

# How to Get the Most Out of Grow Taller with hypnosis program



© Dr. Laura De Giorgio

**[www.deeptrancenow.com](http://www.deeptrancenow.com)**

All rights reserved.

## Your subconscious mind

Your subconscious mind is a storehouse of the information you have acquired over time in many different ways, through reading, listening to what other people have to say, observing the world around you, and above all through your own personal experiences.

The information you have acquired so far about yourself, your body, and the world you live in, and the experiences you've had realated to your ability to use the power of your mind to create the changes in your body, influence your beliefs and your beliefs influence what you will allow yourself to experience.

A part of your mind, some may refer to as subconscious, some as unconscious, some even as DNA, is constantly taking care of the myriad of different processes in your body that are occurring outside of your conscious awareness - your breathing, your heart beat, your digestion, and production of different chemicals in your body, like your growth hormones.

And while these processes may have been considered outside of your conscious control, at least by modern medicine, which tends to observe body parts without taking into account the role that one's thoughts and emotions have upon these different processes taking place in your body, a few little experiments can prove to you that you have far greater control over what goes on in your body than you may have considered before.

## The power of your imagination



To experience the power of your imagination, you can go ahead and just imagine holding a big, yellow, juicy lemon in your hand, smelling it, slicing it, the sour lemon juice dripping down your hand, and you biting into that big, yellow, juicy lemon and the sour juice filling your mouth, and if you really get into it and allow yourself to experience the image, smell and taste of that big juicy sour yellow lemon, you may notice that your mouth is beginning to water.

And where was the lemon? Just in your imagination. And if you want to have fun with more imagination experiments, you can [subscribe to Deep Trance Now newsletter, by clicking here](#), and download free mp3 - Introduction to Hypnosis.

## What is hypnosis?

Hypnosis is a natural state of mind, you experience every day, when you direct your attention to your subjective experience, when you find yourself lost in your thoughts, or are daydreaming, and for a little while even though you may be driving or sitting in a public place, with your eyes open, or relaxing with your eyes closed - you are immersed in your own inner world.



And sometimes you may experience your mind wandering from one thought to another, while at other times some idea may so capture your imagination, that your mind becomes highly focused on that one single idea. The more you are focused on one single idea to the exclusion of everything else, the more some people would say you are drifting deeper and deeper into hypnosis.

And perhaps you can recall experiences when you were so deeply immersed in your inner world, that someone might have called your name, but you didn't hear it, because even though you were physically present in the same room with that person, mentally you have drifted far away, in the world of your thoughts and imagination.

While different hypnotists may have different definitions of hypnosis, most define it as a state of heightened suggestibility in which you are by-passing the critical factor of your mind, and your mind is single-pointedly focused on a chosen idea.

The difference between a state suitable for self-hypnosis and sleep is that in sleep your attention may be dispersed, while in hypnosis you are fully focused on experiencing your desired reality.

The difference between being simply immersed in thought and hypnosis is that while you are thinking, you may be analyzing and comparing different ideas, whereas in hypnosis, you are experiencing your desired reality.



To help you experience the difference between thinking and analyzing and hypnosis, you can conduct this simple experiment.

Close your eyes and pretend that you cannot open them. Of course if you are using analytical faculty of your mind and you want to open your eyes, there is nothing preventing you from opening them, and you are free to open them any time you want.

However, if instead of critical, analytical faculty of your mind, you choose to use your imagination and pretend that you cannot open your eyes, pretend that your eyes are glued, or tightly shut or use any other imagery that appeals to you and helps you to experience the reality of your eyes being so firmly closed, heavy, relaxed that you cannot open them, and the more you try to open them, the more they tend to stick together - then you are successfully bypassing the critical factor of your mind and getting the most out of the power of your imagination.

When you are practicing self-hypnosis, you are fully in control. You can decide when you want to use your imagination and for how long, and when you are done with programming your mind, you can return to your analytical thinking.

Hypnosis and prayer are essentially identical and while most commonly in prayer you are directing your prayers to higher power, and in hypnosis you may or may not bring any form of higher power into your conscious awareness, to get results either through prayer or through hypnosis, you are engaging in the same process of directing your attention to your subjective experience, using your imagination and subjectively experiencing your desired outcome.



Many people who pray without getting any results, keep on envisioning themselves lacking what they desire, instead of subjectively experiencing what they would like to have as if they already had it. We program our subconscious minds and get our prayers answered by already accepting our desired reality in our imagination and in our emotions.



And while hypnosis and meditation have, generally speaking, the opposite purpose insofar as people tend to use hypnosis to program their minds with desired goals, and the purpose of meditation is to empty one's mind, many meditation techniques follow the same process as hypnosis.

Whether you are choosing to focus on the gap between the thoughts, or on expanding your consciousness, on experiencing yourself merged with the infinite, or are chanting mantras, before that ultimate stillness, silence or emptiness, you are still focusing your attention on your subjective experience and on one idea to the exclusion of everything else.

Other popular ways of using mind power are different forms of esoteric practices, from natural and ceremonial magic to inner alchemy, and any form of working with energy and consciousness. Again, all of these methods use imagination, and one-pointed focus on a desired outcome.

Regardless of the labels that people give to the effective use of mind power, the essential process of creating any change using the power of your mind is always the same. What you focus on, you increase in your experience.



## What can different kinds of CDs and mp3 do for you?

While the essence of creating anything with your mind is the same and very simple - all you need to do is subjectively experience your desired outcome, most people do not have trained minds and need a little bit of help and guidance to learn how to use the power of their minds, and varieties of tools and recordings make the process easier and more fun.

[You can click here to learn about different types of CDs and mp3s that can help you to program your mind](#)

Varieties of recordings help you to program your mind during the day, or during the night while you're sleeping; some help you to train your mind and to immerse yourself in subjectively experiencing yourself and your body the way you'd like it to be, while other recordings are designed to impress suggestions directly upon your subconscious mind.

Different hypnosis recordings contain different techniques that may help you to overcome your inner obstacles in different ways. Different people may experience different challenges - some may have a challenge imagining themselves already looking the way they'd like to look, others may have great powers of imagination, but may be using it in a way that keeps them stuck experiencing what they don't want to experience rather than what they want.

You are programming your subconscious mind throughout the day with every thought you think, and if you keep on thinking and imagining what you'd rather not experience, instead of what would make you feel good, you are programming your mind with what you don't want.

Some people effectively program their minds during hypnosis sessions, but then as their faith in the power of their minds is wavering, they keep on thinking more and more about failing rather than succeeding and thus are destroying whatever seeds of success they have planted in their minds.

Some people get stuck because they have an assortment of conflicting beliefs regarding their goal, and some may have deeper issues.

Self-hypnosis and other self-help recordings are best suited for people who need a little bit of help - for people who have decided that they want to have a desired goal, in this case, to increase their height, who are committed to sticking with it until they get desired results, who are convinced that they can do it, if for no other reason than because thousands of people of all ages have already succeeded, and if they are not yet convinced, who are at least open to engage in practices that will open a whole new world of possibilities to them.

People who need more help would benefit from scheduling several one-on-one hypnosis sessions that can help them to have more experiences of the power of their mind over their bodies, as well as to bring out and resolve any conflicting issues and inner obstacles to achieving their desired goals.

[You can click here to learn more about scheduling one-on-one hypnosis session that will help you to resolve conflicting issue and inner obstacles.](#)

And of course there are people who should postpone working with height increase. These are people for whom height increase is contrary with their cherished beliefs about what they can do or what they are allowed to do using the power of their minds. Those people would better use their time, energy and resources focusing on goals that they believe are appropriate for them, that they are allowed to do according to their beliefs and that they are able to do.

## **What constitutes Grow Taller program and what do you really need?**

The power to create changes in your life using the power of your mind is within you - it is your ability to use the power of your mind.

Hypnosis CDs and mp3s are tools that make it easier for you to harness the power of your subconscious mind, and you know the best how much assistance do you need.

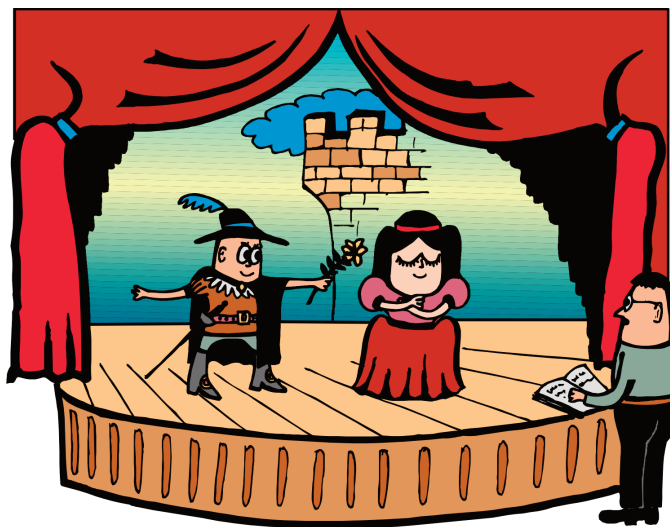
The more you train your mind in any way, whether through meditation, prayer, working with affirmations, or engaging in any kind of practices related to consciousness and energy, the more skilled will you become and the easier will it be for you to get desired results.

Ultimately to grow taller using the power of your mind doesn't take time - it takes only an appropriate state of consciousness.

There are yogis and shamans who have developed the ability of shapeshifting themselves into any form that captures their imagination. They live from a state of consciousness that everything in the universe is created out of consciousness and energy, and changing one seemingly solid and material thing to another is as easy for them as replacing one thought to another. And while they can instantly transform one thing into another, manifesting things seemingly from thin air, and change their bodies on the spot, it took them endless time and practice to develop that state of consciousness.

There are hypnotists who believe that meditation is useless because people in meditation are focused on clearing their minds, and yet it is exactly that clearing of the mind that clears all the inner conflicts, the ideas and beliefs that have been pasted artificially from the outer world, and opens the mind to the world of infinite possibilities.

If you engage in practice of clearing your mind regularly, the faster results will you be able to get with anything you do with self-hypnosis, and you'll have more and more experiences where one moment you will think a thought, and the next moment you will experience it manifested in your outer experience, because there will be no inner obstructions to block its manifestations.



There are actors who can instantly change their height few inches by assuming a particular role.

Acting is yet another form of self-hypnosis, where the actor in his imagination and feelings for a while assumes the identity of the character he is portraying. An experienced actor has had a lot of experience in self-

hypnosis, a lot of experience in successfully engaging the power of his imagination and his emotions.



The **Basic Grow Taller Program** consists of 12 CDs or mp3s, and while, depending on your skill level and abilities you may get great results working with just one recording, most people work with 12-CD program - which consists of:

- 7 Grow Taller Hypnosis CDs or mp3s
- 1 Grow Taller Subliminal CD or mp3
- 1 Grow Taller Supraliminal Plus CD or mp3
- 1 Breaking Free From Limitations Supraliminal Plus CD or mp3
- 1 Change Your Body Supraliminal Plus CD or mp3
- 5 videos with Energy Building Exercises (online access)
- 26 Bonus Reports for Height Increase (about 200 pages delivered to your email)

The **Expanded Grow Taller Set** includes all of the items from the Basic Set, plus:

- 1 Grow Taller Supraliminal CD or mp3
- 3 Grow Taller Hypnosis CDs or mp3s with Metaphors for Height Increase

**Grow Taller hypnosis CD or mp3 1** - helps you to access the place of infinite power within your mind. It also guides you through few techniques for intensifying your desire, eliminating limiting beliefs, generating the energy for growth of and helps you to impress the blueprint of your taller body upon your subconscious.

**Grow Taller hypnosis CD or mp3 2** - guides you to instantly experience the effects of your thoughts upon your body. This recording will also help you to feel your body as energy as well as to raise the vibration of the cells of your body helping your body to grow faster.

**Grow Taller hypnosis CD or mp3 3** - guides you back in the past to the time when your body was growing with full power. It also takes you into the future and you learn how to collapse time, in order to accelerate the result. The process involves several NLP techniques.

**Grow Taller hypnosis CD or mp3 4** - helps you to release any negative emotions. Holding onto the negative emotions blocks the flow of energy (and blood) and doesn't allow an optimal growth of your body. Fear, worry, anxiety, anger, resentment, depression release poisons in your blood and make the cells of your body fall apart. They can all contribute to making you appear shorter by affecting your posture. Creating harmony in your mind allows unobstructed flow of energy and maximizes your growth.

**Grow Taller hypnosis CD or mp3 5** - guides you through several esoteric techniques that will help you to accumulate vital energy and direct it to the growth of your body.

**Grow Taller hypnosis CD or mp3 6** - guides you through techniques of effective use of affirmations and provides affirmations that increase your connection to power, your sense of inner power, and affirmations specifically designed for height increase.

**Grow Taller hypnosis CD or mp3 7** - guides you through 4-step power process for height increase.

**Grow Taller subliminal** - contains subliminal suggestions for height increase.

**Grow Taller supraliminal** - contains subliminal and supraliminal suggestions for height increase.

**Grow Taller supraliminal plus** - contains 2 tracks with affirmations played at different intervals and supraliminal suggestions for height increase. Listening to this recording requires headphones.

**Shamanic metaphors for height increase** - guides you into a circle of shamanic healers who have the power to instantly change your body. This recording is part of extended set.

**Wonderland metaphor for height increase** - guides you through the world of Alice in Wonderland. Like Alice, you will be guided to drink a magical potion that will help your body to grow. This recording is part of extended set.



**Limb lengthening metaphor for height increase** - guides you through imagery of undergoing a limb lengthening surgical procedure. This recording is part of extended set.

[You can click here to get Grow Taller program CDs and mp3s](#)

## How long does it take to get visible results?

The time it will take you to get desired results will depend on your state of consciousness, on your past experience with hypnosis, on your beliefs and expectations.

On average people who have been working with Grow Taller program, and who had no previous experience with using self-hypnosis intentionally, but have believed that they can increase height and were expecting to get visible results, have increase 1 - 2 inches in few months.

If you have no previous experience with self-hypnosis, and have not trained your mind in any way before, then you'll get best results if while working on height increase, you are also engaging in mind-training exercises and you are working on other short term goals where you can get feedback and which will boost your confidence and condition your subconscious mind with success and with faith in your ability to create any changes you desire using the power of your mind.

Success breeds on success, and every success you experience using the power of your mind will make it easier for you to accomplish any other goal, even to increase your height through the power of your mind.

And when you increase the height of your body through the power of your mind, a whole new world of possibilities will open before you, as you'll realize that within your mind is the power that can open any door for you.

To your success !

