RPF Systems Guide to NeuroMastery Coaching™

*Unlocking the Mind. Transforming Performance. Achieving Ultimate Potential.*

# 1. What is Hypnosis?

**Hypnosis is a natural state of focused attention and heightened receptivity.** In this state, the conscious mind relaxes, allowing the subconscious mind—the deeper part of you that drives habits, beliefs, and emotions—to become more open to positive suggestions.  
  
Far from being “mind control,” hypnosis is a collaborative process. You remain fully aware, in control, and able to accept or reject any suggestion. Think of it as guided mental rehearsal where your subconscious helps you install new patterns of thought and behavior.

# 2. The RPF Systems Approach

RPF Systems uses NeuroMastery Coaching™, which is primarily based on the science and practice of hypnotherapy. Hypnosis serves as the foundation for transformation, while being complemented by advanced coaching and integrated modalities.  
  
This work is led by Dr. Roy Fuñe, a Certified Consulting Hypnotist with the National Guild of Hypnotists, who has completed over 200 hours of advanced training under world-recognized hypnotism trainers. His expertise ensures clients experience hypnosis that is professional, effective, and aligned with the highest standards of practice.  
  
**Hypnosis is 100% safe. It is a natural state of mind with no negative side effects.** Most clients leave sessions feeling relaxed, empowered, and clearer about their goals.

# 3. How Hypnosis Works

- Conscious vs. Subconscious Mind  
 - The conscious mind analyzes, plans, and judges.  
 - The subconscious mind stores habits, emotions, and automatic responses.  
- Hypnosis quiets the conscious mind, creating direct access to the subconscious.  
- Through imagery, suggestion, and specialized techniques, new beliefs and behaviors are formed, supporting lasting change.

# 4. What Hypnosis Can Help With

At RPF Systems, hypnosis is integrated into the Ultimate Performance Protocol™ to support executives, entrepreneurs, athletes, and performers. Common applications include:  
- Performance Enhancement – focus, creativity, and consistency.  
- Stress & Anxiety Management – reducing overwhelm and restoring calm.  
- Habit Change – overcoming procrastination, smoking, overeating, or negative cycles.  
- Confidence & Resilience – stepping into leadership and peak performance.  
- Goal Achievement – aligning subconscious patterns with conscious aspirations.

# 5. Myths vs. Facts

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| Myth | Fact |
| I’ll lose control. | You are always in control—you cannot be made to do anything against your will. |
| I won’t remember anything. | Most people remember everything, much like recalling a daydream. |
| Only weak-minded people can be hypnotized. | Actually, hypnosis works best for those who can focus, imagine, and follow directions. |
| It’s just sleep. | Hypnosis is not sleep. It is a relaxed yet highly aware state. |

# 6. What to Expect in a Session

1. Discussion & Goal Setting – We clarify your desired outcomes.  
2. Induction – A guided process helps you enter a relaxed, focused state.  
3. Deepening – Your attention narrows, enhancing receptivity.  
4. Suggestion & Transformation – Positive, personalized suggestions are given to align with your goals.  
5. Emergence – You are guided back to full awareness, refreshed and empowered.  
  
Sessions typically last 60–90 minutes. Most clients feel relaxed, clear-minded, and motivated immediately.

# 7. The RPF Systems Advantage

Unlike traditional approaches, hypnosis at RPF Systems is integrated into a multi-modal framework:  
- NeuroMastery Coaching™ – harnessing neuroplasticity for mindset change.  
- NeuroBioenergy Alignment™ – balancing mental and energetic systems.  
- Vibroacoustic Therapy – using sound frequencies to promote deep relaxation and healing.  
  
This unique blend forms the Ultimate Performance Protocol™, making transformation faster, deeper, and longer-lasting.

# 8. Client Responsibilities

Hypnosis is powerful, but it works best when you:  
- Enter sessions with an open mind and willingness to change.  
- Engage actively in the process (visualizing, listening, responding).  
- Apply insights between sessions through simple practices provided.

# 9. Final Note

**Hypnosis is a tool for unlocking your mind’s potential. At RPF Systems, it is not about fixing what’s wrong, but about activating what’s already powerful within you. When combined with coaching, energy alignment, and vibroacoustic therapy, hypnosis becomes a catalyst for lasting change and ultimate performance.**  
⚡ RPF Systems – Guiding Leaders, Athletes, and High Performers into the Future of Human Potential.