

All our clients just want one thing to be fixed and feel better. Fast!
And that's exactly what we do for you! With **Rapid** Change Training
(**RCT™**),

We say yes where others say NO.

Is this you? Then this text is right for you!

1,000,000's lack energy and vitality.

Millions of people around the world lack the energy and vitality they once had. Many of us are feeling more lonely and disconnected than ever while increasing levels of stress, tension, fear, and anxiety compromise our immunity and increase the risk of chronic health conditions such as cancer, diabetes, heart disease, Alzheimer's, and depression.

Now, here's the good news: with Alexaa you can tap into the wisdom of your body and mind to find the answer to renewed health, and energy. **Rapid** Change Training (**RCT™**) will rewire your mind for a positive and powerful mindset so you can enjoy greater wealth, success, and prosperity. A life with freedom and fulfilment.

Heal or KILL yourself

If you can heal your mind, you can heal your life.

In this Alexaa document we share all about the mechanics of the Alexaa deep direct delta hypnotic process and how it works.

It's all about your psychoneuroimmunology.

And how your mind, body, disease and your thoughts are all interconnected.

Do you recognize this?

You want to achieve something, but you keep failing.

A tiring constant battle between your logical thinking and emotions, between your subconscious and consciousness. And your subconscious mind and emotions always win!

This costs you a lot of energy and creates stress.



Have you ever heard the expression "stress kills"?

You may have heard it too and find it hard to believe.

We regularly notice how true this statement is.

(Prolonged) physical and psychological stress causes inflammation in your body.

Hypnotic process and how it works.

We want to walk you through the mechanics of the hypnotic process and how it works. And how your mind, body, disease and your thoughts are all interconnected.

But first,

let's jump into the science of how minds and bodies interact.

So, how exactly are trauma and disease correlated?

How exactly, do you heal or KILL yourself

Inflammation is the keyword in many diseases.

Reducing inflammation is the key to healing many diseases.

Are you with me this far? OK, beautiful.

When events happen in life, they're recorded forever; saved forever in your emotional database.

when stressful events happen, they are recorded as such.

And that creates a certain level of shock on the mind,

1. which therefore sends distress signals down the nervous system,
2. which in turn will tell the endocrine system
3. to increase adrenaline and cortisol,
4. and while those levels are increased, our immune levels are lowered

The fact that we have these stress responses initially is not a bad thing, yet the fact that our minds compound all of these situations over time

without ever letting them go.

Every situation builds upon each other.

So the real reason we experience stress in reality is for our own good, for your own safety. To help you survive in life!





Smart animal?

If you think of an animal, for example, a mouse.

A mouse sees a cat, gets anxiety, has stress levels.

Why? Because it needs to make the decision to run away.

Yet once the mouse runs away, once the mouse finds cover, that anxiety is gone.

The mouse doesn't over-analyze what the cat was thinking, how to feel about it now, and what to do about it.

No, that's only something humans do.

Your stressful events, recorded forever

Humans encounter a stressful situation,

we instantaneously attach meaning to it, and then it's recorded forever.

So the initial stress isn't bad, the continual attachment to the stress is bad. Follow me so far? Good, OK.

So just to reiterate

1. when you experience **stress, fear, anger or anxiety** you experience negative emotions (your body feels 'war' as opposed to peace)
 2. there's a recording of your negative emotions as a MEMORY in your subconscious mind (as a 'meaning-making and pattern recognition machine'. And enough of those recordings, over time, will cause
 3. havoc and an overstressed nervous system (day and night! because your mind thinks and feels there is war going on, feeling in a chronic state of fight or flight 24/7). Triggering all survival mechanisms in your body), which in turn will cause an
 4. overproduction of (inflammatory) stress hormones (e.g. cortisol) and a
 5. suppression of your immune function. (e.g your immune system attacks your hair follicles/ puts hair growth in resting phase
 6. causing massive disbalance in your energy flow and suppression/ malfunctioning of all kind of body functions not crucial for your survival.
- Compare it with war, all of your focus is on surviving.

How do we reverse all of this

So, now the golden question: How do you reverse all of this?

So there's a new study dedicated to all of this called psycho-neuro-immunology.





So that's the textbook definition.

In reality, the best way that I found to translate this into real life, to intervene in the **influence of stress, fear, anger and anxiety on immunity**, I have found that in Official Class-A **Hypnotherapy** for Business™.

How? Let me tell you.

So we do this fascinating therapy, it's called Official Class-A Hypnotherapy for Business™ and 2020 style class-A clinical hypnotherapy.

So, now you know,
physical and psychological stressors cause inflammation to occur in your body.

Inflammation is the keyword in many dis-eases.

Reducing inflammation is the key to healing many diseases,

How to downregulate, calm down your overstressed nervous system?

So you can feel at ease and not the dis-ease.

How exactly is this reducing your inflammatory hormones

1. It is completely allowing your subconscious mind (which primary job is NOT to make you happy but to help you survive in life) to cope with, and to heal your unprocessed emotional issues.

Your recorded & saved forever stress memories.

That you will and can never let go by yourself!

Because negative memories, emotions, sensations and feelings)
memories buried alive never die!

You never got to cope with your past.

Leading to a continuous overstressed nervous system inside you.

That's why it is a must for you to change your destructive stress, fear and anxiety, the destructive memories in the movie of your life, your life's memory bank, in your subconscious now.



1. This reduces your recorded & saved forever stress that you've carried around your whole life.
 2. When your subconscious mind heals, it allows the nervous system to calm down and relax.
 3. When your nervous system relaxes, there are less erratic signals.
 4. When there are less erratic (amygdala panic) signals, your endocrine system does not need to be in a chronic state of fight or flight 24/7.
 5. No need for sending out inflammatory hormones like cortisol and adrenaline. So your immune levels are not longer lowered. So you feel better and will produce more positive emotions. That releases happy hormones like dopamine and endorphin further reducing your inflammation and increasing your immune levels.
- Resulting in feeling less stress and more health and happiness!

It's never too late for a happy childhood

You cannot change what has happened to you in the past. Instead, you can change your mind's perception and the weight of the heavy feelings that the past memory holds. Then after resolving that memory, we would then proceed through other memories in a similar fashion.

You see all this is all coming together?
OK, we know, we overloaded you with a ton of information.
Let us give you an example;



Esthers' story

There's a woman, she came to see us, and she came to see us for weight loss, which many people do, many people come to see hypnotists to lose weight.

And we asked her: "What's your issue?"

No motivation to get to the gym, you don't have a taste for healthy food; what's going on?"

So she said, "No, I have motivation to get to the gym.

Yet every time I go, I get into more pain."

So I asked, "Why are you in pain?"

So I said to her, "Let's start from the inside out.

Instead of working on your motivation to get to the gym, we should work on your fibromyalgia pain first."

I asked her: "Where do you feel the most pain right now?"

She said in her neck.

I said, okay, let's go for it.

We did an **Rapid** Change Training (**RCT™**) session around pain in her neck.

And her memory that came up was at the time she was 2 years old, her and her brother got into a fight. He pushed her down the stairs and she essentially got a stiff neck for a few weeks, and then it went away.

10 years later, it came back,

and she told me that for 20 years she couldn't move her neck.

We resolved that trauma -

your trauma surrounding that memory and a few others.

When we finished, she came up out of hypnosis,

and she went like this.

For the first time in 20 years, she moved her neck.

Amazing isn't it, how we carry our lives in our minds and our body.



Our bodies and minds are intrinsically connected.

There's so much more detail I can go through on this topic, yet really, this is your takeaway I want to give to you today: your mind and body are resilient and have the innate ability to heal themselves.

Yet sometimes they just need a bit of guidance. My wish for you is to be informed and to know that there are resources out there to help you feel like the best version of you.

Do you heal or kill yourself?

If you can heal your memories in your life's memory bank, your subconsciousness mind, you can heal your life. So cheers to you, your healthy mind and body, and cheers to never give up the fight for your vitality.

Alexaa's **Rapid** Change Training (**RCT™**) is the fastest way to enjoy your life even more.

Feeling better than ever before. With less pain and problems, with a greater sense of freedom and satisfaction!

Your Alexaa team.

