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Self-Hypnosis Explained

Misconceptions about Self-Hypnosis

The basic difference between hetero-hypnosis and self-hypnosis is that HETRO-hypnosis involves the disorganization of the inhibitory processes – HYPNOTISING OTHERS, whereas SELF-HYPNOSIS requires the organization of the inhibitory processes (of your thoughts), meaning HYPNOTISING – Self. We need to guide ourselves and organize our thinking.

Two laws that govern self-hypnosis:

- **The Law of Repetition** – By doing it over and over, you become better at it.
- **The Law of Association** – The idea of associating to the state and to the keys that you use.

The 2 points above are very important to understand about the process, repetition and association so read this a few times until you connect with it.

YOU NEED CONSTANT REPETITION TO ACHIEVE THE SELF HYPNOSIS. TREAT IT LIKE A MUSCLE AND EVERY DAY YOU GET STRONGER AND STRONGER AT TAPPING INTO YOUR **SUBCONSCIOUS**

The MIND. Your subconscious mind, according to neuroscientists is 95% of your mind. When used it can be so very very powerful to your success in anything you do in your life. We just simply need to tap into it. To be able to set your own automatic compass to lead you to what you desire most. Its always best to work on one thing at a time.

Self hypnosis keys or key words

These are words that you relate to, both physically and emotionally, that will work the best to trigger the self-hypnosis state.

1. Physical Keys – Words that you respond or relate to physically.

- Floating,
- Heavy,
- Lightness
- Limp,
- Loose,
- Relaxation, or Tingling

Through law of association and law of you can create a very calm and receptive tool

2. Emotional Keys – A word that you respond or relate to emotionally.

- Calmness,
- Confidence,
- Contentment,
- Happy,
- Joy,
- Peace, or
- Success

3. Intellectual Key is Deep Sleep and is universal for everyone.

When this technique is used either for meditation or to ensure a sound sleep, replace the word “deep sleep” with the word “meditate”. In such cases counting up is not required as the person will ideally go into biological sleep and wake up through the natural process.

Time Distortion and What to expect...

When in hypnosis, time distortion can take place. It may manifest as either expansion or contraction. Twenty minutes may seem as short as five or as long as an hour.

When you enter the state of self-hypnosis, do not be discouraged when you do not experience ringing bells, flashes of lightning, or feelings of dropping into a bottomless pit. Nothing that occurs is in any way comparable to these dramatic, romantic notions. In most cases, the self-induced hypnotic state is at first, hardly, if at all, recognizable. While in the state, you will hear everything around you, but will feel as if you are in a daydreaming state of relaxation. You may find that your mind wanders, and you may feel numbness or tingling sensations in your fingers or toes or dissociation in part or all of your body, but then again you may not. These feelings are natural to self-hypnosis.

Self-Hypnosis Conditioning

Two Laws of the Mind govern self-hypnosis conditioning; the Law of Repetition and the Law of Association, in that order. The self-hypnosis conditioning process is based on the concept of the three areas of suggestibility (Physical, Emotional, intellectual). You have already chosen your three words in the Self Hypnosis session, and it is a good idea to write these words down until such time that you remember them, which won't take long if you practice this very valuable process. The keywords you select for this purpose will evolve into a personal formula for entering self-hypnosis.

Before you begin the conditioning process, it is important to understand the interrelationship between your physical and emotional responses. Whenever you feel anything emotionally, your body will respond; and any time you feel something physically, your emotions will respond. When one takes place, the other must follow, so a natural association forms between the two. It is a reversible cause and effect relationship – the cause produces the effect, and the effect can reproduce the cause. This concept can be utilized very effectively in your practice sessions.

Practice of Self Hypnosis

To practice the conditioning process, first place yourself in a semi comfortable position. This is more effective than a totally comfortable position because you remain more aware and are, therefore, more able to formulate suggestions and to organize your thought process.

Also, a semi-comfortable position prevents you from drifting into a normal sleep state. If you practice self-hypnosis lying down in bed, the natural association of inhibiting the brain and allowing yourself to drift into a normal sleep state will take place. Because this is a stronger condition in the mind than the new condition of hypnotic sleep, it is important that you assume a different position, possibly in a recliner. If you must use your bed, prop yourself up with pillows so that your head is at least twelve inches above your legs. In this position, your mind will not associate with the condition of sleep.

Once you are in a semi-comfortable position, become aware of yourself. Move around until you feel your body floating freely, without restrictions caused by tightness of clothing or any uncomfortable pressure.

Let your mind drift over your entire body. This dispatches message units to your brain and prepares you for the condition of fight or flight, which lies very deep in the primitive area of mind.

Note, however, that your fight reaction will be neutralized by your conscious awareness of what is happening.

In most cases, when a person concentrates on relaxing their body, they either begin with the head area moving downward to the feet or from the feet moving upward to the head. With this new process of conditioning, however, you will begin with your hands, where the greatest skin resistance change takes place, and utilize this awareness of physiological changes taking place in the body.

The first step in self-hypnosis conditioning is to find the physical stimulus or the word that will create physical changes, known as ego sensations. To do this, lie in a very still position and concentrate on your hands. Just by this simple act of concentration, you will begin to feel some physiological change take place. To demonstrate this to yourself, hold your hand up in front of you and stare at your fingers, attempting to feel some tingling sensation or numbness, as if whatever is inside of the skin is expanding and trying to move outward. Then take your hand and place it back on the chair, continuing to be aware of this feeling. Does your hand feel cold or numb? Is it feeling relaxed? Is it heavy? Is it light? Pick one feeling and one

word to which you can relate and try to match the word to the feeling. You already have your Physical Key word and I suggest that you stick with this one. This we have confirmed in the last session so use your **Physical keyword**. Concentrate on your hands for approximately three to five minutes; and when you experience the Physical keyword feeling very strongly, say the word to yourself.

Experiment by laying your hands across the top of your legs, attempting to move the feeling associated with our physical keyword through your thighs and hips, down into calves of your legs and into your feet. While you are practicing, it is always better to remove your shoes so that your feet are exposed to the air around them. This will increase the ego sensations.

Once the physical keyword sensation is achieved and controlled, the Law of Association comes into effect and prepares you for your emotional and intellectual keys. As the physiological change occurs and your mind associates it with your physical keyword, the psychological effect will begin to take place.

The fact that you are now feeling or controlling something in your physical body allows your emotions to become active, and leads into your **Emotional keyword**. The emotional key word was picked out from the second group of words that we went through.

At this point, say to yourself:

The physical keyword feeling causes relaxation, moving from my toes to my heels, into my ankles, and into the calves of my legs, and I become aware of my legs pushing down. This physical keyword sensation is moving back up through my thighs and hips, and I am aware of the contact between my hands and my thighs. This physical keyword sensation will soon move upward into my arms. As I become aware of my stomach muscles relaxing, I feel this physical keyword sensation moving upward, and I become aware of my breathing.

Since your breathing has a stronger effect on emotional change than any other function of your body, it can be utilized to establish and trigger your emotional key. So concentrate on your breathing, until you feel it actually beginning to deepen. Then, become aware of your emotional feelings, this will be the Emotional Keyword that you picked out in our session – the second word, or attempt to tie in some positive word that will affect your emotional feelings at this particular moment. Since you do not want to associate with any negative emotions, use only positive words, such as, happiness, success, confidence, peacefulness, or whatever gives you a sensation of elation or wellbeing. As you say the words, pause between them and become aware of any emotional change that you can feel or become aware of the Emotional Keyword emotion in your mind and body. For Example - If the word is happy, tie in this feeling of happiness with the expansion of your chest and the drawing of new oxygen into your lungs. The word happy will then become

your emotional key.

Then do the 20 steps down each count taking you more relaxed until the bottom and you get to your last word.....

The intellectual key, which is the third, final and most important in self-hypnosis conditioning. This final key, which is the same for everyone, will be either deep, hypnotic sleep or deep sleep. Sleep is a basic need and is the result of a condition to which each of us has been responding since the day we were born. It is a condition we experience every night, when we lie down and place ourselves in a comfortable position, allowing the mind to become inhibited, go almost blank for a few moments, and then drift into the normal escape mechanism of sleep. Your subconscious mind can associate only with a condition, so each time you place yourself in this position, your subconscious mind assumes you are going to sleep, and your conscious mind is allowed to pass into unconsciousness and normal sleep. During this period, the body is allowed to rest, but, more than that, the mind is allowed to vent out through dreams all the events, traumas, thoughts, and ideas that no longer have any value to you. Sleep is a very strong intellectual conditioning. Because you cannot deny the fact that you can, will and must sleep, your intellectual suggestibility (which requires logic and reason) must respond to the suggestion of deep sleep. You can use this condition in self-hypnosis by altering a few aspects of the normal sleep state. First, change the position of the body to eliminate the natural association with normal sleep. Secondly, add deep hypnotic or deep to the word sleep to further distinguish between the two states and to place you in this trance-like state. The fact that you are concentrating on your body, allows you to organize your inhibitory processes. At the beginning, this condition may place you into only a light state, but repetition will bring greater depth and control, and you will form a very strong conditioned response to the three keywords.

Through experimentation, it has been have found that, in hypnosis, any condition placed properly in the mind approximately twenty-one times becomes an automatic trigger mechanism that continues to grow stronger with use. Repetition is key and doing this once a day.

KEY SIGNS of self hypnosis:

During the self-hypnosis conditioning process, your eyes may have a tendency to develop **rapid-eye movement**, identical to that which takes place when you are dreaming, and you may feel your **eyes attempting to roll up** involuntarily under your eyelids. **Utilize this condition by deliberately rolling your eyes up** and simultaneously repeating the words, deep hypnotic sleep to yourself, thus developing an association between the eyes rolling up and the words deep hypnotic sleep.

Once in the state, you may have a **tendency to doubt that you are in hypnosis** because of your

conscious awareness. However, conscious awareness is actually an indication that you are in the hypnotic state, as opposed to the normal sleep state. Another characteristic of the hypnotic state is that you may, at times, **forget what you were concentrating on because**, any time your consciousness begins to go into abeyance, it has a tendency to drift from your normal thought process to past events or future plans. You should not attempt to overcome this, but, instead, utilize it in your conditioning process as a very powerful way of expanding your mind and opening it up to the possibility of increasing your psychic awareness. You can further use it to develop positive thoughts and ideas for different types of business transactions, schooling, or whatever.

In summary, the self-hypnosis conditioning procedure is as follows: assuming that your keywords are tingling, happy, and deep hypnotic sleep, place yourself in a semi-comfortable position, with your hands on your thighs.

Steps to Follow - EXAMPLE

Using Tingling as the Physical Keyword, Happy as the Emotional Keyword
and Deep Sleep and the Intellectual Keyword.

1. Begin to concentrate on your hands, suggesting silently to yourself that you feel a tingling (or your physical key word) sensation in your hands, which begins to move down through your body and into your legs.
2. Once the tingling (physical key word) sensation reaches your feet, reverse the action, suggesting that you feel this tingling sensation from your toes into your heels, your ankles, the calves of your legs, the area where there is contact between your hands and your legs, and then up through your mid-section.
3. As this relaxation begins to move upward through your stomach muscles and solar plexus, become aware that it continues up through your arms. At this time, deepen your breathing and move all your concentration to your breathing, while saying your emotional keyword silently to yourself.
4. This expansion of breathing and the natural association of the word happy (or your emotional key word) will begin to represent the condition of your emotional key.
5. Continue to be aware of your breathing still deepening, as the relaxation moves through your

shoulders, into your back, up through your neck muscles, in through your scalp and across your forehead. As it begins to move down over the facial muscles and jaw muscles, become aware that your eyes have a tendency to move upward under your eyelids.

6. As you recognize this physiological movement, implant the words deep hypnotic sleep in your mind to strengthen the natural association.
7. You may decide to go down the 20 steps stairs at this point, which is now being conditioned to take you further into state.
8. Place your suggestion/sentence or even vision and repeat this 3, 7 or 21 times. The more the better, as you are creating the law of association and the law of repetition and you will be creating new thought maps and new habits of how you want to feel or be.
9. Finally -The importance of the next step – **the awakening procedure – cannot be emphasized enough**. The best procedure is to count from zero upward to five and say, Eyes Open Wide awake!

Awakening Importance.

Many times, people who have entered different states of trance will fail to bring themselves out of the state and, so remain very suggestible to themselves and to the negativity in their environment.

The awakening procedure simply consists of establishing a condition that your mind will associate with awakening, meaning conscious and out of state.

So to count from zero upward to five and say, 1,2,3,4,5 Eyes Open Wide awake! Then, almost immediately, change your position, by sitting up or moving to a different chair or different location. Your mind will perceive this motion as an active, rather than a passive condition, and will, therefore, release you from the hyper-suggestible state.

Again, repeat the count, zero, one, two, three, four, five, and the words, Wide awake. Just as suggestions reiterated in the mind will create a conditioned response, so the awakening procedure repeated in the mind will create a condition, whereby you are brought back to the waking state.

After you have created both the hypnotic state and the waking state a few times, you will begin to recognize

the different feelings associated with each. When entering the hypnotic state, some people will feel a twinge of current, pass over their foreheads, some will have a feeling of calmness, some a feeling of numbness, and so on. Each individual will experience his own unique and distinct ego sensation change. Some people feel a slight trembling when they awaken or a difference in alertness, and so forth. It is important that you learn to recognize your own reactions so that you will always be aware of whether you are in or out of the state and will always have full control of your suggestibility.

Because self-hypnosis is a conditioned response, consistent practice is a must. This does not mean that you should spend a great deal of time in the state, but that you should practice often. In fact, fifteen minutes should be the average time spent in the state or the tendency to drift becomes too strong.

Should you be disturbed by the phone ringing or someone coming to the door while you are in hypnosis, be sure to count yourself out. **Do not assume that you are out of the state just because your eyes are open and you are walking around.**

If you neglect to awaken yourself, you will remain suggestible to all the negatives with which you come into contact. Since there are more negatives than positives on the news, in the newspapers, and in everyday life, you will take all of this in, and will probably begin to feel irritable or depressed. If you notice these symptoms and remember that you did not awaken yourself the last time you were in self-hypnosis, simply go through the process of counting yourself in, achieving as great a depth as possible, and then counting yourself out, being sure to say, Wide awake!

The degree of success one achieves with self-hypnosis conditioning is determined by the practice time involved. Some can accomplish a self-induced hyper-suggestible state in a day, others in a week, while with some, it may take months. One thing we can assure you of is that it will work for everyone.

SELF-HYPNOSIS NOTES

Never go into self-hypnosis with a strong negative attitude.

When you enter your sub-conscious mind with a positive suggestion you ensure that you are not taking in the negatives in with you.

While formulating suggestions, do not use negative words or feelings such as "I will not" or "I cannot." Always phrase all suggestions in a positive manner and as if they have already happened / are happening.

Also, do not work on many suggestions all at once. Work only one or two suggestions at a time, allowing the law of repetition to work.

So now it is down to you. Good luck practice daily and use this beautiful tool to bring you all the health, happiness, confidence, self esteem, feeling good about yourself, improve your sports or sex life. It has so many applications let your imagination go wild and work for you.

Tania

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