

e-book

# Ways to *Live A Vital Energetic Life*



the flow center®  
HYPNOSIS. LIFE FLOWS AGAIN.

# **Ways to Live A Vital, Long and Energetic Life**

**Module One- Stress Management**  
The modules are available through personal sessions

The Flow Center ® presents

## **Hypnotic Blue Zones** Creating An Environment of Positive Change From Within.

By Valerie Grimes, CHt, Clinical Hypnotist

## What Are The Blue Zones?

When you live a Blue Zone™ it is reported you would exist in an environment that allows you to live an absolutely wonderful, long and vibrantly healthy life.

People in these zones are reported to live much longer than average, many to age 100.

These are real, natural places where the inhabitants eat nutritious foods and in the right amount, limit smoking and drinking, are socially engaged and have a purpose in life.

But, there are only five places in the world like that: Okinawa, Japan; Sardinia, Italy; Nicoya, Costa Rica; Icaria, Greece and Loma Linda, CA, USA.

If I could show you a way to create a lifestyle similar to the centurions who live in the Blue Zones no matter where you live would you promise to do it?

**Learn more about Blue Zones here <https://www.bluezones.com/>**

**Now that you understand what a Blue Zone is....**

## **What is a *Hypnotic Blue Zone*?**

Watch our short introductory video now and return to this page  
<https://youtu.be/UvsqKNgt2p0>

## **First what is hypnosis?**

I like to answer that question by addressing what it is NOT.

HYPNOSIS IS NOT...

...mind control, mindlessness, being gullible, or performing against your will.

As a matter of fact, the subject is in control of their responses and can decide whether or not to accept a hypnotic suggestion.

HYPNOSIS IS...

...a highly relaxed, naturally heightened state of awareness and is safe, no one has ever been harmed by hypnosis and that is why it can be practiced without state regulations. If it caused harm to people the state legislature would require hypnotic operators to be licensed. We operate under certifications granted by accredited schools and national associations.

Did You Know...

All behavior is a learned; therefore, all behavior can be Unlearned. The brain is similar to a computer's hard-drive, and the subconscious mind is the software. Hypnosis reprograms the software so the hard drive runs at optimum levels.

You see, the subconscious part of our mind is the storehouse for our habits, beliefs and memories (and the emotions attached to those memories). Our conscious minds give us the ability to reason and take in information. Hypnosis naturally creates access to the subconscious

bypassing the critical factors of the conscious mind with your permission.

About 95% of the population can be hypnotized and we all naturally fall into a hypnotic trance every time we drive long highway distances or watch an emotionally based movie. Even when we are falling asleep we go through a phase called hypnoidal sleep. Hypnosis is a natural state of mind that is experienced between conscious awake life and unconscious sleep state.

### **History of Hypnosis**

Hypnosis dates back to the 1800s where it was used successfully within the medical profession in surgeries where anesthesia was not available. In 1949, the Society for Clinical and Experimental Hypnosis was founded. The American Medical Association recognized hypnosis as a legitimate treatment method in both medicine and dentistry in 1958. Our associations also lobbied to get hypnotherapy classified in the Occupational Titles in the 60s.

**Now that you know a little about hypnosis...**

### **What is a *Hypnotic Blue Zone*?**

Hypnosis creates a state of mind wherein people can create new concepts about life and develop healthy habits that will result in a longer, happier, healthier life as if you were actually in one of the five Blue Zones I mentioned earlier. You can create a shift in perspective by visualizing and imagining your life in a new way.

Research in the Blue Zone areas demonstrate that people living there are happier and healthier and therefore live longer, more active lives. In this program, we are going to focus on these areas to add more happiness and better health to your world:

- 1) Learning Stress Management
- 2) Caring for Your Body: Nutrition and Movement
- 3) Discovering Your Life Purpose
- 4) Social Engagement and Happiness
- 5) Developing a Spiritual Connection
- 6) Caring for Your Self: Self Love

In this e-book you will work on learning Stress Management and Discovering Life Purpose

**I'm going to do my part and teach you how to be in a Blue Zone environment. What does it take on your part?**

This is a self-guided program and so you must be highly motivated and committed to the work, or guess what? It won't help you.

**Are you committed? Great, let's get started.**

**FIRST**, print out this document. Writing in longhand connects you to your subconscious.

**NEXT**, get out a pen write down the answer to the following four questions:

1. What is motivating me to do this program?
2. What do I want to get out of it?
3. How will I feel when I accomplish that?
4. What would prevent me from carrying out my goal?

**Your subconscious mind is all about imagination; what can be imagined can seem true.**

The subconscious helps you to become self aware and tuned in to you. Your instincts and tuned away from the effects of the outside world. Through this process you will be more mindful, and through self-awareness have the ability to respond to triggers, cravings and stressors in a positive and productive way. Mindfulness is popular because the world is such a hectic place.

*“The answers to all of the questions you’ll ever ask are within.”  
– Louise Hay*

It doesn’t matter where you live, you can create a Blue Zone within and experience those benefits.

## **MANAGING YOUR REACTION TO STRESS - Introduction**

Managing your response to stress is so vital because stress is said to be the cause of most life threatening diseases. *(2013 article in Psychology Today)* Hypnosis teaches your mind/body a new response, a relaxation response, not a reaction to the stressor (the event causing the stress). While we can't make our cities and towns stress free, we can shift our perspective on the stressors involved. For example, you can learn to see traffic and crowds as part of the fabric of life and everyone is just trying to get from point A to point Z. I'm going to help you to create a new habit of creating a calm physical body and a relaxed and clear mind in the presence of stressors.

**So, if I shared with you methods to change your response to stress and be happier and free, would you promise to do it?**

Great, then let's get started.

**Take 3 deep breaths before turning the page and allow yourself to feel better already.**



## MANAGING YOUR REACTION TO STRESS

Answer this: If you could get a vaccine to inoculate your stress, would you?

If I told you that you could inoculate yourself from the effects of stress using your mind would that interest you? I'm thinking you answered YES.

As you know we can't remove the stressors from our lives, but we can change our reaction to them by changing the way we *think and feel* about them. Our new reaction is kind of like an inoculation protecting you against the ill effects of stress.

Stressors can be any stimulus or event capable of producing physical or emotional stress.

Example of stressors:

- workplace issues
- unemployment
- racism
- catastrophic events
- socioeconomic
- relationships

Which one(s) are you experiencing now?

Stress is a **physiological and psychological response** (heart beats faster, digestion slows, muscles tighten) to a condition that **threatens** or challenges a person (workplace issues, being unemployed) and requires **some form of adaptation or adjustment** (feeling like you need to run away, protect yourself, or fight back) and it is something we

**learned** through genetics, but mostly from the behavior of our parents, grandparents, and others.

What is really happening in the body? Fight or flight is the sympathetic nervous system's response to stress, preparing the body for action (usually none is taken), however the body produces glucocorticoid which leads to high blood pressure, suppression of immune system, weakening of the muscles and damage to the hippocampus in the brain.

When this happens, your body doesn't not know the difference between a real or an imagined "threat." Your mind is a powerful asset and you will learn how to bring it more under your control.

### **Anything You Learned You Could Un-Learn**

Self-hypnosis is a technique that slowly expands the amount of time you are in relaxation mode until your mind and body choose it naturally. Herbert Benson (a cardiologist and founder of a mind/body institute in Boston) created the "relaxation response," we will use some of his techniques.

On the next page are several exercises you can use to manage stress no matter where you are and also some practical tips for reducing the effects of stressors at work. Lastly, and the most important one is a complimentary hypnosis recording to change the way your subconscious mind handles stressors.

## **PERSONAL AWARENESS REVIEW**

1. What are your stressors?
2. How do you currently respond to them?
3. Based on your answers on page 5, how would you rather respond?

## **EXERCISE – SELF-HYPNOSIS**

Self-hypnosis is something you can perform on the spot. It is a game of pretend.

Here's how:

Close your eyes and pretend you can't open them and as long as you continue to pretend, they won't open, they just won't open. You can even test them and make sure they stay closed.

Now, imagine a new event or past memory when you felt mentally clear and physically relaxed and emotionally calm...or just a time when you were really happy and laughing. Make it stronger and clearer. And now breathe deeply into that. Then stop pretending your eyes are closed but hold on to your image and feeling. Open your eyes and be alert, aware and awake.

**Practice self hypnosis 5-7 times per day for a few days or as long as you need.**

**EXERCISE- WHERE ARE YOU NOW\*?**  
**Staying present is the key to stress management.**

The next time you are in a stressful situation, ask yourself the following questions:

- Where am I right now?
  - Am I time traveling in the future, worrying about something that might happen?
  - Am I time traveling into the past, reviewing past mistakes, reliving bad experiences or thinking about how life could have been different?
  - Or am I in the present, really paying attention to what I'm doing, thinking and feeling?

If you are not in the present moment, refocus your attention on what's happening to you now by using the following steps:

- Notice how you are breathing and change your breathing to slow, deep breaths.
- Notice how your body feels and move around or stretch to loosen it up.

## **Stress Relief Tips for the Workplace\***

*(Notice any of your excuses for not doing them.)*

- Leave the workplace for a few minutes. Removing yourself from the environment for even a few minutes is one of the most powerful things you can do.
- If it's the thing you are currently working on that is stressing you out, try switching to another task for a while. Even if it's an urgent task, doing something else will give you breathing space and you can come back to it later feeling fresher.
- Play some music that moves you. Stop what you're doing for a few minutes and really listen to the music. When you continue work, you'll feel refreshed.
- Take a moment to breath slowly and deeply. Fill your lungs then exhale completely. Just a few deep breaths will make you feel much calmer.
- Lightly massage your forehead and temples. Making small circles, varying the pressure to your liking.
- Try a few simple stretches. Find someplace private or use the stalls in the restroom if necessary.
- Use visualizations, think of a peaceful place you've been before, and imagine you have returned there, feel the environment with all of your senses.
- Make a relaxing cup of herbal tea. Chamomile is especially good for frazzled nerves.
- Plan something rewarding at the end of the day.

**\*From The Dialectical Behavior Therapy Skills Workbook**

Lastly, I have created a hypnosis recording that guides you through the techniques above. This one is a freebie – other segments are available along with more instruction in my Udemy Course, “Creating a Hypnotic Blue Zone.”

Before you download, here are a few tips to making the most out of this stress management segment and therefore changing your response to stress.

1. Do not drive or listen while someone else is driving.
2. Do use this 4-5 nights a week
3. It is okay to fall asleep to the recording.
4. Do practice the self-hypnosis (positive anchor) 5-7 times a day.

Go to this LINK to [DOWNLOAD](#)

## Who is Valerie Grimes?

### **Veteran Hypnotist Valerie Grimes**

<https://theflowcenter.com/hypnotists/> is a recognized master at helping people overcome their negative belief systems, false opinions, and self-defeating habits that reside in their sub-conscious minds. Those blocks consistently sabotage people's relationships, health, and opportunities for success in business and other important realms of their lives and prevent people from **Living A Happy and Purposeful Life.**

A 2001 graduate of the Dallas Hypnosis Training Institute who is also certified by the American Council of Hypnotist Examiners, Valerie combines her skills in hypnosis with her own difficult life experiences and an understanding of human behavior gained through working with a wide variety of clients with diverse backgrounds. She is a member of the Hypnosis Motivation Institute based in Tarzana, CA.

She combines centuries-old hypnotic practices with modern day neuroscience as an effective means of helping clients reach their full potential.

She has two grown children and four grandsons and currently is homesteading a small piece of property in rural north Texas when she is not in the Dallas office assisting clients.

### **TRAINING:**

Classroom and Clinic Trained at  
Dallas Hypnosis Training Institute, 2001 **and** Certified Clinical  
Hypnotist by the Association of Certified Hypnotist Examiners

## **Hypnosis Continuing Education Since 2010:**

Certified in Stroke Support (2010)

Certified in PTSD (2010)

Certified Weight Loss Hypnotist (2012)

Certified in Immune Disorder (2013)

Certified in Inner Child Work (2013)

Hypnosis Motivation Institute – Tools for Behavior Change (2019)

Healing Development Trauma (2019)

Intuitive Healing and Development (2020)

## **Want more?**

## **Hypnosis Session Via Phone or In Person**

Go to our calendar to schedule your first phone consultation or first hypnosis phone session <https://dallashypnosisprograms.fullslate.com/>