

Improve Your Life With Self Hypnosis

by Steve George Ph.D



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by Dr. Steven J George

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Introduction

When I decided to write this book, my intention was to help any person who wishes to, grasp a basic understanding of Hypnosis and give them the tools to help them overcome the unhealthy situations that we all meet from time to time in our everyday lives.

Just imagine how much happier and more self-contented you'd be if those problems could be lifted from your shoulders with very little effort and how pleasant it'd be, if the process for doing it was enjoyable.

By simply reading this book and following its suggestions, you'll find that you're in a position to control these unhealthy events and therefore benefit your body and mind. You'll increase your level of concentration; you'll feel happier, healthier and more relaxed than you ever thought possible. And the best bit? The things you'll need to do to make these amazing changes to your life is FUN!!

To give you a bit of background into who I am, I qualified as a Hypno-therapist, Psychotherapist and Psychoanalyst in 1987, and later went on to achieve a Ph.D in Clinical Hypnotherapy in February of 2006.

My main focus over the last few years has been trying to understand the workings, or more often, not workings of the human mind and how we can use this information to improve peoples lives generally.

I've tried to write in a non-technical way that can be understood by anyone, and as such, in the chapters that follow, it may seem difficult to accept how simple the process appears to be, or how unlikely it may seem that such minor changes can have such dramatic effects.

Only when you've absorbed the information, carried out the exercises and felt the benefits of them, can you truly expect to understand that the process really does work.

The techniques you'll learn during the course of these writings will also enable you, with a little practice and diversity, to make beneficial changes to your lifestyle which will completely change your outlook, your appreciation of family and friends, your career and essentially the whole of your future life.

Your mind is like a sponge and is desperate to learn and grow, where healing and learning takes place constantly, and this state of mind is in all of us and has been since the beginning of time.

It's just that for one reason or another, we forgot how to use it properly!

So now, please allow me to put some understanding to all of this. Let's start with the human mind and how it operates.

The Human Mind

Now, there are essentially two parts to the human mind... The sub-conscious (unconscious) and the conscious.

The sub-conscious part of your mind deals with all the operations of the body that we would call 'Automatic', ie: you don't need to learn how to do them, they were with you when you are born; for example, breathing, regulating your heart rate, the process of digesting of you food, etc.

Your sub-conscious is responsible for all these things. This is what it does 24hrs per day, every day of your life.

Your sub-conscious is also a permanent memory bank which is highly organised and unlimited in size. This unlimited memory works like an internal library, automatically storing every single experience and thought you've ever had.

It's also an amazing recorder of your history and everyone has a photographic memory, it's only a person's inability to recall certain events that make us think we've forgotten them. Ever since the day you were born, you've recorded every second that has passed by in your life, whether you were awake, or sleeping at the time.

This is the reason you'll sometimes see a Crime drama on TV, where they get a Psychologist to take a witness into Hypnosis to help them remember a number plate, or a perpetrator, for example.

It's also the part of the mind that keeps track of your habits and beliefs, which is why we will be working in this area later on when you're in hypnosis. You see, it's these habits and beliefs that cause us to act the way we do, whether it's good, or bad for us.

The sub-conscious mind is a super-achiever. This means that whatever beliefs are present in your sub-conscious, it'll try everything it can to make sure the beliefs are realised.

As an example; let's assume that one day, you were at a friend's house, and for some unknown reason, you dropped your cup of tea all over the lounge carpet.

Suddenly, you get a strong feeling of embarrassment and say to yourself, "Arrr! I'm so clumsy!" This 'belief' will take root in your sub-conscious and from that point on, whenever the opportunity arises, the sub-conscious would direct you to prove this belief correct and you would drop something.

So, what happens then? Well in your mind, you say.."Oh!, I'm so clumsy", which reinforces the belief, makes it stronger, which in turn makes it even more likely that you'll

drop something next time and so the cycle continues. This is why the term 'Self-fulfilling prophecy' exists.

You see, your sub-conscious sees every statement, or question as a goal to achieve and does its utmost to ensure that it is achieved and by the way, it doesn't matter whether that question is.. "How can I reach my ideal weight?", or "I'm so fat!".

If you were to ask yourself "How can I reach my ideal weight?" consistently, your brain would find the answer for you. If you were to ask "How can I reach my ideal weight and enjoy the process?" It would find an answer to that as well.

Similarly, if you were ask yourself "Why am I so fat!", your brain would search through its memory banks and find loads of reasons why you're fat; "you don't exercise, you eat too much chocolate and cake and you'd rather order a pizza than cook a meal!!!" so now, not only do you feel fat, but you're depressed as well!

Your mind is like an extremely powerful computer, that's more than willing to help you achieve anything you desire in life. You just have to ask the right questions.

Hypnosis speeds up the process by entering the sub-conscious area of your mind and replacing the negative belief structure with a positive one. Once that belief structure has been installed, the sub-conscious does everything in its power to achieve it.

In the example above, if your new belief is "I will reach my ideal weight and have fun doing it", your sub-conscious will adjust its attitude to food, exercise, etc. to fit the requirements of the new belief, just as it did to fit the old one.

If your old belief was "I'm so fat", then the goal was to be fat, so the sub-conscious would make sure you wanted more food than you needed, made up excuses as to why you weren't able to exercise, and constantly reminded you of the fact that chocolate, cakes and biscuits were food of the Gods and should be enjoyed whenever possible.

Your new belief says "I will reach my ideal weight", so now the sub-conscious tells you when you've eaten enough, motivates you to exercise, even if it's minimal and now it doesn't need to prod you into getting the chocolate, or cakes because it isn't necessary in order to meet its new goal.

Something you'll read about later in more depth, is the fact that the sub-conscious doesn't acknowledge the 'negative', it tries to be a success at everything.

For example, if you were to say "I will not eat to excess", the sub-conscious tries to understand what you're saying by recalling images of "eat to excess". which then becomes a goal to achieve. As an example of this, look away from this text for a moment and say to yourself.."

Don't think of an elephant, you can think of anything else, but whatever you do, don't think of an elephant".

I guarantee that you'll think of an elephant.

It's because the mind is only capable of thinking in pictures, and so, to make sense of what you are saying, it has to generate an image of it. This means, that no matter how hard you try, you just have to think of an elephant so that you can understand what you're not supposed to be thinking of!

It's important to remember that all these processes happen at an unconscious level, a level of thought far deeper than your normal conscious thought. So don't get too hung-up on not being able to break your bad habits earlier.

A good way to imagine the two parts of your mind, is to picture it as two separate rooms in a building. The 'Conscious' room would take up 10% of the building; the remaining 90% would be the 'sub-conscious' room.

This small section of conscious thought takes care of the practical events within your life such as, "Is it safe to cross the road?", or "What shall I wear today?" The sub-conscious takes care of just about everything else. It stores and recalls memories and feelings, influences the way you act, it will decide your beliefs and morals, it could be described as your 'character'.

Your sub-conscious mind is the "real" you.

As you can see from the illustration above, the power within the sub-conscious, squares the power available to the conscious mind. It therefore follows, that the only way to change, or influence a sub-conscious goal, is to issue another sub-conscious goal to counteract it.

You may now be thinking, "If the sub-conscious now has two goals to achieve, how does it know which one to choose?"

The answer, is simple. Everyone has two ultimate aims in life; to gain as much pleasure as they can and endure as little pain as possible.

Going back to our previous examples, if you're current belief is "I'm so fat" and you install the question "How can I reach my ideal wieght and enjoy the process?" Your mind is going to focus on the goal that has the potential to give it most pleasure. ".....and enjoy the process" wins every time!

It's the basic fact that only a new sub-conscious suggestion can overturn an old one, that ensures many otherwise happy and content people, go through their lives believing there is nothing they can do to either relieve the stress from their lives, or lose weight, or give up smoking, etc. because no matter how much they try to convince themselves with conscious thought that they'll succeed, their sub-conscious belief system will simply overpower it.

People who succumb to the symptoms of stress, etc. will often try to deal with it in very unsatisfactory ways. Some will smoke heavily, and others will excessively drink alcohol, or gorge themselves with 'comfort' foods, then announce to anyone willing to listen that they have successfully overcome their problems with stress.

This is another process instigated by conscious thought, and all they have really done is to transfer some of the energy into another unhealthy activity, which it's true will take some of the pressure from the symptoms of their stress.

Although, everything appears fine of course, until they try to stop their compulsive activity, then obviously, all that stress comes flooding back.

So, what happens then? They restart their compulsive behaviour to relieve the stress again. I imagine you can see from this simple explanation that this is far from a perfect route to take if you intend to stay healthy.

Next we get to the conscious mind. This is the analytical part of your mind. This is the part of your mind that's constantly asking questions and requesting answers from the sub-conscious.

Questions such as, what to have for breakfast, or which daily newspaper to buy. It also asks things like "what does he mean by that?", or "How should I respond to that?", or "Will this be enjoyable?", etc.

The question is passed to the sub-conscious, who gives an answer based on its beliefs and memories, which in turn causes us to act in a certain way.

The techniques you'll learn by studying this book, will demonstrate how to effectively control the situations you want to change and give you the tools to improve your life dramatically. You will be fitter, healthier and more happy and confident than you ever thought possible, just by learning how to do something that everyone believes they can do already, but very few can do effectively and that, is to RELAX!

So, in the next chapter we'll find out how we go about controlling our thoughts to achieve positive benefits?

Utilising Hypnosis

There is a saying within Psychology that says,

The Mind Perceived, The Mind Believed, So the Mind Achieved.

Simply put, this means that if your sub-conscious mind perceives that an event will happen, for example that you will become dumbstruck during your job interview, and if your mind then perceives that information to be true (usually based on previous experiences), the mind will do its utmost to ensure that it BECOMES true and you'll be lost for words during the interview.

So, the next step in your learning is to help you understand how it's possible to open the doors to the sub-conscious, enabling us to install a more positive belief system, which'll allow you to make unbelievable changes in your life.....

Going back to our previous metaphor, imagine again that the mind is a building which is split into two, with a solid concrete dividing wall. One of these areas is the conscious mind, the other, the sub-conscious. Within the conscious mind there are 10 workers, busying themselves organising everything that requires the power of your will, seeing what you can watch on the television, or what you have in the fridge for dinner, for example.

The sub-conscious, has 100 workers, all frantically carrying out the tasks, which at first don't seem to require any effort at all, such as: walking, letting your body know when it is tired, when it requires food, when you should be happy, or sad, or angry, etc. The workers in the sub-conscious will carry out any task assigned to it, from any stimuli without question.

This pre-requisite for the sub-conscious to carry out any task, means that there must be a barrier in place to prevent certain suggestions getting through, otherwise we'd all be going out to buy a new car, or we'd have a house full of washing machines, etc., because whenever we watch the commercials on the TV, or listen to them on the radio, and the announcer says; "Buy this great new car today!!", or "For your next holiday..... go to Australia!!" We would automatically do it! Remember, once a task has been registered in the sub-conscious, it MUST achieve it

Using the rather simplified example of the Human mind I've just given, imagine that the only connection between the two spaces is a single door. This door is guarded 24 hours a day, 7 days a week, 365 days of the year by a large menacing security guard, who's only job is to prevent the lowly conscious mind from entering the subconscious and passing on messages.

The resourceful guard represents the reason that it's generally impossible to influence the sub-conscious; it would be the equivalent of saying to the guard... "Please let me go in, I've got this great idea that I just have to tell everyone about!".

The way to enter and therefore be in a position to pass messages to the workers in the sub-conscious, is to covertly relax the guard to the point where he's not-at-all bothered if you pass him.

In this example, the guard is the lock that keeps the door shut tight. As in life, the only way to unlock a door is with a key.

In this case the key is an unequalled tool for the relief of suffering in humanity.....
HYPNOSIS!

"So, what exactly is hypnosis and what can it do for me?"

The trance-like state that can be produced by hypnosis can be traced back to the Ancient Egyptians. Hypnosis in its common form however, has a much more recent history.

The first recorded use of the 'hypnotic effect' can be traced to an eighteenth century Austrian Physician named Franz Anton Mesmer (1734 - 1815). He believed that physical and mental illness was generally caused by a lack of, or an incorrect alignment of, an ethereal magnetic substance that flowed down from the heavenly bodies.

He claimed that he had been able to gain a certain amount of control over the human energy field and so was able to influence its effect. He called this process 'Animal Magnetism' which many of you will have heard of.

The next stage in the history of Hypnosis was provided by one of Mesmer's very own students, The Marquis de Puysegur (1751-1825).

In 1784 when he was 33 years old, The Marquis discovered how it was possible to lead a subject into a deep trance-like state called "Somnambulism" using relaxation and calming techniques. The term Somnambulism is still used today to refer to the very deeply relaxed state which can be achieved using hypnosis.

(Before we go any further, it's worth mentioning that if during your self-hypnosis session, you should relax so much that you became somnambulist, you would simply drift into a natural relaxing sleep.)

The person generally regarded as the 'Father of Hypnosis' was a man named James Braid (1795-1860). In 1842, Braid rejected the earlier theory of animal magnetism, although he did recognise that the actual phenomenon produced during the sessions had great therapeutic value. He originally believed although falsely, that hypnosis was a form of nervous sleep and he named his process neuro-hypnotism, which he later shortened to just hypnotism.

Braid also understood that verbal suggestions could not only be utilised to induce the state of hypnosis, but that once hypnosis had been induced, it significantly increased the acceptance to external suggestion.

Probably the most well known of them all, and the person generally regarded as the man who got Hypnosis accepted by conventional medical practitioners, is Dr Milton Hyland Erickson.

Dr. Erickson was born in Aurum, Nevada on 5th December 1901, and at the time of his introduction to the hypnotic effect, was an American Psychiatrist specialising in Family Therapy.

He was born colour blind, and was also left paralysed by polio at the age of 19.

In the process of curing his disabled body himself, by modelling how the small babies in his family began to learn to move their hands and legs, his sensory perception of non-verbal communication became extremely acute.

Non-verbal communication is things such as messages communicated through gestures and touch, by body language, or posture, or by facial expression and eye-contact,

He used these skills to develop what is now known as 'Ericksonian Hypnosis'.

Ericksonian Hypnosis is a non-conventional branch of hypnosis that uses 'story telling' to make changes in people's belief systems.

Unfortunately, even though the process of hypnosis has been around, more-or-less since time began; it has proven very difficult to provide a thorough definition of what Hypnosis really is.

A good description though, would be;

A state of relaxation and concentration, at one with a state of heightened awareness, induced by suggestion; a non-addictive power for good and a natural manifestation of the mind at work.

As can be seen from the description above, hypnosis is really just a state of complete relaxation. Your awareness of things around you is enhanced, your concentration is enhanced and the entire process is completely natural and non-addictive.

One of the main benefits of this condition is that the mind is also totally relaxed, which means that the guard defending the sub-conscious area within your mind is also relaxed.

The state of hypnosis really is that simple.

There is no strange mind control; no strange trance from which you may never wake up, hypnosis, in it's simplest form is purely relaxation.

In the past, the subject of hypnosis has, at times, had a bad press. This has unfortunately resulted in many people, who may have otherwise benefited from its use, being denied the opportunity, simply because some people believe that if they don't understand it, then it must be a bad thing.

There will obviously, continue to be people who'll reject the proven thinking, in preference to their own misjudged preconceptions about hypnosis.

There'll also continue to be a number of people who'll still believe that their senses will be reduced, or restricted, or that the hypnotist will be able to control their thoughts. However, if you return to the description given earlier, you will see that hypnosis does in fact increase the awareness of your surroundings and the actions of those around you.

I can hear people now, asking the question: "Why do the participants in a stage hypnosis show, act so stupidly then, if their mind is not being controlled?"

Well, quite simply, the definition explains that hypnosis is really just a state of deep relaxation, there is no "hypnotised feeling" as such, so the participant who is facing maybe more than 100 people in the audience, and no doubt only went up onto the stage to act stupidly without fear of redress, will likely feel more embarrassed if they don't participate and will probably consciously think something along the lines of..

"I'll go along with it to help the hypnotist out, even though I'm not hypnotised at all."

In fact, if you were to ask a first-time participant after the show, why they did what they did, in many cases they would probably say, "I was just playing along, I wasn't really hypnotised at all", but anyone who understands the way in which hypnosis works, would understand that any suggestion passed to the sub-conscious whilst relaxed, would be carried out without question.

Although they would be obliged to carry out the tasks, most subjects would swear that it was a conscious decision.

There is a small contradiction to be made regarding the sentence above at this point.

Although I have said several times throughout these writings that ANY suggestion applied to the sub-conscious while hypnotised would be carried out without question, there is one time when it would completely refuse to accept the suggestion.

It is impossible to make any person do anything against their will, or nature.

Of course, by using hypnosis correctly for therapeutic reasons, it's absolutely possible to change someone's nature, but if the stage hypnotist told a participant to undress on stage for example, they would immediately bring themselves out of the hypnotic state and refuse to carry out the request. (Unless, of course it is something they would quite happily do during their normal non-hypnotised state!!)

This state of heightened awareness that hypnosis brings about, affects all of your senses, with the obvious exception of your sight, as when you're relaxing your eyes will be closed.

Once you've entered a state of hypnosis, immediately your sense of smell and hearing will be enhanced and although it would be more difficult to prove, the other senses of taste and touch will be increased.

Probably the most important of these changes to remember if you're listening to any Hypnosis CD, will be that your ability to hear sounds will increase.

The reason this is important, is because one of the best ways to enhance the success of the hypnotic induction, is to have some relaxing instrumental music playing softly in the background.

Music assists the induction because firstly, it blocks out some of the unwanted sound that can drift in from the street outside, or from adjoining rooms , etc. and secondly, it will help to stop your mind wandering as the music will tend to concentrate the mind's focus.

Therefore, the thing to remember, is as you progress further and further into hypnosis, so your general awareness of sound increases, and the level of volume that at first seemed acceptable, soon begins to become overpowering to your thought processes and you'll soon find that what began as a soothing background track, starts to become a distraction.

The way around this problem, is simply to adjust the sound level to one that's lower than you'd normally consider acceptable, before you begin to induce hypnosis.

Another thing that many beginners can find difficult at first, is realising when they've actually entered the hypnotic state. This is due to the fact that, as we said before, hypnosis is just a state of total relaxation, there is no real "hypnotised feeling" as such.

Although, once you've induced hypnosis in yourself a few times, you'll become aware of little tell-tale signs and feelings that'll indicate to you that the hypnotic effect is present.

Some people may experience numbness in their arms, or legs, so they cannot actually "feel" the position they are in.

These sorts of effects are completely normal. All that's happened is the joints and muscles of the body have relaxed completely and are therefore totally free from tension and feel "numb".

Some people may begin to feel increased warmth in their body, the more they relax.

Everyone is affected differently, but the thing to remember is that all these effects are quite natural, and are the exact same things that you would experience just before you fall asleep at night.

Remember, all you're doing is manually putting your mind into a totally relaxed state, just like you'd be doing naturally when you go to bed at night.

Now would probably be a good time to mention to those of you who are still concerned about hypnosis, just how safe and pleasant the experience really is.

The most common reasons for a person being apprehensive about entering hypnosis, is that they're wary of being "controlled", or that they'll be unaware of what is happening to them whilst under hypnosis.

Both of these misconceptions are usually due to their experience of watching stage hypnosis and in fact, just about everyone has already experienced a type of hypnosis.

The difference is, if you don't know it's happening, you can't be frightened of it!

The most noticeable time when you'd have entered hypnosis, is just before you drop off to sleep, when your mind begins to wander and you start to 'daydream'.

How often have you been lying in bed and suddenly jerked, or jumped up to realise that what you thought was happening to you, was really just in your mind.

This power of thought is hypnosis.

Other occasions when a form of hypnosis is apparent, is when you are lying in your bed early in the morning, you know that you are awake, but you just can't be bothered to open your eyes and get up. That feeling of total calm and relaxation is simply a form of hypnosis.

To learn the process of self-hypnosis, which is a state of hypnosis that has been induced by oneself, is a comparatively easy thing to do.

The process can be achieved by anyone who is willing to give a little time to settle back, in peaceful surroundings and relax.

It will also be helpful to the success of the process if you can identify the situations etc., when you appear to be most caught up in the actions you'd like to change. It'll then be possible to use this information, to adapt your suggestions to the sub-conscious whilst you're using hypnosis.

I'd like to point out at this stage that the techniques you will learn in the following pages will induce the hypnotic state.

The induction was designed to be used by a person, to induce self-hypnosis and they're not designed to be used to induce hypnosis in another person.

The additional knowledge of hypnosis and Psychology required to be in a position to competently induce hypnosis in someone else, is far beyond the scope of this book.

If however, after reading this book and practicing the techniques herein, you should decide that you'd like to train as a Hypnotherapist and Psychotherapist, there are details of just such a course in the 'Further Study' section of this book, where the knowledge you will gain will more than qualify you to practice hypnosis on others.

Getting Hypnosis to Work for You

During this section of the book, we'll discuss the process of inducing hypnosis and give an example of an induction script that can be used "as is", or adapted as you feel necessary.

If you do decide to adapt the script, there's one rule which must be applied before you make any changes, or before any attempt is made to write your own and that is:

If you decide to adjust the induction, or indeed write your own induction, any changes you make must be stated as positive statements of what will happen.

You must ensure that you eliminate from your vocabulary, any reference to the negative. i.e.: you must not make statements of what will not happen.

Please remember what I said before; the mind needs to achieve any goals passed to it, and makes pictures of those things in order to understand what you are saying.

During Hypnosis these pictures become the driving force of that goal, even if you really want the exact opposite. As an example: If you were intending to suggest to your sub-conscious that you are a competent public speaker, you could include in your script a sentence such as;

"I will be incredibly calm and relaxed when speaking to groups of people"

DO NOT however, use sentences such as;

"When speaking to a group of people, I will not feel stressed, or tense.",

remember, the first thing the sub-conscious will do, is start producing images of times when you were stressed and tense, then it'll begin to make sure you get it!

There are four basic stages to inducing the hypnotic state in yourself.

The process is easy and can be achieved by simply following the steps listed below.

1. Settle down in a comfortable chair, or lie on a bed.
2. Turn down the lights, or close the curtains.
3. Get yourself into a comfortable position and close your eyes.
4. Relax.

It really is as simple as that and I guarantee it works.

As I mentioned before in a previous chapter, it's not sufficient to just tell ourselves what we want. This is the main reason why Positive Thinking doesn't have a terribly positive effect on most people.

Positive thinking is only really effective when we say them out-load continuously and with enough feeling to generate emotions that make our sub-conscious mind take note.

What we need to do instead, is to convince our subconscious mind, and therefore the guard, that it is relaxed, thus leaving the way open to present our suggestions.

So how is this achieved?

Well, the imagination is the domain of the sub-conscious mind, so it makes sense that the way to relax it, is to IMAGINE how it would feel if you were already relaxed.

Remember the saying from chapter 2....

“The mind perceived, the mind believed, so the mind achieved” That’s the secret.

If the sub-conscious mind perceives that it is already relaxed, it will automatically believe that to be true and will therefore achieve the state. Simple really isn't it?

I have included on the following pages, a pre-written script that will very easily induce the hypnotic state.

Scripts such as these are not difficult to produce, but always remember to re-read any script you produce at least twice, and if possible, at least in the beginning, get someone else to read it as well, always looking for possible misconceptions, or negatively phrased suggestions that may be picked up by the sub-conscious.

The greatest benefit will be achieved if you can prerecord the induction as an MP3 file, or a CD first, then play the recording back.

This'll allow you to concentrate on one thing at-a-time, rather than having to concentrate on what you are saying, whilst trying to imagine it!

Everyone nowadays has access to a computer, or a mobile phone. Pretty much all of these will have some form of voice recorder and provided you can find a quiet place to record for half-an-hour or so, the effects will be greatly improved.

It'll also increase the benefit if you can state suggestions in the third person if you're using this method. For example: say.. “You will feel more relaxed” rather than “I will feel more relaxed”

If it's not possible to record your hypnotic induction, try and memorise the following script, the basis of it isn't difficult to remember, but it'll only induce the self-hypnotic

state and by itself it'll have no real remedial value for your specific problem. (unless or course, your problem is not being able to relax!)

Should something need your attention whilst you are in the hypnotic state, your ability to deal with that situation won't be affected... you are only relaxed after all.

If you wish, you can play some soft relaxing instrumental music in the background, then get yourself into a comfortable position, close your eyes and then imagine...

".....yourself laid on the soft golden sands of a deserted tropical beach, hundreds of miles from anyone...

imagine the feeling of the soft bubbling water caressing your toes as the gentle waves lap at your feet, and you can hear the soft hiss of the sea rolling in the distance.

Imagine the sun, high in the sky above your head and feel the gentle warming sensation on your skin as you just relax...

imagine yourself slowly closing your eyes and listening to the gentle relaxing sounds of the coastline around you...

Then as you gently relax, just imagine in your mind's eye, your forehead...

just imagine your forehead... and picture all the tension and stress of the day slowly seeping out of the muscles and draining away into the sand beneath you...

next concentrate on your shoulders...

again imagine all the stress and tension draining away, the sand below you like a sponge, soaking up all the tension of the day.

Now direct your thoughts to your arms, concentrate your thoughts on the tops of your arms, then your elbows, forearms, your wrists, hands, fingers and thumbs, and as you concentrate on each area, so it will release it's tension into the golden sand.

As each area relaxes, feel the light "tingly" sensation that has replaced the tension.

Imagine, every time you breathe-in, the cool, refreshing breeze fills your lungs with calm and relaxation, helping you to become more and more relaxed with every breath.

Concentrate now on your back....

picture the two large muscles in your back and all the smaller ones...

imagine again all the stress and tension within them just seeping away, to be soaked up by the golden sand.

Imagine your body becoming lighter and more relaxed as each area loses its tension, to be replaced by the calm and relaxation floating above you in the warm air.

Feel that warm, relaxing air being drawn into your lungs, and then distributed throughout your ever-relaxing body. Move on now to your chest and all the muscles within your chest...

imagine again the stress and tension seeping away to be replaced with relaxation and calmness..."

You can now continue throughout all the areas of your body, relaxing each part as you go.

It's important to 'imagine' each area relaxing, to actually 'picture' the event happening and feel the sensations.

The more senses you can include the better. Look at the induction script again. You'll see that within it there are references to "touch", "hearing" and "smell"

Remember, we're trying to get the sub-conscious to relax; the only successful way to do that, is to get the sub-conscious to believe it's already happened.

The five senses are rooted firmly in the sub-conscious of your mind, so the more often you can utilise them, the more successful the session will be.

At the end of your self-hypnosis session, it's always wise to finish by saying something along the lines of...

"In a few moments, I will begin to count up from one, to three.

When I reach three, my eyes will open and I will feel fully refreshed and relaxed.

When I open my eyes I will be happy, calm and ready to get on with the business of living.

One.... My eyes are beginning to open and I'm starting to leave hypnosis.....two.....eyes almost open, feeling fully refreshed and re-vitalised.....three.....eyes are open, I am fully refreshed and confident."

Statements like these all add to the total benefit gained.

By imagining 'make-believe' situations like these, and it really doesn't matter what the situation is, as long as you find it relaxing, then you can guarantee to relax sufficiently enough for the hypnotic effect to take place.

Other ideas might be to imagine yourself in a bath of 'silky-soft' water, watching the stress and tension lift from your body and float into the warm air above you, or visualise yourself lying in a green field, with gentle birdsong in the background, imagining yourself floating up into the warm relaxing air as the tension drifts from your body.

The different scenarios are endless, restricted only by your imagination.

The only real constant in these visualisations is to imagine total and complete relaxation. As long as your mind leads you to that conclusion, how you get there really doesn't matter.

Once you have got the hang of inducing hypnosis in yourself, you can start to think of the different situations, or areas of your life that you find particularly stressful, or bothersome.

Write them down, and then develop suggestions for your sub-conscious, avoiding the negative remember, to counteract these situations.

For example; if you find speaking at the company's weekly meeting particularly stressful, you could introduce into your script something like...

"when I am asked to speak at the next company meeting, I will find the whole process enjoyable and relaxing, every word I speak will make me more and more confident and more and more relaxed." or,

"When I'm at the meeting tomorrow, I will find it very easy and relaxing to put my views forward."

There are some standard suggestions for general wellbeing that are used by many therapists during the course of their therapies with clients.

These can be used just as effectively by you and a selection are listed below.

- Every day it will become easier to relax.
- You will gain more confidence each and every day.
- Situations which once caused you stress, will now just calm and relax you.
- Your concentration will be improved each day.
- Your memory retention will increase and you will find it easy to recall information.
- Your general health and well-being will improve each day.
- You will be more confident today than yesterday, but not as confident as you will be tomorrow.
- You will find it easy and relaxing to use your abilities to the full.
- You are more calm and relaxed during your daily life and that causes you to feel more refreshed, and your mind to be clearer and more alert.

You can use this method almost anywhere you can relax, providing of course you're able to close your eyes.

Maybe you could find time in the office during your lunch break, or maybe on the train home from work, etc.

Most people can find 30 minutes, or so every couple of days to just relax.

Remember also, that the effects of hypnosis are accumulative and the benefit builds over time, so even if you can only relax for ten minutes before your attention is needed elsewhere; you've gained ten minutes, and not lost twenty.

After entering hypnosis a few times, you'll begin to recognise that you're reaching the point, when hypnosis is taking over from general relaxation.

By using these techniques on a regular basis, say about half an hour every day for the first week, then every couple of days for the next fortnight, then perhaps once every week or so, you will see the difference that it will make to your life generally.

Please remember though, that Hypnosis is not a cure for anything. It is purely a tool, which'll enable you to control the functions of the mind, much more effectively than you can at present.

It's this ability, when used properly and consistently, that can make enormous changes to your general health, outlook on life, fitness, confidence, or any other attribute that's formed and controlled by the sub-conscious of your mind.

Conclusion

In the final section of this book, I'd like to make a few points clear about Hypnosis generally and about its use.

The first thing to remember is that you shouldn't feel uneasy about using hypnosis. After all, the worst thing that could happen is that you drift off into a very natural sleep, where you'd made yourself so relaxed you couldn't remain awake any longer.

If falling asleep may cause you problems, maybe it's your lunch hour for example, then simply make one of your first suggestions something along the lines of... "In one hour, I will open my eyes and be fully refreshed" Your body clock is one of the most helpful timekeepers available to you and although not perfect, is usually quite accurate.

By suggesting this to your sub-conscious during hypnosis, you will be prompted when that time is approaching.

Secondly, time seems to pass very quickly. You may well believe, whilst in hypnosis, that you've only been relaxing for maybe 15 minutes, when in fact it may have been considerably longer.

It may be worth adding a length of time available' suggestion, as part of every hypnotic induction you perform on yourself.

It's also very important that you do not use hypnosis to relieve pain.

There are very many examples of where hypnosis has been used as the only anaesthetic during medical operations, as it's a very successful means of suppressing pain, but always remember that pain is the mind's way of telling you there's a problem with your body.

If you use hypnosis to subdue, or even remove this pain, all you are doing is removing the symptom, the underlying problem will still be there and the consequences of that could be very serious. Always, always, consult a qualified medical practitioner. Never try to solve the problem yourself.

I know I only said two minutes ago, but please remember also, to take the time to look over any suggestions you're planning to use at least twice and avoid the negative as though the negative were a plague!

You'll begin to find that each time you sit comfortably and begin to relax, it takes less and less time to actually enter the hypnotic state.

This happens because, as time goes on, your mind becomes more accustomed to the phrases and the feelings it's experiencing, and the expectation of relaxation is often enough for the mind to relax, quite often within a few minutes of the induction starting.

Good luck and good health.

Further Study

In 1987, I began my journey into the intricacies of the human mind when I completed the Successful Hypnotherapy Diploma Course with the Hypnotherapy Control Board in the UK.

They no longer offer training courses unfortunately, however the National Council for Hypnotherapy offer similar training at many independent training schools.

Find out more information at the National Council for Hypnotherapy website at <https://www.hypnotherapists.org.uk/training/>

Please visit your favourite eBook retailer, or the ConfidenceUncovered.com website, to discover other books by Dr Steve George.

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- How to build your own Life Coaching Welcome Pack
- The GROW model of goal setting for coaches

Finally, thank you for taking the time to read this ebook, if you found it to be useful, I'd really appreciate it if you could take just a couple of moments to leave a review for it on the retailer's site.

Thanks, Steve.