, we worked on evening routines. She went home and didn't snack that night. Or the next. By day three, she texted: "This is amazing - I just don't think about food after dinner anymore!"

That's the upward spiral. Doing something different initiates healing.

REFLECTION:

When have you experienced this? What change felt powerful at first?



The Problem: Your Brain Is Layered, and Common Forms of Relief Only Scratch the Surface

Here's why change feels so hard - and why it doesn't stick.

Your brain is layered Your conscious mind (the thinking part) may know one thing. But your body disagrees. Or you feel an emotion and think "that's illogical" - but you feel it anyway.

Example: You know logically that public speaking won't kill you. But your heart races, palms sweat, throat tightens. Your conscious mind says "this is safe." Your deeper mind says "DANGER."

That's the inner conflict - between your thinking mind and the deeper parts of your mind (subconscious and unconscious).

This is why talk therapy can work to a degree. It addresses the conscious, thinking mind. You understand your patterns. You know where they came from. You can explain them perfectly.

But if the deeper aspects aren't addressed, the problem comes back.

Example: One client understood exactly why she overate. Childhood food scarcity. Using food for comfort. She could talk about it for hours. But she still opened the fridge every night. Because her deeper mind - the part running the behavior - hadn't changed.

Understanding the problem isn't the same as solving it.



How Hypnosis Works: The Key to Lasting Change

Hypnosis gives you a key to the deeper layers of your mind - and that key is stillness.

Stillness is the bridge, the gateway to the deeper levels of your mind. It's also the foundation of all transformation. Once stillness is achieved, we can then filter and focus.

Through its ability to **filter and focus**, hypnosis allows you to:

1. First understand what's happening at the deeper levels.

2. Then offer a new way of responding (what we call reprogramming, an upgrade, or in neuroscience terms: memory reconsolidation)

3. Your brain literally changes and creates a new neural pathway

Example: That client who kept opening the fridge? In hypnosis, we accessed the deeper mind. Discovered the part of her that still felt like a scared 8-year-old who didn't know what to do with an absent an alcoholic parent. We gave that part new information: "You're an adult now. You're safe." Her brain created a new pathway. The nighttime fridge trips stopped.

But that's just the beginning. Now we need to feed the new pathway through **habituation** - repetition that makes it stick.

This is why you'll receive a recording to practice at home. Repetition strengthens the new neural pathway until it becomes automatic.



What This Course Covers

In this workshop, you'll learn:

- The basic premise of how transformation actually works
- The Transformation Formula for lasting change
- Tools you can use immediately
- You'll receive a recording to continue practicing at home

Important to know: Full relief is usually more than just one session. If you have a significant issue or something deeply bothering you, private sessions are advisable. We can work through complexity much faster, and you get to stabilize relief much more completely - feeling better permanently.

This workshop gives you the foundation. Group programs and private sessions give you consistency and depth.

What Creates Feeling Stuck

Change is actually natural and easy, when there's no friction and the path is clear.

Think about it: You had a favorite restaurant. Then one day, a friend invited you somewhere new. The food was incredible. Now you go there just as often. It wasn't painful. It didn't require willpower. The new place didn't make the old place bad - it actually made you appreciate both even more.

That's natural change. Easy. Effortless.

So why does change feel so hard sometimes? What gets in the way?

Three things create the perception of stuckness:

1. Limiting Beliefs (From Past Experiences)

Your brain is a **prediction mechanism**. Past experiences create beliefs about what's possible. "I've always been this way." "Change never works for me." "I tried before and failed."

These beliefs - formed from past experiences - block you before you even start.

Example: That client who stopped snacking for three days? By week two, her brain started arguing: "You've tried this before. You always gain it back. Why would this time be different? This is hard, it's not going to last." That limiting belief (formed from past diet failures) created stress. Stress triggered old patterns. She started snacking again.

The past experience became a belief. The belief stopped the change.

The nervous system can retain past experiences as well. Sometimes we call this a "trigger", and other terms can include PTSD. In this case the nervous system is responding **automatically** to a past experience - as-if it's happening all over again.

Limiting beliefs creates ideas such as "I can't get there from here."

Instead, we upgrade the brain to believe there is always a way forward. Become still enough to notice the path there.

What limiting beliefs might you have around this situation?

2. Negative Self-Talk (Your Current Operating System)

Your brain runs on an operating system - the constant inner dialogue, the automatic thoughts, the stories you tell yourself.

If that operating system is negative ("I'm not good enough," "I always mess up," "I can't do this"), it undermines everything you try to change.

Example: One person quit smoking after a single session. He felt great for three days. Then the old message from his operating system kicked in: "This is too easy. Something's wrong. You can't be fixed this fast." The negative self-talk created doubt. Doubt created stress. Stress triggered the old pattern. He had cravings again, and almost reached for a cigarette.

The old operating system overrode the new behavior.

Negative self talk is an old program, running on auto-pilot. It functions as fog in the system. It becomes the deceiver and adds energy to self-addicting behaviors.

Here's a sneaky one: Your brain can also trap you with conceptual language. It turns action words into static things. "Relating" becomes "relationship." Suddenly there's no action, no movement - just a stuck concept. This keeps change frozen.

What limiting beliefs might you have around this situation?

3. Chaos (The Inability to Know What You Want)

When there's too much noise - stress, overwhelm, too many voices telling you what to do - you can't hear yourself. You don't know what you actually want. You're reacting, not choosing.

Stress and overwhelm create fog. The fog becomes chaos.

The confused mind does nothing.

Example: A client came in saying "I just don't want to be so stressed all the time." But when we dug deeper, she'd been living this way for 10+ years. She worked 60-hour weeks, answered emails at midnight, never took real time off. She could tell me what she DIDN'T want (the stress). But when I asked what she DID want - what peace would actually feel like, what relaxation would look like in her life - she went blank. She had no reference point. She'd been running on stress for so long, she couldn't even imagine what the other side looked like. That gap - between where she was and a future she couldn't picture - created hesitation. Stuckness. She couldn't change because she didn't know what she was changing toward. The fix is quite straight forward, but often requires grace. Hypnosis is excellent at both.

Clarity requires quiet. Chaos prevents clarity.

This is why hypnosis works. It addresses all three:

- It updates limiting beliefs at the deeper layer where they were formed
- It upgrades your operating system with a new way of responding
- It cuts through chaos to create clarity about what you actually want

What we're creating in hypnosis isn't chaos - it's coherence. A coherent brain is organized. You feel at peace. You can have bigger thoughts at lower power.

Hypnosis provides the ability to slow everything down, so it can be noticed. From there, you're able to take informed action, then consistent thoughts and action, then habitual.

REFLECTION:

Which of these three has created stuckness for you?

$$\mathbf{R = (C \times F) \div T}$$

The Transformation Formula™

$$\mathbf{R = (C \times F) \div T}$$

Where:

- R = Results (the transformation you want)
- C = Clarity (crystal clarity on what you actually want)
- F = Focus (redirecting your natural ability to focus and filter)
- T = Time of Distraction (doubt, worry, old patterns, chaos)

Translation: You get results when you're clear on what you want, focused on it, and the noise is quiet.

The Variables: What They Actually Mean

C = Clarity (What)

Most people can tell you what they DON'T want. But struggle to articulate what they DO want.

Old: "I want to lose weight."

New: "I want to feel energized and comfortable in my body."

Old: "I want to stop being anxious."

New: "I want to feel calm and present with my kids."

Example: A client said she wanted to "stop emotional eating." We dug deeper. What she actually wanted? To feel connected to her body. To eat when hungry and stop when full. To enjoy food without guilt. That clarity - what she DID want - gave her brain a direction to move toward.

What do YOU actually want? (Write it in positive terms)

F = FOCUS (Focus and Filter)

You already know how to concentrate. You do it all the time - when you're absorbed in work, lost in a good conversation, focused on a hobby you love.

Hypnosis redirects that natural ability toward what you want to change.

Example: One person couldn't stop thinking about cigarettes. Every. Single. Moment. We worked on redirecting her attention - from what she was "giving up" to what she was gaining (clean car, breathing easier, more money). Within a week, she'd go hours without thinking about smoking. Not because she was fighting the thought, but because her attention naturally went elsewhere.

Her ability to concentrate didn't change. Where she concentrated did.

Hypnosis is the practice of redirecting your natural focus. You already have the ability - we're just pointing it in a new direction.

Where does your attention naturally go? What would you like to redirect it toward?

T = Time of Distraction (Bringing Noise to Near Zero)

This is the chaos - the noise that keeps you from knowing what you actually want.

It includes: limiting beliefs, negative self-talk (your operating system), overwhelm, stress, too many voices telling you what to do, old patterns demanding attention.

Most approaches try to "manage" distractions. Hypnosis does something different: we work at the root cause level where the distractions were created.

Example: A client had constant overwhelm about her life. Should she change jobs? Move? End her relationship? Start therapy? Try medication? So many voices, so much pressure, so much noise. She couldn't hear herself. We worked at the root cause - a belief formed in childhood that "making the wrong choice means you're a failure." Once we addressed that? The noise dropped to near zero. Not because she was trying harder to ignore it, but because the source of the chaos was removed. She could finally hear what SHE wanted.

When we remove what's blocking you at the source, distractions drop to near zero.

What distracts you most? (Limiting beliefs, negative self-talk, overwhelm, chaos)

KEY INSIGHT:

Most approaches only touch one variable. Hypnosis addresses all three - at once, at the deepest level.



Why Hypnosis Creates Lasting Change

Hypnosis isn't about willpower or fighting yourself. It's about working with your brain's natural ability to change - at the deeper layers where change actually happens.

Remember: Your brain is layered. Talk therapy addresses the conscious mind. Hypnosis addresses the deeper layers - subconscious and unconscious - where the patterns actually run.

Here's how we do it:

1. You Practice Stillness - Leading to Clarity (C)

In your first session, we get specific about what you DO want (not just what you want to stop). This gives your brain - at all layers - a clear direction.

2. You Build Upon Your Natural FOCUS (F)

You already concentrate - at work, in conversations, on things you **love and care about**. Hypnosis builds upon that existing ability toward what you want to change. Through inspired practice, this redirection becomes natural.

3. You Remove Distractions at the Root (T)

We don't just "manage" your doubts and blocks - we work at the root cause level, in the deeper layers, where they were created. When we remove what's blocking you at the source, distractions drop to near zero.

4. You Build It Into a Routine

Through repetition (your recording, practice, multiple sessions), your brain makes the new pattern automatic. Memory reconsolidation happens. The new neural pathway becomes stronger than the old one.

Example: One client came in for sleep issues. Couldn't fall asleep. Couldn't stay asleep. We got clear on what she wanted (C): to fall asleep easily and wake refreshed. We redirected her attention (F): from racing thoughts to her body's natural ability to relax. We addressed the deeper layer (T): the part of her still on high alert from childhood, scanning for danger. We gave that part new information: "You're safe now. You can rest."

By session three, she was sleeping through the night. By session five, it was automatic. She didn't have to "try" to sleep anymore. Her brain - at the deeper level - had learned a new way.

That's how one session can feel so powerful - and how the work compounds over time into lasting transformation.

NOTES:



Three Paths to Transformation

Not everyone is stuck in the same place. Understanding YOUR path helps you know what you need.

PATH 1: Type A (Just Need Clarity)

Some people know HOW to do things. They're capable, driven, organized. But they don't know WHAT they actually want.

Once you give them clarity - show them the mountain top, the destination - they just go get it. They don't need much help with the journey. They need help cutting through the chaos to see where they're going.

Example: A client came in exhausted and desperate for better sleep. Should she try a new medication? Invest in an expensive mattress? Quit caffeine entirely? She was stuck in analysis paralysis, trying every sleep hack she could find. We worked on clarity - what was actually keeping HER awake, under all the noise? Once she could hear herself clearly (she realized she was bringing work stress to bed and needed a wind-down ritual), she implemented it within a week. She didn't need tools for transformation. She needed tools for clarity.

These people benefit from reducing chaos (T) and getting crystal clear (C).

PATH 2: Know What to Do, But Can't Follow Through (Need Tools for Transformation)

This is the weight loss client. They KNOW what to do. Eat less. Move more. Stop eating at night. They've read the books. They understand nutrition. They can explain it perfectly.

But they can't follow through successfully.

Why? Because knowing isn't the same as doing. The deeper layers - subconscious patterns, emotional eating, using food to manage stress - are running the show.

Example: A client knew exactly what to do for weight loss. She'd done every diet. She could calculate macros in her sleep. But every night, she opened the fridge. Not because she didn't know better. Because the deeper part of her brain was using food to manage loneliness. Until we addressed THAT, no amount of nutrition knowledge would work.

These people benefit from tools for transformation - the deep work that addresses WHY they can't follow through.

PATH 3: Need Tools for Calm & Clarity First

Some people benefit greatly from tools that help them get clear in the first place. They're not stuck in action - they're stuck in confusion. They need to access what they already know (deep down) about what they want.

Example: A client came in saying "I just want to feel better." But what does "better" mean? We spent time in hypnosis helping her access what she actually wanted - not what others wanted for her, not what she "should" want, but what SHE wanted. That clarity work was the transformation. Once she could hear herself, the path became obvious.

These people benefit from **tools for clarity (C)** and **redirecting attention (F)**.

Which path are you on?

Your Experience Today

During our session, you'll experience what it feels like to redirect your natural focus. Use this space to capture what you notice:

What You're Getting Today - And What Comes Next

This workshop gives you:

- The foundation: how transformation actually works
- The Transformation Formula (clarity, focus, removing distractions)
- A live hypnosis experience
- A recording to practice at home
- Tools you can use immediately

This is the beginning. The recording you'll receive helps strengthen the new neural pathway through repetition (habituation). Practice at home builds the new pattern.

For deeper work: If you have a significant issue - chronic stress, long-standing patterns, something deeply bothering you - private sessions are the most effective path. In private sessions, we can:

- Work through complexity much faster
- Address your specific root causes directly
- Stabilize relief much more completely
- Create permanent change at the deeper layers

Think of today as planting the seed. Private sessions help it take root and grow strong.

Sleep

Why Listing Your Day Helps You Fall Asleep

A simple teaching you can share today

One of the easiest ways to fall asleep is to quietly run through the events of your day in your mind — almost like watching a calm, neutral replay.

You simply tell yourself,

"I woke up... I made coffee... I took a shower... I drove to work..."

Nothing emotional. Nothing dramatic. Just the facts.

Here's why this works:

1. It gives your mind something gentle and predictable to follow.

Instead of thinking, planning, or worrying, your brain gets a simple, boring sequence.

No surprises means no new stress. The nervous system settles.

2. It shifts your brain from “thinking mode” into the drifting state before sleep.

Listing your day nudges the brain out of busy beta waves and into alpha and theta — the same relaxed state we use in hypnosis.

This is where sleep naturally begins.

3. It closes the loops of the day.

Your mind stops searching for unfinished tasks or unresolved thoughts.

Once the story of the day feels “complete,” the body gives permission to rest.

Pre-Hypnosis Preparation

How do you want to feel when you leave here today?

What is your dream come true - with this issue fully resolved?

Hypnosis REFLECTION:



Next Steps

Ready to go deeper?

6-Week Transformation Group Program

REWIRED is a 6-week group hypnosis program (12 max) that removes obstacles at the root cause level. Using the Transformation Formula you just learned, you'll receive custom recordings, rapid-relief tools (2-Breath Hypnosis, Unwind Technique), and permanent neural pathway changes. No willpower. Just rewiring. For anxiety, weight loss, habits, sleep, and stress.

Learn more: [🌐 REWIRED: A 6-Week Transformation Group Hypnosis Program](#)

Next cohort starts: **December 12**

4 spots remaining

Private Sessions

If you want to:

- Address your specific root causes at the deeper layers
- Work through complexity faster
- Stabilize lasting relief permanently
- Create transformation that sticks

Let's talk about private sessions.

Cascade Hypnosis Center

CascadeHypnosisCenter.com/initial-consultation

Use Code: IMREADY for 50% off your hypnosis consultation on that page.



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