

Darkside Hypnosis
The Empire Man

The Empire Man – The secrets to rock solid, unshakeable confidence.

Alright, so far we've taught you the words, the skills and the body language to become the controller in any situation, so now we need to give you the confidence, the self-worth and the inner game to back it all up.

So right now I'm going to start off with a little introduction to the Empire Man technique, and remember guys, The Empire Man technique is all about changing your beliefs and giving you that instant confidence you're looking for whenever you need it.

So let me ask you a question...

When you see someone who has that rock solid, unshakeable confidence, and they walk into a room and everybody can see just how confident this person is, then where do you think that confidence came from?

Is it something he was just born with?

Did it come from his parents always praising him for everything he's ever done?

Did it come from positive reinforcement from other people?

Or maybe it came from being popular at school.

And which came first?

Did the confidence come first or the reality which gave this guy the confidence?

Well that's what the Empire Man is all about, it's about using a system to give you that same, rock solid, unshakeable confidence so that you can walk through life knowing that you get anything you want, you can do anything you want, and you can be anyone you want to be.

But you have to be willing to make some changes, that's one thing I will ask you to do.

You're going to have to be willing to step out of your old thought patterns and behaviours and then take on some new ones which will serve you a lot better than the ones you have now.

And one thing that I want you to do, is to just make a promise to yourself right now and make a promise to me that you will actually do the things that I ask you to do.

And if you do I promise you, you will see the results and you will feel the change in yourself.

If you do what I ask you to do and you just make small changes everyday then you will feel like a different person. You will walk into a room and people will be drawn

to you and they won't know why but they'll feel like there was just something about you that they like.

And it will all be because of this confidence that you have and people will be able to sense that in you.

And the one thing I want you to realise here guys is that confidence is not something you either have or haven't got, in fact all that separates a confident person from someone who lacks confidence is how he chooses to act in new situations.

So confidence is really just about mind over matter, and one of the main things we need to do to build confidence is to have the ability to overcome our fears when dealing with a situation that we recognise as making us feel nervous or unconfident.

And being more confident doesn't mean being someone that you're not. Instead, what it's really about is just exercising our best aspects and learning new patterns of behaviour which do us justice.

So as with any part of this course, I don't want you to just sit there and listen to the information I'm giving you, I actually want you to use the techniques I'm giving you and if you use them everyday then you will see the change.

Ok, so as I've said... confidence is really just about mind over matter and the real key to building your confidence is your frame of mind.

And when you're in the right frame of mind then you can do anything.

I mean, you've probably had one of those days where something was just switched on inside of you and whatever it was you were doing that day you just felt totally confident, like no one could stop you.

And maybe you've heard of how people can achieve amazing things by first of all tapping into the right frame of mind, and a perfect example of that is running the four minute mile.

Because for thousands of years, even right the way back to roman times people were trying to run a mile in under four minutes and people actually thought that the human body couldn't physically go that fast and they even put a guy with a rope with a bull behind him to give him that extra incentive to run faster, but they still couldn't run a four minute mile.

But then in 1954, Roger Bannister ran that four minute mile by rehearsing it in his head, because he could never get his body to go that fast so in his mind he saw himself over and over again running the four minute mile, until he got that little sense of certainty and then he broke the record and he ran that four minute mile, he did it in 3 minutes and 57.9 seconds and it was all because he was able to get himself into the right frame of mind.

So that's just one example of how devastatingly powerful frames of mind can be, and if you want a frame of mind then you need to rehearse it and if you want a specific

result then you need to rehearse it because if you don't rehearse it then your brain is just going to do what it's always done and that's not going to give you the results you're looking for.

And that's exactly the reason why most people never achieve their goals in life because they spend their time rehearsing the wrong things in their mind and their not even aware they're doing it.

For example, when you were in school and you knew you had to stand at the front of the class in front of everyone and give a class presentation, I bet when you imagined it in your head and you saw yourself standing up their you felt nervous because you were picturing all the things that might go wrong, maybe you'll forget what you're supposed to say, or maybe everybody will just laugh at you, the point is that you were spending your time rehearsing the wrong things in your head.

And most likely even do the same thing now as an adult.

If you have a business presentation coming up, when you imagine it in your head do you picture yourself standing up their, and looking confident, and speaking with power and authority in your voice, because if you don't then you're rehearsing the wrong things in your head.

So what we're going to do is to completely reprogram your mind so that you can have instant and lasting core confidence in every area of your life because this is the only life we have and if we can engage with it charismatically, we can get the best out of it and put the best into it.

And I believe that everyone can find a use for the Empire Man technique, it doesn't matter how confident you think you are, how much social status you think you have you can still use this Empire Man to give you that full change that you've been looking for because this is getting to the root of the problem and fixing it for good.

Ok so the first part of The Empire Man.

What I'd like you to do is to close the door of the room you're in right now, turn of all distractions, so turn of your phone, turn off the TV, turn of the music, find a nice comfortable chair or a place to lay down if you're not already, and just listen and to imagine the things I ask you to imagine.

Ok, so first of all I'd like you to think about something that's been holding you back in your life, just think about and find something that has been holding you back from being the powerful, confident you that you'd like to be.

So it might be that you get intimidated by other people, or you don't like confrontation, or maybe you get shy when you're around the opposite sex, or maybe you think your too fat or you're too skinny, or maybe you think people see you as a nobody, whatever it is just find that thing that's been holding you back, and it doesn't just have to be one thing, it could be that there's a few or even a whole lot, whatever it is, or whatever they are I just want you to focus on those things that have been holding you back.

Now as you have those things in your mind now, I just want you to really focus in and feel those things that have been holding you back and now just imagine moving one year into the future still holding on to that thing or those things that are holding you back, still believing those things that are stopping you from being totally confident.

Now imagine walking through a day in your life a year from now and because of those belief you're holding on to, you still feel the same way about yourself, you're still not confident, people are still treating you the same way they've always treated you, and you still don't have the life you've always dreamed of because you don't have the confidence to go out there and get it, just notice how that feels, do you feel happy and proud to be who you are or do you feel sad and depressed like you're half the person you could be.

Now I want you to imagine moving through time to five years in the future, and I want you to imagine walking through a day in your life five years from now and you're still there in that same job, and I want you to see how five years of carrying these same beliefs around with you have stopped you from achieving so much, how these beliefs have stopped you from doing all the things you wanted to do, how those beliefs have stopped you from experiencing life and I want you to feel that pain that you feel inside that you secretly hide from the rest of the world and I want you to see how your life hasn't changed because you've been holding on to these limiting beliefs. Just notice how that feels, do you feel happy and proud to be who you are or do you feel sad and depressed like you're half the person you could be.

Now I want you to imagine moving through time to ten years in the future, and I want you to imagine walking through a day in your life ten years from now and you're still there working that same job, and because of those limiting beliefs that you have you walk around full of regret, full of shame that this is your life and you haven't done anything to change it, and just notice how there were so many things you could have done with those ten years but you didn't because of those beliefs that have been holding you back, just notice how it feels to live this life, do you feel happy inside and glad to be you, or do feel pain inside and regret from the things you could have achieved but didn't.

Now I want you to imagine moving through time to twenty years in the future, and I want you to imagine walking through a day in your life twenty years from now and just feel how twenty years of those limiting beliefs have been weighing you down, twenty years of those negative things you say to yourself have been pulling you down, making you a shell of a person, filling you with pain and regret, and just notice how bad you feel, notice how sad it feels to be you, to be this person who's achieved nothing with their life.

Now I want you to look even further into the future and I want you to imagine you're on your death bed and you in those final moments, those final moments when you're life is dying and I want you to look back over your whole life and ask yourself, did you do everything you always wanted to do, I want you to look at all those things you missed out on, all those experience you never had just because of those limiting beliefs you had about yourself, you didn't get that dream job that you always wanted, you were to scared to put yourself out there and take that chance to find someone that

you truly love, you missed out on so much, just see all those things that you missed out on, because you didn't change, because you didn't take control of your life, you destroyed your whole life because of those beliefs which you didn't change.

Ok, now I want you to come back this moment in time, right now and realise that you're not in those final moments waiting to die, you're not on your death bed and you're alive, and you're here, right now and you have the chance to make that change, to get rid of those limiting beliefs that have been holding you, and you have the chance to live your life, and feel how good it feels to be given another chance, this is the only life you have so choose how you want to live your life, make your life the best it can be and change those things which have been holding you back, there's no time to waste, each day is gone and you'll never get it back, so make the most of each day, take a chance, take risk, put yourself out there and get what you want.

Feel how good that feels to know that starting right now you will live a new life, a life that you design, a life where you decide what it looks like, a life that you can look back on and be proud that you lived the life that you wanted to live, I'm really proud of you for getting this course and you should be proud of yourself because it means that you're ready to start making those changes today.

EFT

Alright, so the first change we're going to make is to completely get rid of those limiting beliefs and those negative emotions that are holding you back in life.

This part of the course is all about tapping which is an emotion freedom technique, so you'll often hear tapping referred to as EFT.

Now if you've never heard of EFT then it might sound a little bit strange the things that I'm asking you to do, but I promise you, if you just suspend your disbelief and give it a try you will see that tapping can be devastatingly effective for getting rid of negative emotions.

So the bottom line is that we can use tapping to get rid of any emotion that you don't want to feel.

So if we just think back to the previous exercise for a second, and remember at the beginning I asked you to think of something that's been holding you back in your life and some of the examples I gave were that you might be intimidated by other people, or you don't like confrontation, or maybe you get shy when you're around the opposite sex, well the reason we feel this way about these kinds of things is because we've had some kind of negative past experience and that negative energy gets stuck in our body because it had no where else to go.

Well we can use EFT and tap away any of these things as well as any other limiting belief or negative emotion that you can think of.

So what I want you to do is just choose a feeling that you know you want to get rid of right now, so let's take for example a very common one which is that a lot of people get shy when they're around the opposite sex.

Ok, so I'm going to use the feeling of "I get shy when I'm around the opposite sex" and you can use that if you want to or you can choose something else which is personal to you.

Alright, so I'm going to assume that you've got one, if you haven't then you can pause the audio until you can think of a negative emotion or a limiting belief that you'd like to get rid of.

Ok, so first of all I'm just going to ask you some questions so that you can become more aware of the feeling itself.

So first of all I'd like to ask you what kind of feeling is it?

Where do you feel it in your body?

How intense is the feeling on a scale of 1 -10?

Ok, so now that I've made you more aware of that feeling, you should know that any negative feeling or any negative emotion is just blocked energy in your body because an emotion is really just energy in motion... it's just energy inside your body that has been given the wrong instructions by your brain.

And because that energy is blocked in your body, and it has no where to go, that's why you feel that negative feeling or that negative emotion.

So if we can reprogram our minds, all that energy in motion that was manifesting itself as fear can be used as instant confidence.

So in second what we're going to do is to tap different points of the body that are the end points of the different nerve channels, by tapping these points it lets us clear out the blocked energy but before we do that we need to let the body know exactly where the blocked energy is, we call this the set up.

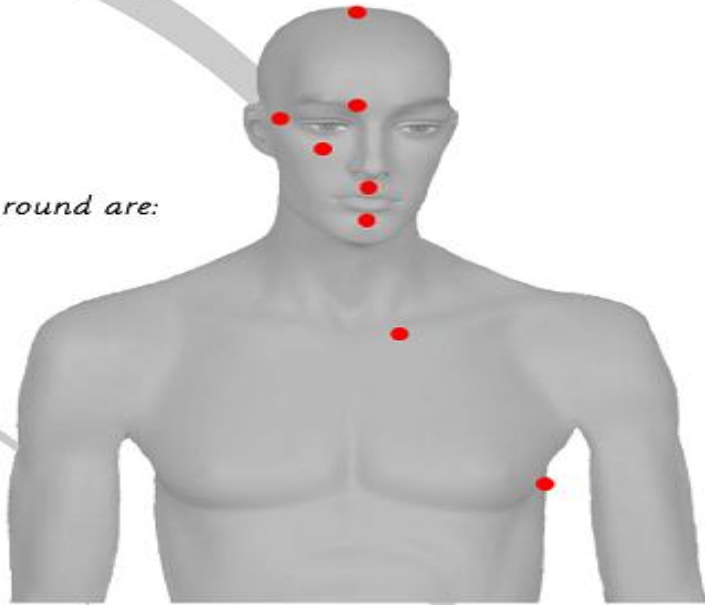
If you haven't downloaded the pdf workbook that comes with this section of the course then now is a good time to do that as it will help you to see exactly where the points are that I'm telling you about.

So first of all I want you to find the karate chop point on your hand . The way you can find it is if you follow the outside of the pinkie finger down to where you would do karate chop. So if you imagine doing a karate chop, it's the side of your hand which would face the ground.

EFT Tapping Points

The points for one round are:

- 1 • eyebrow
- 2 • side of eye
- 3 • under eye
- 4 • below nose
- 5 • chin
- 6 • collarbone
- 7 • under arm
- 8 • top of head



Ok, so once you've found the karate chop point I want you to focus in, and get that negative emotion or limiting belief back that we talked about earlier, so the example I gave was that a lot of people feel shy when they're around the opposite sex, so if you want to use that one you can, or if you had something else then just bring it back now and focus on that feeling, focus on where you feel it in your body and what it feels like and now start tapping your karate chop point.

When you tap your karate chop point, we're focusing the nervous system and now I want you to continue tapping your karate chop point as you speak out loud and repeat after me.

"Even though have this feeling, I deeply and completely accept myself."

Say it with feeling, because your body needs to know the difference between a negative feeling and a positive feeling.

So let's do it again, start tapping your karate chop point, and repeat after me out loud.

"Even though I have this feeling... I deeply and completely accept myself."

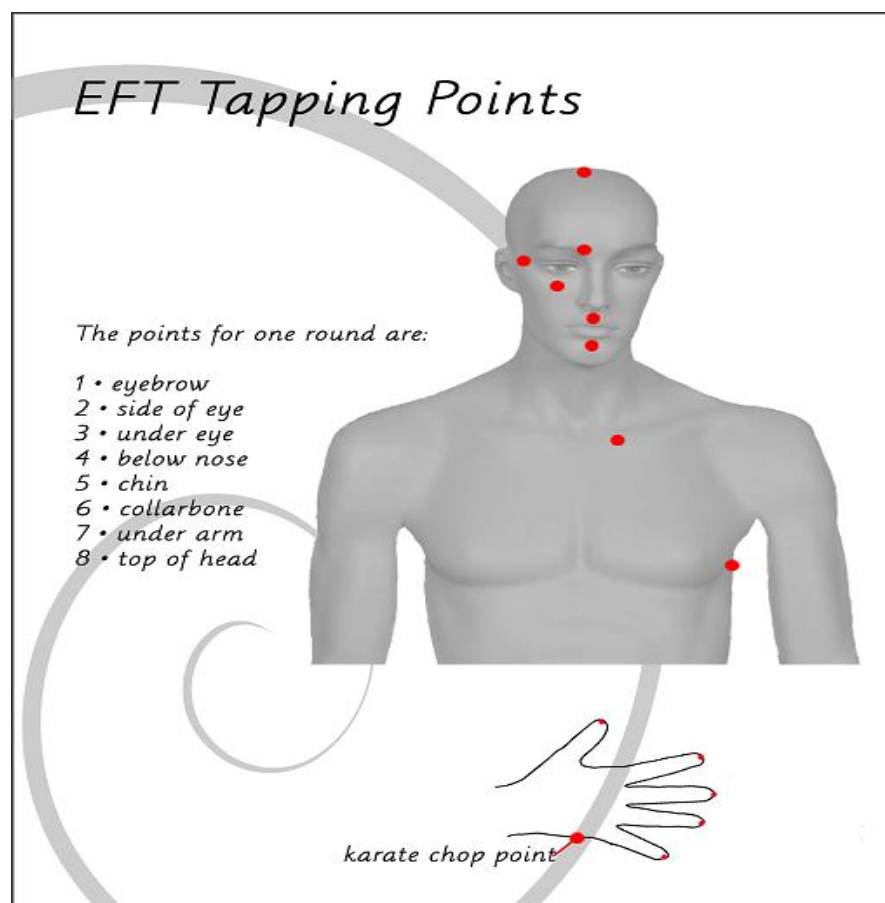
And one more time.

“Even though I have this feeling, I deeply and completely accept myself.”

Ok, so now we’re going to get rid of that negative emotion or limiting belief.

And like I said before, these negative emotions and limiting beliefs are just trapped nervous energy in one of your nerve channels so what we’re going to do to clear this energy is to tap the end points of all the nerve channels and this will clear out any energy that maybe stuck inside your body.

So as I just said if you haven’t already then download the pdf workbook to give you a better idea when the points are.



So the first point is the top of the head. Then the next point is the inside of the eyebrow, the next point is the outside of the eye and the next point is directly below the eye, after that it’s just below the nose, directly between the nostrils and the upper lip, then the next point is the chin, directly between the chin and the lower lip. Next is the collar bone, then after that it’s under your arm pit, so you put your fingers into your arm pit and then go down about four inches.

Then the next points are on the end of each of your thumbs and your fingers, right at the end of the fingers, just below the finger nails. And the last point is on the back of the hand, about an inch down from the knuckles, between the pinkie finger and the ring finger.

So that's all the points.

Now one thing you should know is it doesn't matter which side you tap or which side you tap with, you can just do whatever feels right for you, but most of the time, what I do it tap on side of my body and then I switch it over and do that other side.

Another thing you should know is you don't even need to tap the points in their exact locations, so if you're off just a little bit then this will still work because it's all connected.

Ok, so now you know where all of the tapping points are, now we're going to tap away any negative emotion or limiting belief that you have that you would like to get rid of.

So whatever that negative emotion is I want you just to focus on that feeling right now, and I want you to imagine the last time that you felt that feeling, whenever it was I just want you to imagine it right now and as you feel that negative emotion or that limiting belief in your body and just give it a number on a scale of 1- 10 how much you can feel it right now, so let's assume you say you can feel it a 10, now I just want you to take your two tapping fingers, so you take your index finger and your middle finger and start tapping the karate chop point.

Just tap that karate chop point as you feel that negative emotion and really focus in on it to focus your nervous system.

Now say out loud "even though I feel this feeling, I deeply and completely accept myself."

Ok now we're going to move to the top of the head, so start tapping the top of the head and say "even though I feel this feeling, I deeply and completely accept myself."

Then the next point is the inside of the eyebrow, "even though I feel this feeling, I deeply and completely accept myself."

The next point is the outside of the eye and "even though I feel this feeling, I deeply and completely accept myself."

The next point is directly below the eye, "even though I feel this feeling, I deeply and completely accept myself."

After that it's just below the nose, directly between the nostrils and the upper lip "even though I feel this feeling, I deeply and completely accept myself."

Then the next point is the chin, directly between the chin and the lower lip. "Even though I feel this feeling, I deeply and completely accept myself."

Next is the collar bone, "even though I feel this feeling, I deeply and completely accept myself."

Then after that it's under your arm pit, so you put your fingers into your arm pit and then go down about four inches. "Even though I feel this feeling, I deeply and completely accept myself."

Then the next points are on the end of each of your thumbs and your fingers, right at the end of the fingers, just below the finger nails. "Even though I feel this feeling, I deeply and completely accept myself."

And the last point is on the back of the hand, about an inch down from the knuckles, between the pinkie finger and the ring finger. "Even though I feel this feeling, I deeply and completely accept myself."

Ok, now take a deep breath in... and let it go.

So now I want you to try and feel that same negative emotion or limiting belief and you may notice that on a scale of 1 – 10 that feeling is now a lot less, and the reason for that is because we've freed up most of your nervous system.

Most likely some of the feeling is still there so we're going to do two more full rounds to really free up your nervous system.

So again find the karate chop point as you feel that negative emotion and really focus in on it to focus your nervous system.

Now say out loud "even though I feel this feeling, I deeply and completely accept myself."

Ok now we're going to move to the top of the head, so start tapping the top of the head and say "even though I feel this feeling, I deeply and completely accept myself."

Then the next point is the inside of the eyebrow, "even though I feel this feeling, I deeply and completely accept myself."

The next point is the outside of the eye and "even though I feel this feeling, I deeply and completely accept myself."

The next point is directly below the eye, "even though I feel this feeling, I deeply and completely accept myself."

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Then the next points are on the end of each of your thumbs and your fingers, right at the end of the fingers, just below the finger nails. "Even though I feel this feeling, I deeply and completely accept myself."

And the last point is on the back of the hand, about an inch down from the knuckles, between the pinkie finger and the ring finger. "Even though I feel this feeling, I deeply and completely accept myself."

Ok, now take a deep breath in... and let it go.

Ok now notice how do you feel, is the feeling still the same or is it less? By now you are most likely about a 4 or a 5 on a scale of 1 to 10.

So let's do it one more time.

Just tap that karate chop point as you feel that negative emotion and really focus in on it to focus your nervous system.

Now say out loud "even though I feel this feeling, I deeply and completely accept myself."

Ok now we're going to move to the top of the head, so start tapping the top of the head and say "even though I feel this feeling, I deeply and completely accept myself."

Then the next point is the inside of the eyebrow, "even though I feel this feeling, I deeply and completely accept myself."

The next point is the outside of the eye and "even though I feel this feeling, I deeply and completely accept myself."

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And the last point is on the back of the hand, about an inch down from the knuckles, between the pinky finger and the ring finger. “Even though I feel this feeling, I deeply and completely accept myself.”

Ok, now take a deep breath in... and let it go.

Ok so now I want you to try and find that feeling again, now I want you to think back to before we did any tapping and I want you to really try and remember that feeling, and remember that before that feeling was as strong as a 10 on a scale of 1 -10 but most likely, now you have a hard time feeling that negative emotion because it should be a lot less.

What we’ve done is free up your nervous system.

So hopefully by now you’re pretty amazed at the way you’re feeling, your body has literally forgotten how to feel that way and it’s usually a permanent change.

If you still feel the feeling then I recommend going through the exercise again until you’re happy that it’s completely gone before moving onto the next section.

And you can use tapping any time you need to and you can use it for any limiting belief or negative emotion.

Confidence Anchoring

Alright, so now I’m going to show you how to take control of those thoughts that you’re having in your head.

So the tool we’re going to get into now is called anchoring, and what anchoring is all about is building an emotion, building a response and then implanting a trigger and this ability that I’m going to teach you of triggering emotional states is of central importance to the whole Empire Man technique.

And as you know by now, emotion is really just energy in motion so if you know how to control the energy inside yourself and inside other people then you can set triggers to feel any emotions you want to feel or any emotions you want someone else to feel anytime you want.

So what I’d like you to do right now is to think of a time when you felt really good about yourself, where you felt really powerful and confident, like you could do anything.

And it could be any point in your life, maybe it was last week or maybe it was ten years ago, but the point is it doesn’t matter when it was but I just want you to really find that feeling inside yourself where you just feel unstoppable, so it could be that

feeling of falling in love, or hitting a baseball out of the park and the crowd is cheering, it doesn't matter when it was but everybody has had that feeling of confidence at some point in their life, so just take a minute to find that confident state and you can pause the audio if you need to.

So I want you to see that time in your mind right now, and just make that picture as clear as you can in your mind and see everything that you saw, hear the things that you heard and feel the things that you felt.

And as you feel those feelings, as you feel that feeling of confidence, that feeling of power, like you can do anything then I want you to amplify that feeling, and feel it as it goes round and each time it goes round it boosts you and then you get the feeling more and more. Feel the feeling, as you keep the feeling there getting stronger and stronger and even stronger and even stronger, make those images bigger, brighter, bolder, more vivid focusing on every detail.

And as you do that I want you to take your right hand and rub that right hand on upper thigh and as you do that say "Yes" and by doing that we're creating an anchor for this feeling.

And as you take a hold of that feeling and you anchor it to the rubbing of your leg, and it's just there building as you take all that confidence as you move that around and around inside of you as it doubles and triples and moves around inside of you, building up that feeling of powerful confidence.

Build it to a peak and just notice how confident you feel, this is your most powerful state that you as a human being can achieve, that's what it does, that's what the music does, that's what the word "yes" does, that's what the rubbing does and all those things working together that's what you get.

It feels good doesn't it?

Now if we do this same thing a couple more times you'll be able to create that powerful confident state on command just by rubbing you leg, and the more you do it the stronger the association becomes so you'll be able to tap into that powerful, confident state whenever you need to.

So let's do it again, so just picture that same time when you felt really good about yourself, where you felt really powerful and confident, like you could do anything and really find that feeling inside yourself where you just feel unstoppable and make that picture as clear as you can in your mind and see everything that you saw, hear the things that you heard and feel the things that you felt.

And as you feel those feelings, as you feel that feeling of confidence, that feeling of power, like you can do anything then I want you to amplify that feeling, and feel it as it goes around and each time it goes round it boosts you and then you get the feeling more and more. Feel the feeling, as you keep the feeling there getting stronger and stronger and even stronger and even stronger. Make those images bigger, brighter, bolder, more vivid focusing in on every detail.

Now take your right hand and rub that right hand on upper thigh and as you do that say “Yes” so we’re reinforcing the anchor for that feeling so as you’re rubbing your leg now say out loud “Yes”.

So as you’re still rubbing your leg, we’re taking a hold of that feeling and we’re letting it build and become more powerful inside of you and it’s reinforcing that anchor to your leg and it’s right there building as you take all that confidence as you move that around and around inside of you as it doubles and triples and moves around inside of you, building up that feeling of powerful confidence.

So how do you feel now?

Hopefully you’re starting to feel the power of this stuff, so now we’re going to do it one more time.

So one last time I want you to focus on that time when you felt really good about yourself, where you felt so powerful and confident, that you felt like you could do anything.

And see that time in your mind right now, and just make that picture as clear as you can in your mind and see everything that you saw, hear the things that you heard and feel the things that you felt.

And as you feel those feelings, as you feel that feeling of confidence, that feeling of power, like you can do anything then I want you to amplify that feeling, and you feel it as it goes round and each time it goes round it boosts you and then you get the feeling more and more. Feel the feeling, as you keep the feeling there getting stronger and stronger and even stronger and even stronger. Make those images bigger, brighter, bolder, more vivid focusing on every detail.

Now take your right hand and rub that right hand on upper thigh and as you do that say “Yes”.

And as you take a hold of that feeling and you anchor it to the rubbing of your leg one last time, and as you take all that confidence and move it around and around inside of you as it doubles and triples and moves around inside of you, building up that feeling of powerful confidence and let it build to peak and just enjoy that feeling and notice how confident you feel right now, like you can do anything you want if you put your mind to it.

Because what we’ve done is we’ve created a confidence anchor for you so that you can access any time you need it, but now we’re going to take it one step further so that we can give you that same feeling of confidence automatically which is going to give you dramatic results.

So what I want you to is to think of someone who when you’re around them you just really don’t feel confident so maybe it’s someone you know at work, or maybe it’s someone you know as a friend or it could even be a family member and I want you to imagine a situation in the past when you’ve been around them and you just felt like you had no confidence at all.

So now when you take that image in your mind of this interaction with this person and I want you to imagine you're sitting right at the back of a movie theatre. I could be one that you know, or if you want to then you can imagine one.

Now I want you to imagine you're watching yourself on the screen as you're interacting with this person that makes you feel unconfident, and I want you to imagine looking up there at that screen in the movie theatre and I want you to see them, really see the way they look, and then I want you to hear the things they say to you and notice how their voice sounds, how does it sound compared to yours? And now just pay attention to how you feel, how does this person make you feel?

And now as you notice just how unconfident they make you feel, I want you to see yourself up there on that movie screen and I want you to see yourself grow ten feet tall and as you do that I want you to notice that this person starts to shrink, I want you to see this person getting smaller and smaller until they're about the same size as a new born baby.

So now you're ten feet tall looking down on that person, and they're the same size as a little new born baby, and now I want you to imagine they're dressed as something really stupid, so you could imagine that person dressed in babies clothes, just look and notice how stupid they look, an adult who is the size of a baby, dressed in a baby's clothes.

Now listen to the way they talk...

Now instead of their old voice that you maybe saw as powerful compared to yours, that person is talking in the voice of a baby, they are speaking to you, trying to make you feel intimidated, but they can't because they're only the size of a little cute baby, and they sound like a baby, and what can a baby do to you, nothing. A baby can't intimidate you, a baby can't even walk yet.

Now I want you to look up there on that movie screen again and I want you to notice how as you look at yourself on that movie screen you're even taller now, now you're 50 feet tall, you're taller than a house and that person whoever it is that used to intimidate you, that used to make you feel unconfident is the size of a mouse and they're still dressed like a little helpless baby.

And just notice how you can look down on them and how you can feel powerful knowing that there is nothing that they can do to you, they are the size of a helpless mouse and you can barely even hear their voice anymore, that person is trying to say something to you, trying to make you feel intimidated, trying to make you feel unconfident but you just can't even hear what it is they're trying to say.

Just see yourself there 50 feet tall powerful and confident, nothing can affect you, this little insignificant person who is now the size of a mouse and dressed like a baby with a voice that you can barely hear just has no effect on you, you can be around them and they just don't affect you.

So right now I just want you to notice how different you feel about the situation and just notice that when you take control of the images and movies that you're making in your head then you can make instant changes to yourself (click) just like that.

So now we're going to make this even better, now I want you to see yourself, still up there on that movie screen and I want you to notice how you've grown even taller, now you're the size of the Empire State Building, you're standing there next to the empire state building and you are the Empire Man, you are twelve hundred feet tall and you are above everything, everything and everyone is below you, no one can effect you.

Notice how confident and powerful you are when you know that nothing anyone says makes a difference to you because if they did say anything then you could if you wanted to just flick them away with your hand so that they disappear into the distance and vanish from your life.

Now, instead of just seeing that movie of you up there on the movie screen, I want you to just imagine stepping into the movie screen and stepping into that you as The Empire Man and as you become The Empire Man, just notice how it feels to look down on the world through the eyes of a man who is twelve hundred feet tall, and now say hello to all of the people below you and hear how powerful your voice is.

Now I want you to look down below and I want you to notice how big your feet are compared to everyone below you, everyone is the size of an ant and as you look at the people below I want you to see that same person who used to make you feel unconfident and I want you to just pick them up in your hand and look at them.

Have a look at them as you notice they're still wearing their baby clothes and they still look as stupid as they did before so I want you to let a huge powerful laugh, and hear your voice as it echo's across New York City.

Now notice as you laugh how shy that person becomes, that person who used to make you feel uncomfortable and unconfident has now lost all of their confidence and they're feeling shy because you made them feel like that, they're the size of an ant and you're looking down on them, they're dressed in the clothes of a baby and you are powerful, you are The Empire Man.

So now as you continue to hold that person in your hand that used to make you feel unconfident, I want you to just take a second to try and feel intimidate by that person and just notice how you can't, it's impossible now, you just can't do it, and all you can feel is that power inside yourself and that feeling of confidence. And as you feel that power and that confidence I want you to rub your leg again in the same way as before and say "yes"...

So what we're doing here is we're stacking this anchor onto the previous anchor and making it even more powerful, and you can do this anytime you're feeling really good about yourself or really confident, you can stack these anchors so they become even stronger.

Ok so now we're going to move on to the next step of The Empire Man and I call this rehearsing the movie.

So remember when I told you about how Roger Bannister couldn't physically get his body to run fast enough to break the four minute mile, so what he did was to rehearse it in his mind until he had that certainty about it, well this is what we're going to do right now.

So here's what I want you to do, first of all I want you to pick a context where you'd like to have all that confidence of The Empire Man.

And for this example I'm going to choose the context of walking into your bosses office and asking for a raise because I know that's something a lot of people would love to ask for but a lot of times they just can't find the courage to do it.

So first of all we're going to rehearse the very first part of your movie, so again I want you to imagine you're sitting in the back of that movie theatre and I want you to imagine looking up at the screen and I want you to see the very first part of your movie where you know you're about to ask your boss for a raise.

So see yourself on the movie screen, see yourself sitting there at your desk or wherever it is you work and you're using the anchor of rubbing your leg and you're tapping into that powerful state that we've been building, you see that confident you from the last exercise.

Ok, now I want you to skip forward to the next scene in the movie where you see yourself confidently walking up to your bosses office and you knock on the door and you walk in there and take a seat on the chair facing his desk.

And as you see yourself sitting there looking confident and see yourself using the rapport techniques I'll be teaching you so your boss sees you as his best friend instead of just his employee, and see up on that movie screen that you're both laughing and having a good time.

And now skip to the next part of the movie where it comes time to ask your boss for the raise and see yourself sitting there as you tell your boss the reasons why you're such a valuable asset to this company and he's smiling, nodding along as you slowly bend his mind around to your way of thinking.

Now I want you to see your boss reaching over with a big smile on his face as he goes to shake your hand to congratulate you on the pay raise he's decided to give you.

Ok, now the last slide I want you to see yourself walking back to your desk with a huge smile on your face, walking confidently like you're the king of the world, like you can do anything and I just want you to see how satisfied you look knowing that you took the steps to make this happen.

Ok, now that was your movie as you'd see it up on the movie screen, now here's what I want you to do next.

I want you to take that whole movie with all the scenes and I want you to step into the movie so that you're in scene one, so you're sitting there at your desk and you can see everything you can see when you're in your work place, you're looking out of your own eyes, and you can hear everything you can normally hear and you can feel yourself firing off that confident anchor as you rub your leg.

Then once that confidence builds to a peak I want you to imagine getting up from your desk and start walking over to your boss's office, so take all the time you need, but when you're ready and you're feeling confident just start walking over to your boss's office.

Ok, now you're standing outside the office and you're about to go in, and everything is going to be fine, just like it was in the movie, so you go in there and you sit down and as you're talking to your boss you see that he's smiling and laughing at your jokes, you guys are best friends.

And then you just casually start to tell him why you're such an asset to the company and you see him nodding as he's agreeing with you and he's smiling like he's so impressed with you and then reaches over his desk and shakes your hand as he tells you that yes he thinks you deserve a raise and in fact if you hadn't have asked then he was going to give you one anyway.

So then after shaking his hand you leave his office and you walk back to your desk and you feel powerful, you feel confident and you feel how much self worth you have and as you sit back at your desk feeling happy with what you've achieved.

And now what I want you to do is I want you to project that new confident image of yourself into future, I want you to see yourself in the future having achieved all the things you want to achieve in life, see yourself with your beautiful wife or your handsome and successful husband, see your children in your beautiful home, feel those feelings you feel and just make those images bigger, brighter, bolder, more vivid and focus in on every detail, and I want you to look forward to this future, and I want you to look forward to taking advantage of the new opportunities which will come your way, and I want you to see yourself in this future where everything you want from your life has come true and you are the person you have always wanted to be, your life looks exactly the way you want it to look, you're doing exactly what you want to do.

I want you to see everything in your life you want to see, I want you to hear people talking to you the way you want them to talk to you, and I want you to feel the way you want to feel, feel like you can walk into a room and you can feel confident, feel like you can talk to people and you can feel respected and powerful.

Now as you feel this feeling I want you to notice in your body where you're feeling these feelings the most, and as you locate that feeling I want you to give it a colour, now imagine that colour glowing even stronger and getting even more intense and as you do that, notice how that colour begins to move all over your body, just feel how good it feels as you let it spread through your stomach and chest, through your shoulders and down your arms to your hands and down through your fingers, and down through your legs and into your feet, and now bring that feeling, that coloured

feeling back up through your body so that it reaches your neck, and your face and now double that feeling and let it grow even stronger, now triple it as it grows in intensity, as you feel that feeling getting even stronger and you feel how confident you can feel and I want you to keep that feeling with you from now on, every day as you live your life, and I want you to realize that you know how to use your mind to achieve the things you want out of life and you can go out there and get anything you want out of life and you can take everything you've learnt here today and build on it everyday as you learn new things.

Now, how do you feel?

Well hopefully you're feeling pretty good, and if you've done everything I've asked you to do then you should have just proved to yourself that you can make it impossible to ever have a problem with confidence ever again and if we can do this just by listening to this audio just this one time then just imagine how powerful and confident you'll be able to feel once you've been practicing these visualisation for a few weeks.

Homework Section

Alright, so now to the home work section, well obviously I want you to listen to this audio everyday for at least the next four weeks and use all of the techniques we've already talked about.

But on top of that I'd also like you to do some work on your beliefs about yourself and the first tool we're going to be using are called affirmations.

Now you may or may not have heard about affirmations before, but the point is they're a part of this program because they're powerful and they work.

So to do you're affirmations the right way you first of all need to find a quiet place where you know no one can hear you and you won't be disturbed.

And if you've heard of affirmations before then you're most likely familiar with the usual process of saying "I am confident", "I am respected by people".

But the problem with that is when you say "I am something..." then your subconscious mind will reject it if it's not inline with your previously held beliefs about yourself.

So the way to get around that is to use what we call reverse affirmations so instead of saying "I" you say "you."

So you say "you are confident, you are respected by people".

And you need to say each affirmation out loud with the voice of someone who is powerful and confident.

So this would be wrong... "You are confident, you are respected by people".

And this would be right... “You are confident, you are respected by people”.

So here are the power affirmations:

1. You can do this, you can master anything you want in life
2. You are the most confident person in any room you walk into.
3. You have the confidence to quickly access any situation so that you remain dominant and in the position of the controller.
4. You can accomplish anything you set your mind to because your vision is always clear and focused.
5. You control the frame in every interaction, so you control peoples realities.
6. You remain unreactive any time someone tries to test you because everyone else
7. You are your own person and you do not have to change your beliefs or your values for anyone
8. Everyday you are becoming more self confident.
9. Fear is only a feeling and it cannot hold me back.
10. You deserve to have the life you want to lead and you have the power to create any reality in which you desire to live in.

So those we some examples of power affirmations that you can use, or if you want you can make up your own that are specific to you.

Thought Reframing

As well as the affirmations, for the next 30 days I'd also like you to just notice the kind of things you're saying to yourself inside your head.

For instance if you see an attractive member of the opposite sex do you instantly, tell yourself you could never get someone like that? If you are having these kind of thought, next time you hear yourself thinking something like that I want you to change that voice inside your head and reframe those thoughts so as soon as you see someone you find attractive, instead of hearing that voice say “oh, I'm not good enough for them I could never get someone like that.” I want you to change that voice in your head so you hear... “Ummm... look at that attractive person, because of the changes I'm making to myself, I could definitely get someone like that.”

So can you see how powerful this will be?

You're reframing your thoughts to that of someone who is powerful and confident, and someone who knows how to get what they want out of life.

And let me give you some more examples...

Let's say you want to ask your boss for a raise but that voice inside your head has been telling you "no don't ask for a raise, he'll probably say no and laugh in your face because you're not good enough to get a raise."

So instead of hearing those thoughts, I want you to reframe them and I want you to hear "You should definitely ask your boss for a raise, my boss has probably been waiting for me to ask for a while now as he has seen how over the last month I have made changes to myself and I'm now twice as productive as I was before... I'm sure if I ask he will give me a raise."

How much more powerful would it be to have those kinds of thoughts?

And for one last example, let's say you've got that big business presentation coming up and you've been feeling nervous and you've been hearing that voice in your head telling you that you're probably forget everything you need to say or you're going to be too nervous to even get up on the stage... instead I want you to reframe those thoughts and tell yourself that "I am constantly working on myself and I can see the changes every day, and I will remember everything I need to say because I have learnt advanced memory techniques, and people will find me interesting because I have developed my confidence and I am now seen as an alpha by my peers."

When you compare the way an Alpha thinks to a beta it's completely different and this is the main think that differentiates them from the rest of the pack and to quote Earl Nightingale "You are what you think about all day long."

So basically if you focus negatively then you're a negative person. If you think you can do something then you can and I believe that your thoughts determine your actions and how much more powerful will that kind of thought pattern be compared to your old one.

So that's what I want you to do, just become aware the thoughts you're having and then reframe them so that they are thoughts of a confident, bold, powerful person who goes out there and gets what they want.