



THE
HYPNO ACADEMY
PIONEERS OF HYPNOSIS

ZenZero



Self Hypnosis Method

By Martin Castor



ZenZero is a simple tool for self-hypnosis. Either as an individual tool or as an addition to a session. It can be used for individual clients or group sessions.

ZenZero is a word for "resetting" the mind in the physical and mental state called Zen.

ZEN means meditation and concentration.

It is a Japanese word and originates from the Chinese word "Chan."

ZEN helps you optimizing your mental and physical ability. Through Zen, you will get to know yourself better, be even better at using your skills and creativity, and understand and accept that personal development requires focus and hard work.

"Learn to think about what you want to think, to be able to do what you wanna do."

ZenZero will help you to understand yourself on a deeper level;

- Why do I think the way that I do?
- Why do I have my opinions that I do?
- Why do I react the way I do in certain situations?
- Why do I do exactly what I do right now?

Your ego will be less controlling in your daily life and be even more transparent. It will give you the courage to be yourself in all situations.

You will become more accepting and patient, give space to others, including yourself, and gain more daily.

As a result of this, it will be easier to make the right choices in specific situations. Not just for your benefits, but for all the people that surround you

ZEN contributes to how your daily life and life works as a whole. When you're able to look at things from a distance as they are and maintain emotionally balanced, it will be easier to live life, and you will experience even more authenticity and joy in your life.

Through daily Zen practice, you exercise your concentration and creativity. It will make you more effective, innovative, and more energized. You will experience more flow daily and an expanded awareness about what you want to achieve in life.



Zero stands for the resetting, to be able to implement new states and conditions.

The understanding of Zero is that it is the most neutral moment in the "now". Everything we own and that we know is ours here and now. We don't search for a "zero" condition or create one. We respect the reality of the "Now" and use all its real values. That is the quickest shortcut to recognize the positive changes that will occur in a brief moment when we use the concept of ZenZero.

Enjoy the journey...

Martin Castor



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Place of Comfort - POC Script

- First, ask the following question:

“Describe the place where you relax the most and which is the most neutral place for you at this very moment. Describe it as if you’re there right now. A place you’ve been before, a place from your memory. Recently or maybe from your early years? A place where you feel absolutely relaxed, peaceful, and safe no matter what!”

- Establish the location, and mirror back the words that seem most emotional on a positive level. By repetition, you deepen the client further into the experience. Keep creating a bridge between the words, emotion, and the feeling inside the body (also location inside). Maybe even mirror back the client’s gestures.

“Tell me about the things you experience right now at your place! Things that make you relax... Things that make you feel safe and comfortable... What is that?... What do you know now?”

- Wait for information, and write things down. They are powerful words you can use over and over again
- Remember that you can utilize the power of light from the sun no matter where your clients are, inside or outside, light or dark. It can be created anywhere... Through a window, a crack in the wall, or create it as a ball of light in front of them.
- Ask the following questions.

“What do you notice now that you didn’t before? Now notice what makes you feel even more safe and relaxed at your place!”

- Wait for information. Enhance the answer by repeating and deepening it... Mix it with positive power words if it makes sense.

“Now, where you are right now... at your favorite place for this moment. Now notice how much more comfortable, easy, and detailed you experience it all right now. As if all is perfect... Now you know there is a special spot where you can sit or lie down if you haven’t already done that now.”

“Get comfortable and focus on your breathing just for a brief moment... Imagine that the last few places left in your body, where you know you can relax and release, even more, will now automatically let go with every deep breath. Naturally, automatic... Allow yourself to deepen with every breath... even more...”

“Breathe through your nose... Deep into your stomach, and slowly exhale through your mouth... Release everything that might be a disturbance... anything that limit's you... just release it... Notice how it feels now... releasing... Breathe deeply again, and repeat again and again... Even if anything appears during this session, a simple deep breath will just release it... easy as nothing... Your body will adjust automatically, and breathe for you... So even the things you ignore will be released... naturally and automatically. Continuous deep breathing to help release things now and forever. Allowing you to be free all the time... no matter what.”



“Pay attention to how great you feel... allow your attention to grow and information to flow... your body and mind will start communicating... You can now pay attention to multiple things easily... As if everything now is more bright and clear to you... even more details... no matter how you experience it, you will experience in a perfect way for you right now... it’s your details... your place... your time... Right here while relaxing and letting go, while being in absolute true control of you...”

“Now imagine that you can see or create light in any way you sense or know it... right above you. Just imagine that... sense it in any way that suits you... allow the light to find you now...”

As if the sun has free access to you right now... your body knows the warmth... your mind knows the soothing feeling... imagine and feel the sun and light in your forehead right now...”

“Imagine gathering all the rays of the sun right now in your forehead... As if the energy just radiates into your body... like a supercharger... an energy source that allows you to relax even more... getting full access and control to your entire mind and body now...”

- Here comes the “progressive relaxation” if the client is already relaxed and experienced as a client, you can minimize this and go to the eight waves quickly.

Progressive Relaxation:

(Remember it can be shortened depending on how relaxed your client is - PAY ATTENTION TO YOUR CLIENT)

“Feel the energy, the warmth, comfort, and peace... as it grows on the inside and outside... bit by bit... Feel how all the muscles in your scalp relax... down towards your neck, down your forehead... Relaxing all the muscles around your eyes and eyelids... as if they’re being switched off one by one... automatically... just sense that now...”

“Feel how the warmth and peace glide down your face into total relaxation... every muscle, fibers, and nerve just let’s go. Your cheeks... jaw... nose and mouth... As if every cell is being touched and relaxed by the light... radiating on to the next, and the next... and the next... Cleaning... releasing... empowering... and relaxing... totally.”

“Let it move down through your jaw, and open your jaw slightly... it will now be easier to swallow when you need to... and every time you do, you will sink further into relaxation... even more... it’s natural to go deeper down...”

(* watch if the client swallows... It’s rapport and compliance)

“Let it work all its way down your neck and throat, slowly down your spine... as if it lights up... optimizing everything within you... making you ready for an upgrade and an amazing journey in just a moment... Feeling good...”

“Move the light and warmth to your right shoulder now... let the light and warmth work in waves from your shoulder, all the way to your fingertips... nice and soft waves... again and again... Every cell, fiber, and the muscle relaxes immediately... now your entire right arm is relaxed... completely relaxed now...”

“Move the light and warmth to your left shoulder now... let the light and warmth work in waves from your shoulder, all the way to your fingertips... nice and soft waves... again and again...”



Every cell, fiber, and the muscle relaxes immediately... now your entire left arm is relaxed... completely relaxed now..."

"Feel it as a pulse down your chest... as if the light mixes with the air and radiates into your entire body... Every breath relaxes you more, fills you up with comfort... peace and light... makes everything easier and easier, and takes you even deeper... deeper and deeper... easy... natural..."

"All the way down to your stomach... softly into the stomach... connecting all organs... all functions... as if there is a protecting ball of light, making sure all is updated, repaired, optimized... and communicates perfectly... A ball of light that grows on every breath now... protecting you... entirely... And if there, by any chance was anything that did not work optimally... the light will now fix it... automatically... making sure your body is at its best at all times, no matter what... Feel it getting fixed and release everything else now... Everything you sense now... even complete stillness is a sign that it's working... Perfect... good job..."

- Wait a moment and watch your client.

"Breathe deeply... feel the peace and comfort within..."

"Move the warmth and light down to the right side of your hip... let the light and warmth work in waves from your hip, all the way down to the tips of your toes... nice and soft waves... again and again... Every cell, fiber, and the muscle relaxes immediately... now your entire right leg is relaxed... completely relaxed now..."

"Move the warmth and light down to the left side of your hip... let the light and warmth work in waves from your hip, all the way down to the tips of your toes... nice and soft waves... again and again... Every cell, fiber, and the muscle relaxes immediately... now your entire left leg is relaxed... completely relaxed now..."

"Perfect... feel the amazing peacefulness... the trust and strength... in a moment you will relax even further to be sure to open up fully, and make sure you can do the change needed for now... It's you... it's now..."

The 8 Waves:

"In a moment I will count from 8 down to 1. Every count will relax you 10... 100, even 1000 times deeper than now... Like a huge wave of energy... warmth... rays from the sun forks down the atmosphere... through the skies... down to you... connecting to your forehead... and shines through your body from the top of your head down to the tips of your toes... A unique and comfortable experience that can set you free... finally..."

"On the count of 1, you will disconnect on a physical level... raise from your body and be able to travel wherever, through your mind and on a metaphysical level... All the while, your body lies there... at your place... feeling safe... comfortable... being updated and empowered... Feeling whole for when the session is completed... When you're detached from your physical body, you can move freely at any time, observe and sense and feel everything... Knowing everything you need to know... for this moment in time... without going into any negative experience... but instead, know and get the insights, and then feel all the positives..."



“Look towards the light... the sun right now... Feel and imagine the first wave... how would it look right now... what do you now... See it... feel it... hear it...”

“8..... Takes you deeper and deeper... all the way down... Get ready for the rest... even more powerful... imagine the color of it... Moving down towards you...”

“7..... Just let go let go... entirely and completely... Feel the excitement now... Going deeper... feels good...”

“6..... Feel how the body lets go... more and more... Doing good... here comes the next... getting closer as you’re going deeper now...”

“5..... Feel how your unconscious opens up... ready to give answers... Halfway there now.... Let go... Here comes the wave... feel it...”

“4..... Relaxed... it feels so natural... Insights are here... Next wave...”

“3..... Almost ready... you go even deeper... letting go... letting go..... You’re getting close now... the journey of your life...”

“2 You’re almost ready now, to rise as who you are ...”

- Wait for the next breath, and do the last count on the exhale!

“1..... That’s it... you’re you now... rise and look down on your magnificent body...”

“Feel everything now... know everything now... it’s amazing... I know. The feeling of being you... Feeling safe and sound for the journey...”

- Now go to whatever tool you need, depending on the therapy.
- In exercises, go straight to counting up.



POSITIVE (+)	NEGATIVE (-)

Plus & Minus Reframing Model

The Plus and Minus Form is beneficial for reframing and getting a more powerful mantra with ZenZero.

1. On the Positive side, write down all the positive skills, behaviors, thoughts, and emotions, you can recognize this very moment.
2. On the Negative side, write down all the negative skills, behaviors, thoughts, and emotions, you can recognize this very moment.
3. On all the negative themes, ask for the higher positive intention or resource hidden behind it. Remember that all negatives mask a higher positive resource. Worst case scenario, it is protection and survival. There might be more than one positive on every negative.

When you have identified the positive, then write it on the positive side, put a line through the negative, or even erase it. It would be great if the client did it due to multilayered programming.



The ZenZero Mantra

Be specific on which theme you want to work with through ZenZero. Preferably a thought or behavior pattern that you want to change or want to empower if it is already positive.

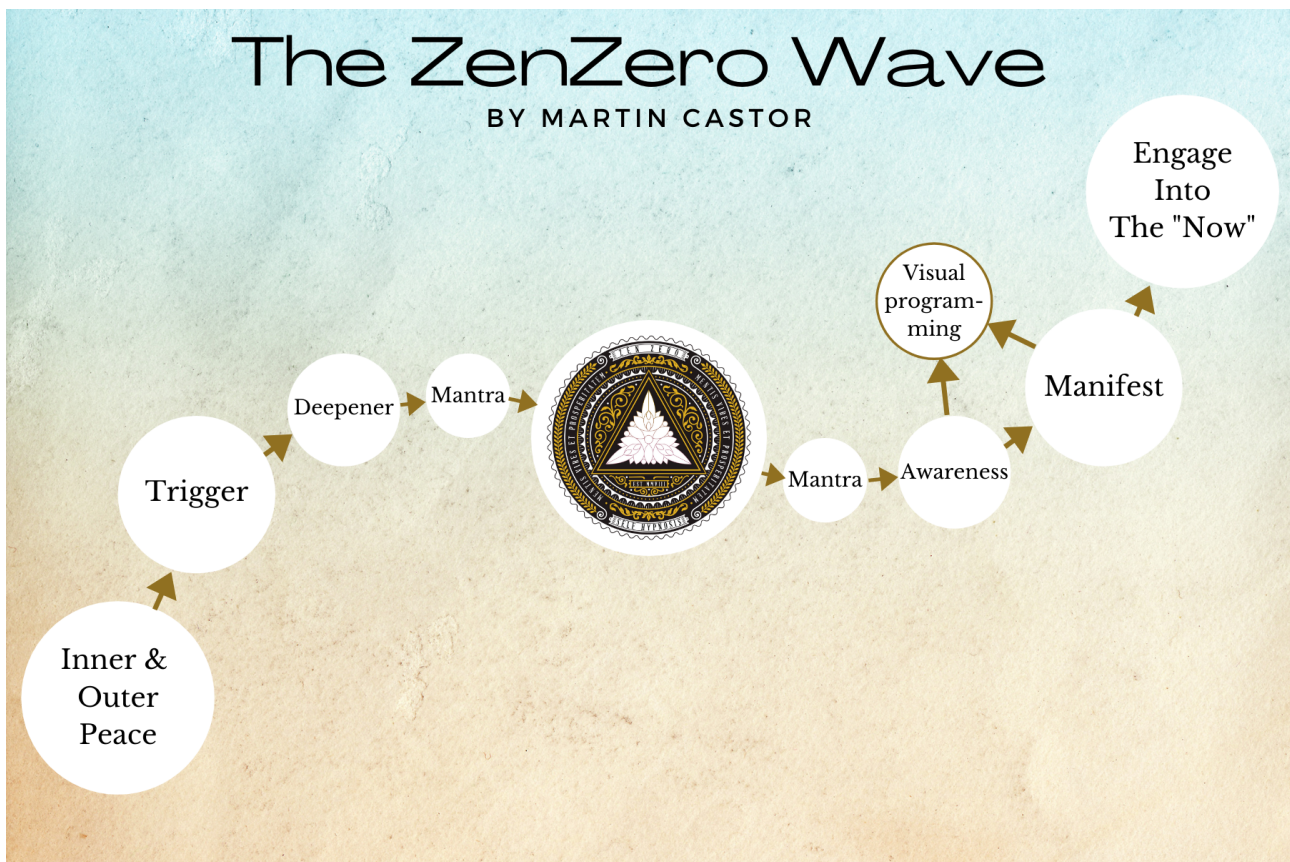
1: The new Reframed power Words.

2: The goal, wanted outcome, or dream.

3: The Short and empowered mantra



The ZenZero Wave



How to become initiated.

To be able to manage and perform The ZenZero on yourself, you have to be initiated. By initiated, you have to have been taught how to use the wave and have had the first ZenZero experience while someone is guiding you. To make sure that it is performed well and follows the steps.

If it is a client of yours, you can do this as being a full session. By spending time to go into depth with all the steps and experience, or you can initiate the client as part of finishing the session, connected to the counting up. That would be convenient, as we have to make sure they can open their eyes and engage with it themselves again.

Or you can listen to Martin Castors ZenZero Initiation Audio to get the full experience, to be able to do it on your own.



The initialization process:

- 1: Create trance through Place Of Comfort, or current session trance.
- 2: Engage in a complete connection with the body and "now."
- 3: Create an inner neutral point of focus that can be felt. (ZenZero Location).
- 4: Notice the sense and feeling of being in ZenZero.
- 5: With the sense and feeling, create a physical anchor that can be used as a trigger.
- 6: Allow flow and intuition to bring you 1-3 new power words that might empower and surprise you. These power words are your hidden resources. (And you can use them in your future ZenZero sessions).
- 7: Count up on the count of three, and allow yourself (or client) to deepen on the count from five down to one. Make sure you sense, feel, and use your trigger on every count. Deepen your self further with every exhale. Repeat three times to secure and manifest the trigger, and empower yourself to do this naturally and automatically.
- 8: Count up from one to ten, and on the count of ten, experience the power and focus on all you can do now is in the now. Feel and sense the engagement of your personal power words and how you feel them within.

How to use the ZenZero Wave when you're initiated.

This is how you use and manifest the ZenZero Wave on yourself or with people who are initiated already. They already know the steps, so we guide them, or this is how they can guide themselves (or you can guide yourself) with the outline from the ZenZero Wave image.

- 1: **PEACE** - Create and step into outer and inner peace.
- 2: **TRIGGER** - Use your trigger and countdown to obtain trance.
- 3: **DEEPENER** - Deepen the state, neutralize, and let go.
- 4: **MANTRA** - Use your mantra, new or old depending on the purpose. Repeat until you can feel it.

*****ZENZEROSTATE*****

- 5: **MANTRA** - Update the mantra - repeat it and incorporate new power words.
- 6: **AWARENESS** - Be aware of new positive inner and outer changes. (Use visual programming and engagement if needed.)
- 7: **MANIFEST** - Confirm the new state with all senses. (Use visual programming and engagement if needed.)
- 8: **ENGAGE** - Engage into the now - Bring the new state of ZenZero Mantra into the now as your counting up.



The Script Example:

"Make yourself comfortable in a place that is and will maintain peaceful for you for at least a little bit... A place for you to focus and be aware for a few minutes..."

1: **PEACE** - Create and step into outer and inner peace.

"Connect now with your outer and inner peace, so you know it is yours, and know that you can sense and feel it right now... Deep breath when you got it..."

2: **TRIGGER** - Use your trigger and countdown to obtain trance.

"In a moment, I will count from five down to one... now... on every count... on every breath... use your trigger, so you feel it more and more..."

3: **DEEPENER** - Deepen the state, neutralize, and let go.

"Deepen yourself even further into your state... Neutralize everything... so everything you notice is yours and only yours... All good that is you... All of your positive presence... Now... Knowing that the next deep breath... you will let go of everything you... Your unconscious and your body need to let go of... On the exhale... Just let go..." (Wait for the breath, and suggest it if it does not come naturally) ***"That's it... Let go now..."***

4: **MANTRA** - Use your mantra, new or old depending on the purpose. Repeat until you can feel it.

"As you are now being you and only you with everything that makes you great... Please repeat your power words and mantra... knowing how good it is to you... how you are being empowered now... How you can implement it, use it, and become successful with it when you open your eyes... Keep repeating it until you can feel how the body gets overwhelmed with that new power and feeling... It feels so great... let me know when you're there..." (Wait for confirmation, either physical or verbal).

*****ZENZEROSTATE*****

5: **MANTRA** - Update the mantra - repeat it and incorporate new power words.

"Perfect... now that you feel it all over... Being the powerful you... Allow your unconscious... inner powers... soul even to update and upgrade everything that is you right now... New power words might pop up... New positive opportunities... New positive realities... You know... Know now... And as they pop up in your mind and experience... they will automatically integrate with you and your mantra... And you will be able to remember them and say them out loud when you open up your eyes... They will empower you even more... Let me know when you know you do..." (Wait for confirmation, either physical or verbal).

6: **AWARENESS** - Be aware of new positive inner and outer changes. (Use visual programming and engagement if needed.)

"Focus now and be aware of all the positive changes you notice now... as it starts to show... feel it... know it... in your body... how you think... how you process... Notice everything... confirm it, and sense how that makes you feel even better... Everything on the inside... Everything on the outside... YOU!... NOW!... You might even visualize how many great things and discoveries you will experience NOW that you have changed for the better... Visualize and know that now... Let me know when you know you do..." (Wait for confirmation, either physical or verbal).



7: **MANIFEST** - Confirm the new state with all senses. (Use visual programming and engagement if needed.)

"Feel and notice every change with every sense you have now..."

- ***"What image or color even represents the new you and how you feel now... Nod your head when YOU KNOW!"***
- ***"What sound represents that image or color, and the new you... Nod your head when YOU KNOW!"***
- ***"What feeling represents the image, the sound, and everything that you feel is empowered now... Nod your head when YOU KNOW!"***
- ***"What scent... What taste represents the image, the sound, the feeling, and everything you are right now that feels so good... Nod your head when YOU KNOW! Lock it... it is you now... It can only expand and grow now... The new you..."***

8: **ENGAGE** - Engage into the now - Bring the new state of ZenZero Mantra into the now as your counting up.

"With everything, you are NOW... YOU ARE NOW... Step into your "now"... that new positive reality where you know how to be successful and how to engage and conquer... With everything you are... NOW... You Are... Know that NOW..."

Repeat those power words inside... That mantra as you feel more of it even more... More of you... Knowing...

In a moment, I will count from one to ten...

On the count of ten, you will open your eyes... try not to smile and be surprised... Because you will feel a significant change... A change of good... The new you... Go ahead...

One...

Two...

Three...

Four...

Five...

Six...

Seven...

Eight...

Nine...

Ten...

Tell me how you feel changed now..."



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