

IDENTITY 2.0

— Audio Series —

How to Use This Program for Maximum Results

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Welcome

You've just invested in the most important asset you have: your identity.

This audio series is designed to reprogram your subconscious mind across five critical dimensions. Each track builds on the last, creating a complete transformation when used consistently.

This guide will show you exactly how to get the most out of your investment.

What's Included

Track 1: Rebuild Your Self-Image

The foundation of everything. How you see yourself determines what you allow yourself to have.

Track 2: Unshakeable Confidence

Remove the layers of doubt and hesitation. Return to your natural state of certainty.

Track 3: Release Stress & Anxiety

Reset your nervous system. Teach your body what safety actually feels like.

Track 4: Money & Wealth Mindset

Clear the blocks between you and abundance. Upgrade what you believe you're allowed to receive.

Track 5: Future Self Activation

Connect with your 2.0. Make the vision so clear that becoming it feels inevitable.

How to Listen

Environment

- Find a quiet space where you won't be disturbed
- Turn off your phone or put it on airplane mode
- Dim the lights if possible
- Sit or lie down comfortably (lying down is fine—if you fall asleep, your subconscious is still listening)

Timing

- First thing in the morning (before the day pulls at your attention)
- Last thing at night (as you're falling asleep)

→ During a midday break (if you have privacy)

Frequency

→ Listen to each track at least 3 times before moving to the next

→ After completing all 5, rotate based on what you need most

→ Consistency beats intensity—15 minutes daily is better than 2 hours once a week

The 30-Day Protocol

Week 1: Foundation

- Days 1-2: Track 1 (Self-Image)
- Days 3-4: Track 2 (Confidence)
- Days 5-7: Track 1 and 2 alternating

Week 2: Regulation

- Days 8-10: Track 3 (Stress & Anxiety)
- Days 11-14: Rotate Tracks 1-3 based on what feels needed

Week 3: Expansion

- Days 15-17: Track 4 (Money & Wealth)
- Days 18-21: Rotate Tracks 1-4

Week 4: Activation

- Days 22-24: Track 5 (Future Self)
- Days 25-30: Listen to whichever track calls to you

After 30 Days:

Continue listening 3-5 times per week. Use the tracks as tools—return to specific ones when you notice old patterns creeping back.

What to Expect

During Listening

- Deep relaxation (this is normal and good)
- Falling asleep (also fine—the subconscious doesn't sleep)
- Emotional release (tears, memories surfacing)
- Resistance (the ego protecting old patterns)
- Vivid imagery (let it happen)

Between Sessions

- Subtle shifts in how you feel
- Different responses to old triggers
- New thoughts arising spontaneously
- Dreams related to the content
- Moments of clarity

Over Time

- Old patterns losing their grip
- New behaviors feeling natural
- People responding to you differently
- Opportunities appearing
- A sense of becoming who you were meant to be

Maximizing Results

Do:

- ✓ Listen with headphones (more immersive)
- ✓ Set an intention before each session
- ✓ Journal after listening (capture insights while fresh)
- ✓ Trust the process even when you don't "feel" anything
- ✓ Stay hydrated (subconscious work is real work)

Don't:

- ✗ Listen while driving or operating machinery
 - ✗ Judge your experience (there's no wrong way to respond)
 - ✗ Expect overnight transformation (this is reprogramming, not magic)
 - ✗ Skip tracks (they build on each other)
 - ✗ Give up after a few sessions (consistency is everything)
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Journaling Prompts

After each session, spend 5 minutes writing on one of these:

- What came up for me during this session?
 - What old belief did I notice?
 - What does my 2.0 want me to know?
 - What's one thing I'll do differently today?
 - What am I ready to let go of?
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Signs It's Working

You'll know the programming is taking hold when:

- You catch yourself responding differently to stress
- Old triggers don't hit as hard

- You feel more certain without knowing why
- Money conversations feel easier
- You take action that the old you would have avoided
- People comment that something's different about you
- You feel more like yourself than ever before

Going Deeper

This audio series is designed to create real change on its own. But it's also a gateway.

If you find yourself wanting to go deeper—to work on specific issues, to accelerate your transformation, to have personalized support—Identity 2.0 private sessions are available.

Take the free Identity 2.0 Assessment:

hypnosisdallastx.com/assessment

Apply for private transformation:

hypnosisdallastx.com/book

Final Note

You didn't find this program by accident.

Something in you is ready for change. Ready to stop managing limitations and start eliminating them. Ready to become who you've always known you could be.

These audios are tools. Powerful tools. But they only work if you use them.

Commit to 30 days. Show up consistently. Trust the process.

Your 2.0 is waiting.

— Jay Shaw