

# Self-Hypnosis

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- What I describe below is *only one method*. There are several.
- Self-hypnosis could be described as a type of meditation, in that it is a focus within and a direct link to the subconscious.
- Self-hypnosis takes practice.
- You may want to practice the technique a few times (using it for relaxation) without making any sort of suggestion, just to familiarise yourself with the method.

## *Tips for success:*

- 1) Begin in a quiet place where you won't be interrupted and turn off your phone. If you live with others, ask that they give you some time to yourself.
- 2) You may want to write a personalized script for yourself that you can record and listen to. Using headphones helps as the stereo effect reaches both hemispheres of the brain—a double whammy for your subconscious!

**3) Having low lighting, soft, relaxing music playing, a water fountain trickling or a white noise machine may help you relax and set the scene.**

**4) Practice! Your results will improve with repetition!**

### ***What to expect:***

- **When you first try this, you may hear a great deal of ‘monkey voice’ noises chattering in your mind: Is this really happening? What was that noise? I wonder if this really works.**
- **This chatter is quite normal and to be expected for the first time or so. You may find it difficult to ‘shut off’ the monkey completely, so simply acknowledge him, acknowledge the thoughts he brings and then set them aside. If you try to ignore them, they may get louder or more insistent. Just a simple, “Oh, I see you” is sufficient and then re-focus on your breathing.**
- **Again, this technique takes practice. Remember: you’re learning to calm your mind at the same time that you’re learning to connect to your subconscious. That’s a lot of learning!**

## ***How to:***

- 1. Decide how long you want to be 'under' and set the intention to return to awareness after that time has passed.**
- 2. Focus on a target within your field of vision.**
- 3. Breathe deeply a number of times to aid relaxation.**
- 4. Focus on your breathing. Breathe in for a count of 6. Hold for 4. Breathe out for 8.**
- 5. Allow your eyes to close so that you may focus completely.**
- 6. Focus on your body as you breathe. Notice the way your lungs and ribcage expand and contract as you inhale and exhale.**
- 7. Imagine you're setting your stress and problems aside. In your mind's eye, imagine being able to pluck them out and set them into a magical jar beside you, where they can be sealed inside safely and left until you want or need to pick them up again.**
- 8. Focus once more upon your breathing, imagining good, clean air coming in with every inhalation, and all tension, frustration or negative energy being released and dissipating as you exhale.**
- 9. As you breathe, allow your body to relax more and more with every breath until you feel calm, focussed and ready to move on.**
- 10. When ready, see a 10 step staircase in front of you and imagine yourself walking slowly down to the bottom where you will find a lovely, secret place that you will create. Take the time to engage your senses as you descend. See the sights. Hear the sounds. Feel the steps beneath your feet and the handrail as you grasp it. Notice what everything is made of, its colours and textures.**
- 11. When you reach the bottom of the staircase, completely experience the space that you have created. Notice where you are. What does this secret place look like? What does it smell like? Notice every detail.**
- 12. You are now at the spot where you may set intentions and make hypnotic suggestions.**
- 13. In this secret, perfect place, see yourself accomplishing whatever goals you have. Feel how it would feel to succeed. Practice the success many times until you can really see it and feel it.**

**14. If you haven't roused already because your 'time is up', you may climb back up the stairs and return to regular consciousness.**

**\*Take the time to enjoy the experience. See where you are. Examine every detail. Employ your five senses. Examine. Touch. Feel. Explore.**

**\*\* Each time will be better, faster and easier. Keep at it!**