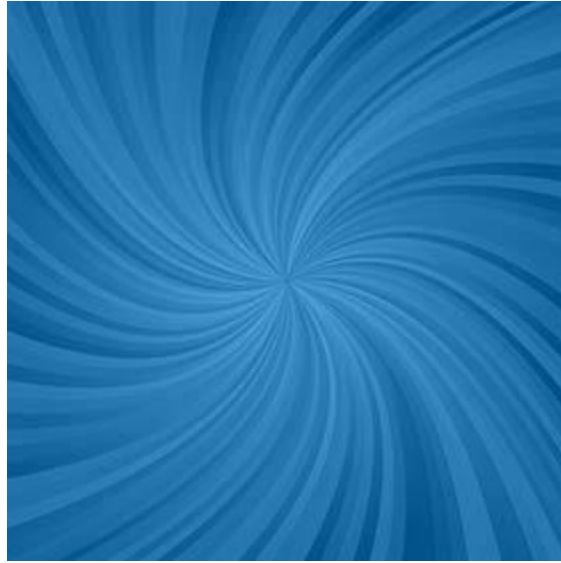


Self-Hypnosis



Overview:

Often, the mere mention of hypnosis is enough to cause people to shudder or physically withdraw in apprehension. That's because of all the misconceptions about hypnosis, mostly cultivated on the screen (large and small). Often, hypnosis is shown as a vehicle for controlling people. The evil therapist who puts women under his "spell" so that they will engage sexually with him, and then not remembering, is a common enough scenario. And a very alarming one, if it were possible. But it's not.

The truth about hypnosis is this:

1. All hypnosis is technically "self-hypnosis," because another person CAN NOT control your mind.
2. You are more alert during hypnosis than at any other time. You are not unconscious.
3. You do not have to keep your eyes closed.
4. You may speak in a relaxed and clear manner.
5. You won't say anything you don't want anyone to know.
6. You can't get stuck in a hypnotic state
7. You can emerge at any time
8. If you are told something you know not to be true, it will probably bring you out of the hypnotic state quickly.
9. Fear is the only obstacle to hypnosis

Self-hypnosis can be used most effectively for self-improvement, positive reinforcement, affirmations and relaxation. We can also use it to induce peaceful and recuperative sleep.

To use self-hypnosis most effectively, follow these directions and use them when practicing (after listening to the recording as many times as necessary). To master this skill does take some commitment; consistency and practice.

1. Write suggestions on a suitable card (suggestions will follow, but feel free to create your own).
2. Place yourself in a SAFE and COMFORTABLE position.
3. GIVE YOURSELF A TIME LIMIT
4. Hold a suggestion in your left hand and read 5 times slowly, concentrating on each word.
5. When you begin to read it for the fifth time, raise your right index finger. When you read the last word of the suggestion, lower your finger and drop into a deep state of hypnosis. TURN YOUR LIGHT SWITCH OFF.
6. While in hypnosis, DO NOT think about or try to help the suggestion. (This will cause the suggestion not to work). Just relax. You may find the words of the suggestion floating around in your mind. They may be out of order. That's ok. Just stay relaxed.
7. Emerge when you feel that your time is up.

FOR THE FIRST TWO WEEKS:

During this time, use only one suggestion per week. After the first week, you may change the suggestion and use this new suggestion for a full week (I used; "I will be diligent and consistent in using self-hypnosis") You should give yourself the suggestion 2 or 3 times per day.

FOR THE THIRD AND FOURTH WEEKS:

You may give yourself a different suggestion every day, but not more than one suggestion per day. Give yourself the suggestion at least twice per day.

AFTER THE FOURTH WEEK:

You may give yourself as many suggestions as you like; as often as you like, but limit yourself to only one suggestion for each self-hypnosis session. You can now say it to yourself 3x and no longer have to write it down.

SELF-HYPNOSIS SUGGESTIONS

When you design your own suggestions, you must keep these things in mind and please adhere to them; otherwise, it won't work. Phrasing and words used are critical for hypnosis to be successful and effective.

Do not use negative words or phrases, such as; I will not, I will never, I won't, I can't...always keep things positive. Here are some suggestions that are worded for effectiveness. You can select from here, or create your own. Do feel free to tell me your designed suggestion if you have any doubts about the phrasing. I have tried to categorize these, however many suggestions fit into several categories so you might not want to limit yourself to certain categories.

GENERAL SELF-IMPROVEMENT:

1. IN THIS STATE OF DEEP RELAXATION ALL THE STRESS AND TENSION LEAVES MY BODY AND DRIFTS AWAY. I AM RELAXED AND REJUVENATED
2. EVERY DAY IN EVERY WAY I AM BECOMING BETTER AND BETTER.
3. MY ABILITY TO SUCCEED IS UNLIMITED.
4. I EXERCISE DAILY AND LOVE IT.
5. I AM BECOMING MORE ALIVE IN THE MORNING AND I LOVE IT.
6. I NOTICE OTHERS MORE AND ENJOY PAYING THEM SINCERE COMPLIMENTS.
7. I AM BECOMING MORE SELF-ASSURED AND MORE SELF-CONFIDENT EACH DAY.
8. MY SELF-CONFIDENCE IS INCREASING BY LEAPS AND BOUNDS.
9. MY MEMORY IS IMPROVING STEADILY EVERY DAY.
10. I AM DERIVING PLEASURE AND EXCITEMENT FROM DEALING WITH OTHERS.
11. I AM BECOMING MORE INTERESTED IN OTHER PEOPLE AND IN EVENTS OUTSIDE MY LIFE.
12. I AM DEVELOPING MORE ENERGY AND VITALITY EVERY DAY.
13. AT THE END OF THE DAY, I AM STILL FRESH, ENERGETIC, AND FULL OF VITALITY.

14. I TAKE GREAT PLEASURE IN DOING THE THINGS THAT I WANT TO DO.
15. I FIND HAPPINESS IN LIFE AND I AM ENJOYING MYSELF MORE.
16. I CAN CHANGE MY LIFE IN ANY DIRECTION THAT I DESIRE.
17. THERE IS ONLY ONE OF ME, I AM UNIQUE. I AM PLEASED WITH MYSELF.
18. MY ENERGY IS BOUNDLESS AND I FEEL ALIVE.
19. I SLEEP LIKE A BABY EVERY NIGHT.
20. I WAKE FEELING RECUPERATED AND REGENERATED EVERY MORNING.
21. I AM A GREAT TIME MANAGER.

RETENTION AND MEMORY; SPECIFIC KNOWLEDGE; EDUCATION & WORK RELATED & WORK AND SCHOOL ATTITUDE AND HABITS:

1. WHEN I AM STUDYING, MY MIND WORKS CLEARLY AND SHARPLY AND I RETAIN THAT WHICH I LEARN.
2. WHEN I AM STUDYING, I AM FULLY ABSORBED AND COMPLETELY ENGROSSED..
3. WHATEVER I LEARN WILL BE EASILY AND READILY RECALLED.
4. MY WORK OUTPUT IS STEADILY INCREASING.
5. I CAN SPEAK ON MY FEET AND THE THOUGHTS FLOW FREELY THROUGH MY MIND.
6. I AM A SUCCESS AND ACHIEVE MY GOALS.
7. I AM ALWAYS PREPARED AND WILL SUCCEED.
8. MY MIND ABSORBS LIKE A SPONGE AND I RECALL FOR TESTS EASILY.
9. I REMEMBER THE RIGHT ANSWER FOR TESTS.
10. MY RETENTION SPAN IS STEADILY INCREASING.
11. IN SELLING, I AM DEVELOPING MORE ENTHUSIASM EVERY DAY.
12. EVERY DAY I REMAIN ON THIS JOB I AM BETTER PREPARED FOR THE FUTURE.

SELF-ESTEEM & SOCIAL ANXIETY:

1. I AM BECOMING A WORTHWHILE AND INTERESTING PERSON; I HAVE MUCH TO OFFER.
2. I AM COMPLETELY RELAXED WHEN I INTERACT WITH OTHERS.
3. I AM BECOMING MORE ASSERTIVE AND CAN STAND UP FOR MYSELF.
4. I RELAX EASILY OUTSIDE MY HOUSE AND WITH OTHERS.
5. I FACE DIFFICULTIES AND CONFLICTS CALMLY AND POWERFULLY AND DEAL EASILY WITH THEM.
6. I RECEIVE LOVE BY GIVING LOVE.
7. I LOOK TO THE FUTURE WITH A BRIGHT, POSITIVE AND CONFIDENT ATTITUDE TOWARD MYSELF.
8. EVERY DAY I WILL ACT LIKE THE PERSON I WANT TO BECOME.
9. I WILL DEVELOP A STRONG, HEALTHY AND POSITIVE ATTITUDE TOWARD MYSELF.

SMOKING, ALCOHOL & WEIGHT (LOSS OR GAIN):

SMOKING:

1. I AM A NON-SMOKER AND WILL REMAIN A NON-SMOKER FOR THE REST OF MY LIFE.
2. CIGARETTES ARE POISON TO ME AND I REJECT POISON IN ALL ITS FORMS.
3. SMOKING STINKS AND DOES NOT INTEREST ME.
4. I FIND "X" NUMBER OF CIGARETTES A DAY MORE THAN ENOUGH FOR ME.

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ALCOHOL:

1. ONE OR TWO ALCOHOLIC DRINKS ARE ENOUGH FOR ME.
2. I AM SATISFIED WITH ONE OR TWO ALCOHOLIC DRINKS.
3. I FIND "X" NUMBER OF DRINKS MORE THAN ENOUGH FOR ME.

4. I AM A NON-DRINKER AND WILL REMAIN A NON-DRINKER FOR THE REST OF MY LIFE.
5. ALCOHOL IS POISON TO ME AND I REJECT ALCOHOL IN ALL ITS FORMS.

WEIGHT:

1. I AM CONFIDENT ABOUT (LOSING) (GAINING) WEIGHT TO BE HEALTHY.
2. I HAVE DECIDED TO BECOME HEALTHY.
3. I GET FULL AND SATIATED QUICKLY.
4. I CAN EAT AS MUCH AS NECESSARY TO MAINTAIN MY HEALTHY WEIGHT
5. SUGAR IS POISON TO ME AND I REJECT ALL POISONS.
6. I ENJOY EATING HEALTHY FOODS.

OVERCOMING DIFFICULTIES IN RELATIONSHIPS, ETC.:

1. UNDERSTANDING AND EMPATHY IS THE ERASER OF GUILT AND FEAR.
2. I UNDERSTAND AND EMPATHISE WITH MYSELF AND GUILT IS GONE.
3. I EMPATHISE WITH (OR UNDERSTAND) ALL THOSE PEOPLE FROM MY PAST WHO HAVE EVER HURT ME IN ANY WAY AND I AM FREE.
4. WHEN I AM FACED WITH OR CONFRONTED WITH/BY (PERSON'S NAME), ALL THE MATERIAL THAT I HAVE LEARNED, READ OR HEARD FLOWS FREELY AND EASILY THROUGH MY MIND AND IS EASILY RECALLED.
5. WHEN I FACE (NAME OF PERSON OR THING), I WILL REMAIN POSITIVE AND CALM, I WILL LISTEN CAREFULLY. I WILL PAUSE AND CONSIDER MY WORDS BEFORE RESPONDING.
6. THE PAST IS HISTORY AND I AM FREE. IT IS GONE AND OVER AND I AM FREE.

SELF-HYPNOSIS:

1. THROUGH RELAXATION, I FIND I CONTROL MYSELF TO A GREATER DEGREE.
2. MY SELF-HYPNOSIS EXERCISES ARE CREATING THE CHANGES THAT I DESIRE.
3. I FIND THAT I AM GAINING MY GOALS THROUGH SELF-HYPNOSIS.

Listen to recording