

Complete Guide to Self Hypnosis

Welcome to the Complete Guide to Self Hypnosis where you can learn to hypnotize yourself

What is your goal? Do you want to:

have more confidence, or

would you like to lose a couple of stone in weight?*

perhaps you want to excel in your chosen sport or

write a best seller or

paint a masterpiece?

Well I've news for you. You can do any of these things. In fact, how would you feel if I were to tell you that you can do ANYTHING that is humanly possible, when you put your mind to it.

Okay you may not be able to run the marathon in ten minutes flat but you HAVE THE ABILITY to succeed in anything that you put your mind to, provided of course that your goal is a realistic one.

Think about it for a moment - what's actually stopping you from being the person that you want to be? You may be able to think of a dozen or so excuses but putting them aside for a moment I'm you'll agree that the main stumbling block is yourself.

When we want something badly enough we usually go all out to get it. BUT, we humans can be very lazy especially when the conscious mind comes into conflict with the subconscious mind.

The conscious mind reasons yes it would be nice to stop smoking/lose weight/give up gambling, etc. etc. whilst the subconscious mind is governed more by feelings, emotions and habitual behaviors and thinks 'no - it's easier and safer to stick to the old way of life that I know and am used to.'

There can be a multitude of reasons why the subconscious mind objects to change and I'm not going to go into all those reasons right here and now, but if you are truly ready to set out on that marvelous journey of fulfilling your potential then let's begin...

Notes & Guidance to Students of the Complete Guide to Self Hypnosis

Please work through each exercise before moving on to the next one.

Do not try to hypnotize other people without a thorough understanding of the subconscious mind.

Make sure you understand each section before moving on.

If you wish to continue your studies and begin a career in hypnotherapy, you may apply for the Professional Hypnotherapy Course. This is a distance learning based program which may be studied at your own pace.

This Course in Self Hypnotism does not qualify anyone to practice Professional Hypnotherapy with other people.

Please email support@hypnoticworld.co.uk if you require any advice, if you wish to discuss any aspect of this Course.

History of Hypnotism

No-one knows for certain when or where hypnotherapy originated but it is thought that a form of it was used by the ancient Greeks and Egyptians in their 'sleep temples' for healing. The Druids called hypnosis 'magic sleep' and in preliterate cultures drumming, chanting and dancing would induce an altered state in the healing rituals for both the community spirit and for sick individuals.

Although the term 'hypnosis' was only invented in the 19th century, many kinds of religious and primitive forms of trance have been around for as long as man has. Magic, voodoo, shamanism, faith healing, yoga and meditation are to name just a few.

Many people use and have used hypnosis without even realizing it. Before anesthetics were developed, in 1794, a small boy had a tumor removed. During the operation his mother sat next to him and told him a story; the boy was so absorbed in the story that he felt no pain at all. Many years later a book was published containing the story that the little boy had been told, it was Snow White and the author was Jacob Grimm.

Hypnosis as we now understand it, was 'discovered' by a Viennese physician, Friederich Anton Mesmer, in the late 1700's. Mesmer began with a theory about animal magnetism, involving the distribution of magnetic fluid within an organism's body. He used hypnosis, (then called Mesmerism), to produce a more harmonious distribution of this magnetic fluid in the body. He was able to cure people of different diseases without medicines or surgery, by using magnets to improve the flow of the 'magnetic fluid'.

Mesmer became very famous in Paris, where he resided, treating the poor along with the rich and famous. At one time three thousand people a day begged to see him, and in order to accommodate them all he had to change his technique. There are reports that he 'magnetised' a tree under which the peasant folk linked themselves with ribbons or cords. He developed a strange ritual around the tree, placing a tub of water containing glass bottles and iron filings.

Mesmer immediately understood the implications of his work, as he claimed mesmerism as a superior form in which to hinder the development of disease without exposing the patient to the more hazardous techniques of that time period.

In 1784, Louis XVI formed a commission to investigate Mesmer's findings. The commission was headed by Benjamin Franklin. Although Mesmer's findings on hypnosis were undisputed by the commission, the commission played down the effects of an unfounded "magnetic fluid" in the human body and attributed

Mesmerism's effects to the placebo effect. Because of the commission's findings regarding magnetism, Mesmerism fell from popularity (Hall, 1986)

In the mid nineteenth century, James Braid, a Scottish doctor, published a book entitled 'Neurhypnology or the Study of Nervous Sleep'. He invented the word 'neurhypnosis' from where derived the word 'hypnosis', (hypnos is the Greek word for sleep). Braid was the first person to attribute the phenomenon to psychological rather than physical variables. His findings renewed interest in the subject, especially in France, where hypnosis gained popularity again as a form of pain reduction during surgery.

Braid also experimented with magnets but achieved nothing. He noticed though, that patients would sometimes go into a strange sleep-like state in which they were able to lose symptoms of injury or illness. Neither Braid, nor another Scottish doctor named John Elliotson who practiced hypno-surgery in India, and later England, were accepted by the medical profession. However two schools of hypnosis developed and flourished for many years. These were the Medical Faculty of the Salpetriere, Paris, under Professor Jean-Martin Charcot, and the Nancy School under Hippolyte-Marie Bernheim. Charcot carried out extensive work on the link between hysterical disorders and hypnotic states and presented a paper on the nature of hypnosis to the French Academy of Sciences in 1882.

At around the same time, Dr. Joseph Breuer, a Viennese physician, discovered that his patients could freely recall events in hypnosis that they could not otherwise remember. As a result of releasing repressed emotions the patients experienced a reaction (similar to the ones Mesmer had encountered) which produced relief from their symptoms.

Joseph Breuer reported successfully treating a case of hysteria using hypnosis to prompt for recall of experiences associated with the onset of symptoms. One of his patients had developed a squint while trying to hold back tears at the bedside of her dying father. When she later was able to re-experience the situation and express the grief she had hidden at the time, her symptom disappeared.

Sigmund Freud (1856 - 1939) worked with Beuer, basing some of his work on Beuer's findings. Freud had difficulty integrating hypnosis into his psychoanalytic theories. He was strongly influenced by the ideas of both Charcot and Bernheim, but came to see hypnotic phenomena through the perspective of transference. This raises the question if transference, like suggestibility, is a manifestation of hypnosis, or a primary ingredient. Freud later abandoned hypnosis because he was often unable to overcome his patients' resistance to releasing traumatic memories. He subsequently developed 'free association' as a means of accessing the subconscious mind.

Carl Jung also experimented with hypnosis and achieved some remarkable results; however he also abandoned hypnosis because he was unable to understand why it worked.

The first man of modern times to really rediscover and put to extensive good use, the power of hypnosis, was an English surgeon named James Esdaile. His interest in mesmerism began before the word hypnosis was known. In 1845 he went to India and had phenomenal success with mesmerism, copying Mesmer's techniques and applying them diligently. In those days the mortality rate in surgery was around fifty percent. Esdaile reduced this figure to eight percent by the use of his techniques, and his patients recovered more quickly and easily than the average surgical cases

of his day. Since then there has been a revival in the interest of hypnosis with more scientific studies being undertaken.

In more recent times, the recognized leading authority on clinical hypnosis was Dr. Milton Erickson, (1901-80). As a teenager he was stricken with polio and paralyzed, but he remobilized himself. During his paralysis he spent much time observing people and became fascinated by human psychology. Dr. Erickson was considered a 'master of hypnosis' and could put people into a trance without even mentioning the word hypnosis.

The Subconscious Mind

We can think of the mind as like an iceberg, with the tip of the iceberg representing the conscious mind that is concerned with what we are thinking right now, and everything beneath the tip representing what is going on in the back of our mind. We are not usually aware of what is going on in the back of our mind because obviously we are occupied with the present thoughts. People are capable of thinking only one thought at a time. You might find residual thoughts floating up into conscious awareness when you are tired or relaxed, but you will still only think that one thought at a time.

When the conscious mind is preoccupied with a single thought to the extent that it is totally focused upon it, suggestions can bypass that point, and go into the subconscious mind.

When we are occupied in a situation we may find that our attention is focused however we are taking in (subconsciously) other things as well. For example as you are reading this paper your mind will be focused on what you are reading, but if someone walks through the door, that person's presence will register in our subconscious mind. We might not notice our visitor's arrival, unless they cross our line of vision or make a noise, but our subconscious mind doesn't miss a trick.

Self hypnosis utilizes this phenomenon in order to create the desired changes. First of all comes the total focusing of the conscious mind upon a given object. Next the suggestions are allowed to float past into the realms of the subconscious mind where those changes to our behavior, thought or action can begin to take place.

Throughout this Self hypnotism course you will learn numerous methods of hypnotizing yourself. Try each one until you find the one that suits you best. Don't feel a failure if one method does not seem to work, remember we are all unique individuals and what works well for one person may not do the same for the next.

The Language of the Brain

Imagery is said to be the language of the brain. Long before language was invented, people must have thought in a more abstract way. Sign language is an example of this mode of thinking, as the whole situation is often portrayed in a few simple signs. Sign language uses the left brain hemisphere, a part which is less dominant since the advent of reading and writing and language skills.

Children can think in pictorial form, much more easily than adults can. The reason we adults have lost this skill may go back to the old 'daydreaming in class' syndrome, although there are still a lot of adults out there who can and do think in images. Many landscape gardeners, interior designers, artists, for example, are able to construct an image in their mind before putting it onto paper or canvas. They

may not always be aware that they are visualizing, but the fact is that they are not satisfied until the painting is perfect (as it was in their mind). In the same way, songwriters, poets and musicians often have 'an ear' for their work, and a sculptor has 'a feel' for his masterpiece.

In order to effectively deliver messages to the brain, therefore, we must use the language that our brain understands the best, which in most cases is visual imagery.

Long before language was invented, human beings used images, sounds, feelings, smell and taste to form their abstract thoughts. These modes of thinking are known as our 'representational systems' and help us to send strong messages to the subconscious mind which are far more powerful than words.

Consider this. Which of these sentences has the strongest effect on you?

- a) This is a dangerous situation.
- B) The stale stench of death in the air, hairs on the back of the neck stand up on end and a cold shiver runs down your spine as your throat produces excess saliva all you can see is blood.

The description of the second example uses olfactory (smell), kinesthetic (feeling) and visual (imagination). We could have introduced a piercing scream to give us the auditory stimulation, and you may recognize the saliva as using the sense of taste.

In your Self Hypnotism we need to be aware of our own representational system. You probably instinctively know which system you prefer to use, but if not you can close your eyes and see if you can picture a vase of flowers or the face of someone you love, in your mind's eye. You can test your auditory skills for 'listening' to the lyrics of a favorite song, or the voice of your mother or some other important person, or can you imagine the feel of a piece of silk or the soft fur of a cat or dog, or the smell of an orange or a perfumed rose?

Most likely you will find that you are able to utilize different modes of thinking, however some people are predominantly visual, auditory or kinesthetic, and if you find that you lean towards one particular mode of thinking then this is the one you should initially use for your self hypnotism.

Representational Speech

The language we use can give us clues about our representational systems. People who are visual say things like:

- "I see what you mean".
- "That looks good to me".
- "It appears so".
- "I get the picture".

In contrast, people using their auditory system might say:

- "I heard what you said".
- "It sounds fine to me".

"He tiptoed silently".

Kinesthetic speech goes like this:

"It feels good to me".

"Sends a shiver down my spine".

"Get a grip on things".

"He couldn't handle it".

Next time you're listening in on a conversation, note which type of speech crops up most with different people.

Exercise One

Make a list of three sentences that include speech from each of the representational systems.

Visual

.....

Auditory

.....

Kinesthetic

.....

Exercise Two Preferred Representational System (PRS)

With your eyes closed, discover your preferred representational system (PRS). First read through and perform the following exercises. Don't rush them and write beneath each sentence, your response.

1. Visualize a tree. Notice whether you can identify the type of tree, have a guess at its height. Are there leaves or fruit on the tree, or are the branches bare. Notice the roots of the tree, how far are they spread?

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2. Remember a song that you learned at school, perhaps one of the first songs that you can remember. Listen to the tune and the words of the song in your mind. How does the voice sound? Do you recognize the voice or do you just 'know' the words?

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3. Remember the smell of a crayon, actually create that smell in your mind, is it a pleasant smell, what does it remind you of? Now think of the smell of a bonfire, or the morning after bonfire night, the smoky air, how does it make you feel? And remember the smell of your old school dinners (if you had them), otherwise perhaps you could notice that smell filling the classroom by late morning. What do you guess is for dinner?

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4. Imagine you have a slice of lemon in your mouth, it's bitter and tangy and you can feel your saliva beginning to flow as the juice begins to squirt out of the lemon. And remember the taste of your favorite food. How did you find this exercise?

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5. Imagine picking up a piece of silky satin and folding it up, but the material is slipping around and you can't quite make the ends meet. Or running your thumb over the teeth of a zip or a comb, how does it feel? Remember the lack of feeling you had once when you had lain on your arm for a very long time. How did it feel when you tried afterwards to move it? Or perhaps you can remember getting pins and needles in the soles of your feet?

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If you find a definite lean towards one PRS, you can use this predominantly in your visualization.

For example, let us say that you find forests to be the most relaxing place in the world and your preferred representational system is visual. Your words would be focused around describing what you can see. "I can see the tall, majestic sycamores swaying in the breeze". If your leaning was towards auditory systems you might emphasize the description as follows. "I can hear the trees whispering in the breeze and they seem to be saying, relax, relax - as the birds are whistling their tune to the gentle sound of that running stream".

Or you may choose to "smell the soft autumn leaves, the freshly cut grass in the clearing", or "feel a gentle breeze blowing from time to time across my face".

After a short description in your PRS you can gradually introduce other senses, for example: "I can SEE the tall, majestic trees swaying from side to side in the breeze, the yellow-gold leaves fluttering gently down, tossing and turning as it settles on a soft bed of autumn leaves, and even as I watch the leaf snuggling down, deeper still, a gust of wind rushes past, lifting that leaf up and playing with it in the cool crisp air. And I can FEEL that cool crisp air on my face . . ."

Exercise Three

Write a short description that moves from one representational system to another.
(i.e. Auditory to kinesthetic, auditory to visual or olfactory to kinesthetic.

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Inner Knowledge

You know more than you think you know.

How many times has an answer to a question just 'popped into your head'? Have you ever racked your brain to try to remember someone's name, and then later when you were relaxed and had long since stopped thinking about it, the name just came back to you, in a flash?

That happens to everyone, because our inner mind contains all the knowledge and understanding that we need, in order to live a safe, fulfilled and interesting life.

However, there are times when the answer to a problem stubbornly refuses to come to us. We may lack insight into a certain problem, for example. How many times do you find yourself repeating the same old mistakes or reacting in the same way to similar situations? Sometimes we know what we should be doing, but feel unable to do this. We may feel stuck.

This is usually because the reason why we are behaving, acting or thinking in a self destructive manner, is not available to conscious awareness. The reason why may be repressed, held down in our subconscious mind like a beach ball pushed under water. It wants to surface but it can't because it's held down fast, it's struggling to come up to the top and that struggle creates certain symptoms. These symptoms may be things like migraine, phobias, irrational fears, stuttering, blushing, low confidence, smoking, obesity, shyness, etc. etc. etc.

There is a wonderful way that we can learn more about ourselves, our symptoms and the reason behind them. This method is known as Ideomotor Signaling.

Communicating With The Subconscious Mind

Chevreul's Pendulum

If you want to discover what is in your inner mind before you use your Self hypnosis, there is an easy way, using a pendulum or a ring on the end of a chain or a piece of thread, that you can do this.

Make a chart by drawing a large circle on a sheet of paper with a horizontal, vertical and diagonal line across its diameter. Write the words yes and no on either side of each line.

Hold the chain at its end so that the pendulum or ring is hanging loose over the Chart.

The pendulum itself can make four different movements. They are: side to side; back and forth; circular or diagonally. In your mind, think the word YES over and over again until you notice which direction the pendulum is moving.

Repeat the exercise whilst thinking the word NO over and over again. Make a note of the direction.

In your mind, or aloud, ask yourself a question that you know the answer is yes, to. For example, "Is my name . . .?" (stating your name). The pendulum should move in the YES direction. If it doesn't, ask some more YES questions until you get an overall agreement as to which direction means YES.

Now repeat the exercise, asking yourself a question that you know the answer to is NO. Ensure the responses are consistent, so that you have some definite YES and NO movements.

If the movements keep contradicting themselves, leave the exercise till another day.

Assuming you are sure about the YES and NO responses, you can begin to question your subconscious mind.

You will have to phrase your questions carefully, remembering that you can only get a YES or NO answer. Then follow the procedure in the table below the section on Ideomotor Signaling.

Ideomotor Signaling

Ideo means thought and motor is action. Thoughts can and do action every part of our body. We can deliberately set up Ideomotor and use it to send signals from the inner or unconscious mind, to the conscious, thinking mind.

To begin this method you will need to relax. If you're feeling tense then this method will not work as the actions are to be involuntary and tension can interfere with involuntary actions.

Start by relaxing your toes, and then your feet, your ankles, legs, thighs, pelvis, stomach, chest, shoulders, back, arms, hands, fingers, neck, throat and face. Be aware of these different parts of you and as you become aware, let go of any tension that you find.

If you can't relax then you could tighten the muscles around the particular area that is tense, and then let go, and notice the difference between tension and relaxation.

When your whole body is gently relaxed, imagine in your mind a flight of steps and feel yourself walking down the steps, going deeper into relaxation with each step down.

When you reach the bottom of the steps, imagine your perfect place. This may be a sandy beach, a poolside chair, a boat sailing down a beautiful river, a mountain, the country, a bed or a favorite chair, or something totally different that feels special for you. Just imagine yourself there, in your own special place.

And concentrate on your fingers. Ask your subconscious mind to choose a finger to represent the word 'Yes'. Wait for a while and notice any different sensations in the fingers. Perhaps one finger will feel slightly warmer or there may be a tingling sensation there. When you are aware of which is your yes finger, ask it to float up and feel it becoming lighter and floating. Repeat the exercise by asking the subconscious mind to choose a finger to represent the word 'No', and then again with the words 'I don't want to answer'

When your fingers float up you can verify that they are the right fingers by asking yourself questions to which you know the answer. For example, if your name is Jack you can ask if your name is Ken, in which case your No finger would float up. Or ask your real age and notice the Yes finger floating up.

The next step is to explore your problem, and to do this you may find that you have to ask questions that have a 'yes' or a 'no' answer. Always begin by getting permission from your subconscious mind to explore the problem, and if permission is not forthcoming, leave it until another day.

Ideomotor questioning can follow the outline shown, remembering to adapt it to suit your particular problem. This is an example of someone who wishes to discover the cause of a symptom.

Question	Finger Response
Would it be alright for me to discover the cause of my headaches?	Yes
Thank you. Is the reason why I have regular headaches anything to do with something that happened in past?	Yes
Was it something that happened before I was 10 years old?	Yes
Was it something that happened before I was 5 years old?	No
Was it something that happened when I was age 6?	No
Was I age 7?	Yes
Did it happen at school?	No
Did it happen at home?	No
Was I at a friend's house?	No
(Running out of ideas) I'm going to count to 5 and at the count of 5 I would like a thought to pop into my head, as to where I was. 1.2.3.4.5. (Pause) - Was I in hospital?	Yes
Was I alone at the time	No
Had I been given any anesthetic?	Yes
Was something said during my operation that caused my headaches?	Yes

Exercise Four

Balloon and Book Method

Hold out both arms in front of you and check that they are level with each other. If you are right handed, turn your hand over so that the palm faces down, keep the left hand facing palm up. If you are left handed, reverse this. When you are satisfied that your hands are level, close your eyes and really imagine that a heavy book is being placed upon your non dominant hand.

Imagine it as a thick dictionary with a hard cover and several hundred pages. Then visualize an even heavier encyclopedia being placed on top of the dictionary, and notice how heavy the hand is becoming. You can continue visualizing book upon book being placed onto the palm of your non-dominant hand.

Then take your awareness over to your dominant hand and visualize a large shiny helium-filled balloon with a piece of string tied to one end and the other end loosely wrapped around your hand. Feel that balloon lifting up, and as it does so it begins to tug at your dominant hand, making it lighter, making it float up all by itself. Give yourself suggestions of lightness and when you are ready, open your eyes.

If, upon opening your eyes, your dominant hand is higher than your non-dominant hand you can be assured that you have the ability to accept suggestions easily. You are ready to commence your Self hypnosis.

If, on the other hand, (no pun intended) your hands remain level, you may need to work on your ability. You are probably a very logical person who tends to analyze rather than do things spontaneously.

Affirmations can help you to overcome this barrier. Three times a day, at a similar time, relax for five minutes and tell yourself: I have the ability to accept suggestions that are beneficial for me. What I believe, I can achieve . Repeat this exercise for a week and then test yourself again with the Balloon and Book Method.

Hypnotic Language

Leaving imagery aside for a moment, I want to discuss the language that you will use when you are using your Self hypnosis.

Animals, humans included, learn by trial and error. We've all heard the saying 'Learning by our own mistakes' - and it's true, it's only by learning what not to do, that we usually learn what to do. Partly because of this, we all have a predominant tendency to anticipate the worst outcome in certain new situations (unless we can compare with similar situations which we have previously succeeded in achieving). If I tell you not to think of a blue elephant what would you do? You'd have to think about it first, in order to not think about it, if you see what I mean.

In hypnosis, suggestions should always be phrased positively. For example, if you want to stop smoking, would you say to yourself, I'm not going to smoke anymore . How about, I am really proud to be a non-smoker . Which statement sounds most positive? It's not always easy to think of an antithesis for a smoker, after all, what does a non-smoker look like?

An easier example could be suggestions for losing weight. Instead of saying I'm going to stop eating fatty foods , - which would cause the subconscious mind to focus on the words fatty foods , you could rephrase that sentence into a more positive I'm eating small amounts of healthy nutritious foods and becoming slimmer and healthier each and every day.

Become aware of your speech in every day life (and listen to how your friends and family get their messages across.

Exercise Five Rephrasing

Rephrase the following five negative suggestions into positive ones.

I am not feeling anxious any more.

.....

From this moment onwards my headache no longer hurts.
Instead of lying awake all night, I will go to sleep immediately my head hits the pillow.

.....

I am no longer afraid of spiders.

.....

Heights no longer bother me.

.....

Permissive Language

If you say to yourself, I will become more confident in every way, your subconscious mind might think, Ah yes, will, that could mean tomorrow or the next day. 'Will' suggests that no time limit has been imposed and the suggestion could take place at any indefinite time in the future.

Far better to be specific (if possible); think in the present tense, as though something has already occurred. I am far more confident in speaking to other people; people like me and I like people.

The word 'Will' can also conjure up thoughts about willpower and being made to do something against the will (you will do what I say). A more persuasive way of making suggestions could be, I can be confident whenever I need to be .

When to Give Yourself Suggestions

You may consider that an appropriate time to give yourself suggestions should be when you are hypnotized, and when you are being hypnotized by someone else then that of course that would be a good time but in Self Hypnotism the effort of remembering those carefully worded suggestions would be likely to interfere with the depth of trance.

It is advisable therefore to decide beforehand on what your suggestions are to be. First you need to define the problem that you wish to work on. Next, think about what you could do to eliminate your problem; carefully construct your suggestions and make sure that they are positively phrased.

For example, if you have a problem with gambling, let's say you can't keep away from Amusement Arcades, you might decide that an easy way to avoid the arcades

would be to take a different route when you go shopping, or walking straight past the Amusement Arcade without walking in to it.

Your suggestion could therefore be.

When I am shopping I always walk down(Name of the street without arcade).

Or I know where to buy exactly what's on my shopping list and then I go directly home.'

Once you have decided upon your suggestions you can begin to induce Self hypnosis, beginning with your suggestions.

For example. I am going to hypnotize myself for the next thirty minutes. And my subconscious mind can know and believe that when I am shopping I always walk down (name of street without arcade).

Setting yourself a time limit is useful. I'm sure we've all had the experience of going to bed and thinking that we must awaken at a certain time, and waking up exactly at that time. Our internal clock is ticking for us, so make us of it, you may be surprised to discover how accurate you can be.

Methods of Self hypnosis

There are literally thousands of ways that you can hypnotize yourself, however we will concentrate on some of the best known ones as these have already proved successful in many instances.

Eye Fixation Method

Focus your eyes on a point on the ceiling, or on a candle flame or some shiny object that is preferably situated above eye level, thereby causing a little strain to the eyes.

Keep your eyes focused on the chosen point or object and repeatedly think to yourself:

My eyes are becoming heavy. My eyes are becoming heavier and heavier, my vision in beginning to blur, my eyes are feeling strained. It's just so much effort to keep my eyes open; it would be so comfortable to just let my eyes close, to let them relax. I can feel myself blinking more and more, my eyes are beginning to water, becoming tired and strained, I just want to close my eyes and let them relax'.

The wording doesn't have to be exactly the same as above. If your eyes aren't blinking at all it wouldn't make sense to think to yourself that they are. However, when they do eventually close, just notice how comfortable they feel, how relaxed, how nice it is for those eye muscles to stop working so hard at keeping the eyes open. And just feel a relaxing feeling flowing all the way down your body. From your eyes, all the way down to the tips of the toes.

Systematically check the body for tension and if you find any (tension) at all, just let it go, let yourself relax, let every one of your muscles relax, all over your body. All in your own way, in your own time, you can notice that feeling of relaxation beginning to develop. Your breathing can slow down to a comfortable even pace as you allow this to happen. Enjoying the spread of comfort as it reaches out and touches each part of you, right now, or after a few more breaths".

When you're feeling nice and relaxed you are ready for the deepener, which we'll talk about later in the Course.

The Dropped Coin Method

This is a good method for children and adults alike. Hold a shiny coin between the thumb and forefinger and stretch out the arm in front of you. Focus your eyes on the coin and tell yourself:

My hands and fingers are becoming relaxed. I am aware of the warmth in the palm of my hand, I can feel the temperature of the air on the skin of my hand, I can notice the spaces between my fingers and how those spaces between my fingers feel slightly cooler than my fingers themselves. My fingers are relaxed and soon, very soon, the coin will drop out of my fingers, and when it drops out of my fingers and touches the floor, that will be a sign for me to drop my hand onto my lap, and as I feel my hand drop onto my lap, that will be a sign for me to drop into a nice, warm, comfortable feeling, a very relaxed and a very sleepy sort of feeling. But I will not go to sleep, I remain aware of what goes on around me, any sounds or movements or smells, and everything seems so distant, so far away, nothing bothers me, there is nothing at all to do but relax, and let go .

Keep repeating similar suggestions to yourself until the coin drops out of your fingers and your hand drops onto your lap, and you drop into that trance-like feeling. Then use the deepener of your choice.

The Floating Arm Method

Become comfortable, in your favorite position, and focus your attention on all of your fingers on one of your hands. Notice the temperature of the air on the skin of those fingers and hands. Notice the warmth in the palm of the hand, maybe a tingling sensation too. Become aware of the feeling beneath your fingertips on which your hand is resting.

And as you become aware of those fingers and the sensations beneath the fingers, you might like to wonder which finger will begin to move first. Will it be the index finger that begins to float up? Or the ring finger, will that begin to feel light? Maybe you'll feel the middle finger lifting ever so slightly, or perhaps it will be the little finger or the thumb. It could be that all the fingers will begin to move, but most likely one will lift first and the others will follow. Just keep wondering to yourself which finger will move first, and when one does move, you may like to speculate as to which finger will next follow suit, and then which, until all of the fingers and the thumb have lifted off the surface from which they were resting.

You might like to think about the whole hand and arm lifting, ever so slowly, up and up, floating higher and higher. And as the hand begins to float up, you can tell yourself that as soon as it touches the face, your hand will drop onto your lap and that will be a sign for you to drop, into a nice, comfortable hypnotic trance.

When this happens, proceed to the deepener.

Progressive Relaxation

For this method, you will select one of the scripts that accompany this Course and record it slowly, in a monotonous voice, into a tape recorder. The whole induction, plus deepener and appropriate suggestions and wake up at the end should be recorded onto a 60 minute cassette, perhaps with gentle, soothing music in the background.

You can listen to your cassette every day for maximum benefit; remember to choose the same time and the same place to do your Self hypnosis, for maximum effect. Choose a time and place where you are not likely to be disturbed, take the phone off the hook or put on the answering machine if there's no-one else available to answer your calls.

After listening to your cassette you might find that you seem to fall asleep after about 5 minutes and then 'wake up' right at the end, when you count yourself up. If this is the case, don't worry. Listening to your own voice can be a very powerful way of inducing trance, and the fact that you're coming out of trance when you count yourself up, means that you weren't asleep.

You should aim to listen to your cassette at least 30 times for maximum effect.

Alternative Breathing

This method is adapted from the Yogic breathing techniques and involves concentrating on the breathing of air in the lining of the nostrils. After sitting comfortably and relaxing you should aim to focus your mind on breathing through alternative nostrils. Just imagine that you're breathing in through the left nostril and then out through the left nostril then in through the right nostril and out through the right nostril and then in through the left. . . and keep alternating the breathing very slowly. You can do this in time to a metronome that is set at 60 beats per minute, or simply counting down from 100 on each in breath. When your mind begins to wander (as it invariably will), bring it back to the point of awareness of the breathing of air in the nostrils. When you feel ready (and you'll instinctively know when that is), imagine the air meeting at a point at the centre of your forehead, your third eye area, and imagine a door there on the screen of your mind, and that you're opening the door.

Deepeners

After the initial induction you may like to deepen your trance, again there are several methods that you could use. Either select one of the ones described below, or make up your own.

Staircase

Perhaps the best known deepener is the staircase one. You can visualize a staircase in your mind and it can be any staircase you choose. It could be one that you've seen on TV or at the cinema, or it could be a staircase that you remember from your childhood. Or you may like to make one up in your mind, perhaps a long and beautiful staircase that sweeps down and around. There may be a lovely ornate banister, rich red carpets, and paintings on the wall as you look down, a skylight sending a shaft of sunlight to bathe the stairs in a golden glow or it could be a cool

white marble staircase, the type you see in foreign hotels or apartments. Just allow yourself to notice the staircase properly.

When you can see the staircase clearly in your mind, or it maybe that you're remembering or thinking about a particular staircase, then tell yourself I'm going to walk down these 20 steps, and with each step down I'll go deeper and deeper into relaxation. When I reach the bottom of the stairs then I'll be completely relaxed and at peace. I'll go into my special place and remain there until it's time to return .

At this point you simply imagine walking down the stairs. Use your imagination and really feel each step beneath your feet and as you count yourself down, say the words, 'deeper and deeper relaxed' on each number down that you count.

Lift (Elevator)

This deepener is not suitable for those who feel claustrophobic in lifts.

Imagine walking into a large, airy lift. In this lift is a very comfortable chair and on the wall is a panel on buttons, numbered from 10 down to 1 and then G for the Ground Floor. Press the button that says G and sit down in the chair and relax whilst the lift begins to descend.

Each time that you go down a floor, see the button light up, and again, feel yourself going deeper and deeper into relaxation.

Tell yourself that when you reach the Ground Floor you will be completely relaxed and at peace with the world.

When you reach the Ground Floor see the doors slide open, but in your mind, remain in the comfortable chair. Tell yourself that there's an even deeper level of relaxation that you can go to, it's called The Basement of Relaxation, and feel the lift going even deeper and deeper down. When you reach the bottom, the basement of relaxation, see the doors glide open and let yourself just float out of your chair and out of the lift.

Slides and Swings and Roundabouts

Although this is an excellent deepener for use with children, it can also be good with those of you who are still 'young at heart'.

Imagine yourself in a playground with slides and swings and roundabouts. In your mind, go over to the roundabout and step onto it. Then feel yourself going round and round and round.

After a little while you step off the roundabout, feeling a little light-headed, and run over to the swings. Feel yourself sitting down on a swing and push back your legs as the swing goes backwards, then out as it begins to go forwards. Feel the chain that you're holding, your bottom on the seat, and feel yourself beginning to go higher and higher and higher. Really get into that playground feeling. Going forwards and backwards, back and forth, back and forth, back and forth.

And when you're ready to deepen your trance, slow yourself down and go over to the slide. Walk up the steps, holding onto the side. When you reach the top of the slide, pause there for a moment or two and are ready to slide, all the way down all the way down, deeper and deeper all the way down.

Flickering Flame

This deepener uses visual imagery of a candle flame. Just keep the image of the candle flame in your mind's eye. Watch it flickering steady at times, notice the colors, the aura around the flame, and really focus on that candle flame.

Then imagine the wax around the flame beginning to melt. And as it melts it drips down, and down and down. As the flame flickers and burns, the wax melts, just like your body feels as though it's melting right now, melting, relaxing, becoming heavy and relaxed, comfortable and heavy, relaxed and comfortable. Going all the way down, deeper and deeper relaxed.

The Patio

This is a variation of the Staircase method. Imagine you're standing on a patio overlooking a beautiful beach, or a garden, and then walk down the steps, allowing yourself to become more deeply and comfortably relaxed with each step down.

Bed of Petals

Imagine yourself stepping down into a lovely warm pool. You're wearing your nicest swim clothes and you can feel the lovely warm water around your body. Floating on the water is a bed of rose petals and as you immerse yourself in the water, the petals form a sort of a cocoon around and below you, until you're drifting and floating on a wonderfully soft bed of fragrant rose petals.

Imagine the smell of roses, a rich, deep red rose, with soft velvet like petals. That heady perfume is in your nostrils, you can remember it so well, experience it now, that lovely fragrance of freshly fallen rose petals.

And as you lie there on your comfortable bed of rose petals you can actually feel yourself drifting and floating, drifting and floating.

You can feel your whole body supported by the water and the petals and the warmth of the air on the upper part of your body, and even as the sky becomes darker and evening falls around you, you feel still, and comfortable and relaxed, so relaxed.

The Star

Imagine a lovely warm summer night, the smell of scented stock is in the still air, the sky is a velvet black, and up there in the sky, millions and millions of miles away is a star. Just one, solitary single silver star, millions of miles away.

And keep your mind focused on that star, up there in the sky. Nothing else matters, nothing around you to see or to hear or to feel, just that one, solitary, single silver star, twinkling away, twinkling down at you.

And as you focus your mind on that one, single solitary silver star up there in the black, velvety sky, just imagine that star beginning to grow larger and brighter, larger and brighter with each passing second, and that star seems to be coming closer to you as it becomes larger and brighter.

Now imagine you are hurtling through space and time, towards that star, and all the time the star becomes brighter and larger and more intense as you feel drawn up

towards your star. It's as though you're now traveling through a tunnel and at the end of the tunnel is your star, and you're moving closer and closer and closer.

In a moment or two you're so close to the star that you feel the light all around you, and you can actually feel your body becoming lighter, lighter than air, lighter in weight, lighter in color, until there is no color or weight left in you, as you become the star, up there in the sky, twinkling down, bright and sparkling, just one, solitary silver star, looking down at the earth from millions and millions of miles away.

And as you feel yourself becoming that star, up there in the sky, through time and space, you realize how small and insignificant everything is down there. And you may feel yourself rising out of your body, floating up, feeling light, lighter than air, lighter in color, just that one, single silver star, twinkling down from the heavens above.

And you can feel yourself becoming deeper and deeper relaxed, as you drift and float, drift and float, drift and float all the way up.

Visualizations

Now that you have learned how to induce the trance state and to deepen your Self hypnosis, you can begin to really make use of your wonderful creative imagination by visualizing certain scenes.

The ideal visualization will be one that you find relaxing. If you hate the sea, don't use a Tropical Island visualization, if you suffer from hay fever then use an alternative to the Garden visualization, and so on.

If you have a particularly happy memory of a very special time and place in your life then this will be the obvious choice for you. Bring in all the senses, for example if you visualize yourself in a forest, be aware of the crunching of leaves beneath your feet, or the rough bark of a tree, hear the sounds of nature, perhaps a bubbling brook and smell the woodland earth.

If you are recording these visualizations then speak in second person, rather than first. For example, You can hear the sound of the water rather than I can hear the sound of the water . Of course, if you're going through them in you mind then you will need to reverse this instruction and use first person.

Tropical Island

Imagine yourself now, walking along on a beautiful tropical island. You're taking in the beautiful view; the lovely blue sea, the soft white sand and the clear blue sky. And as you slowly stroll along the beach, you can feel the warmth of the soft white sand beneath your bare feet. You can hear the sound of the water, gently lapping up to the shore and perhaps there are one or two palm trees over there. Imagine it now, this lovely peaceful tropical island in the sun. Everything is so peaceful, everything is so calm, and you take into yourself this calm and peaceful feeling. You take into yourself, this lovely calm and peaceful feeling.

This is a perfect place for you. It is your paradise. It is your very own island, your very own place where you can come and relax at any time you wish. It is your very own, very special place where nothing matters; the whole world seems so far away, as you stroll along, on this beautiful, peaceful tropical island in the sun.

And I want you to know and to remember that this special place is available for you to come to at anytime you wish. Anytime at all, whenever you wish, you can come here and feel this very same feeling of calmness, of relaxation, of letting go. Just relax and let go. And enjoy this wonderful place that you have created, within your mind.

As you slowly stroll along on a beautiful, warm, tropical beach, you can smell the fresh sea air. Just smell that fresh, salt sea air. Breathe in that lovely fresh, salt sea air, and feel the freshness and strength that it brings to you, as you slowly stroll along, on a beautiful, peaceful tropical beach. Feeling so calm. Feeling so relaxed, and so tranquil.

It makes you feel calm. It makes you feel relaxed, and at peace with the universe. Imagine yourself now, walking towards the sea. As you draw closer to that beautiful blue sea, you can feel the sand becoming harder and damp, it's still warm, but you can feel the warm water as it's drawn with the sand, between your toes, as your feet impress into the damp warm sand.

Now leaving the sea behind you, walk back up to the beach and find a soft dry place to sit, and relax, and let go. And just imagine yourself sitting down on the soft, dry, white sand, feeling the warmth of the sun on your body, the very gentlest of breezes against your face, as you relax, and let go, just relax, and let go.

Remember, you can come here at any time you wish. Anytime at all, you can come here, and relax and let go all with the power of your own mind.

All you need to do is to relax, and let go, relax, and let go, and go deeper and deeper, more and more relaxed, more and more comfortable, more relaxed, more detached. And because you are so very deeply relaxed, each and every suggestion that I make, penetrates deep into your mind. Deeper and deeper, more and more relaxed.

Quietness

Go further and further down inside yourself, to that wonderful quiet place that rests deeply within you. Your quiet space, your comfortable place, your wonderful, creative place from where your dreams arise.

And as you go deeper down into that quiet place within you, I wonder if you can become aware of the sounds around you. Perhaps some sounds that you hadn't noticed before, maybe the ticking of the clock, or the sound of traffic passing by, your breathing, or maybe just the sound of quietness.

And as you do this, just listening to the sound of my voice, allow yourself to go along with the things I am saying, and allow your imagination to work with you. And listen carefully to your inner mind and just allow yourself to become as quiet as a leaf changing colors as it floats softly to the ground.

As quiet as the sound of a baby fast asleep.

As quiet as a feather, floating softly in the breeze.

As quiet as a summer shower.

As quiet as the daylight that emerges with the morning sunset.

As quiet as a full moon casting shadows on the wall.

And now allow yourself to relax even further still, deeper, and deeper. And I wonder if you've ever noticed how when you sometimes go inside yourself, someone may be talking to you, but you don't hear a single word. You're thousands and thousands of miles away, in that special place within yourself.

And even though you don't hear a word, you are listening with your inner mind. And if you're aware enough to be still listening to my voice, or even if you're deep within yourself, or in that half way house, know that what I've said is in your inner mind. And as time goes by, memories of what I've said, mingled with your wonderful creative imagination, will become part of your awareness, floating up into your conscious thinking mind.

Visualization Private Garden

Imagine now that you're standing on a balcony overlooking a beautiful garden. It's a lovely warm, summer's evening and the air is filled with the fragrant smell of sweet scented stocks and other beautiful flowers. Part of the garden is hidden and you really want to go down there. Ten steps lead down from the balcony into the garden and you begin to walk down the steps, counting with me in your mind as you go down 10 9 8 7 6 5 - 4 3 2 - 1 Now you're standing at the bottom of the steps, and you can see a little grey, stone path which winds through a wooden archway into the private garden. Flower bearing clematis clings to the archway and there are weeping willows on either side. Birds are singing tunefully in the trees and there's a soft gentle breeze you can feel it on your skin and on your hair.

Walking through into the garden you breathe in the stock scented night air and feel the tranquility and calmness that it brings to you. It's peaceful here, and it makes you feel calm - it makes you feel so relaxed and you take into yourself, that calm, relaxing feeling. Experience this now, a lovely calm, relaxing feeling. It makes you feel good, makes you feel relaxed. You are becoming that calmer, more relaxed, more confident person. And as your subconscious mind memorizes these wonderful feelings, I want you to remember that you can relax like this any time you wish. All you need to do is close your eyes for a moment and just think to yourself the word calm. The word calm. It's only a little word, but it has such beneficial effects. And immediately you will feel just as calm, just as relaxed, as you do in your private garden.

Imagine now the word CALM picture it written up there in your mind, on the screen of the mind, just inside the forehead the word CALM. Or hear the word being said in your mind it might be my voice or yours, or some other voice that you may or may not recognize. Or just feel the word CALM in the centre of your being. And this calmness is generated to every level of your being; every cell in your body receives the CALM and peaceful feeling.

Colors

In a few moments I'm going to ask you to imagine certain things. Don't worry if you can't actually 'see' them in your mind's eye, just let yourself remember, or think, about what I am saying.

And I want you to think about a starry, starry night, imagine looking up into the velvety blackness and gazing at the millions of stars, only a few of which are available to the naked eye. And a full, round moon. A beautiful big, full, round,

white moon. You can almost see a face on the moon, and a halo surrounding it as it throws its light out of the black, night sky

(Pause for about a minute after each one of the visualizations).

And now I want you to imagine that you're looking at a glorious sunset. The sky is aglow with a fiery scarlet and orange light. Imagine that sunset rising up over the horizon.

Now imagine a grey-blue sky with dark clouds sweeping across it. Have you ever gazed at the sky on a windy day and wondered at how fast they seem to move. Or noticed the shape of the clouds? Sometimes a face, or someone lying across the sky, guarding the earth below?

And coming down to earth I want you to visualize a lovely green meadow. Scattered across the grass are patches of white daisies with yellow centers, and purple clover and bright yellow buttercups. A row of trees border the left-hand side of your view and you marvel at the different shades of green in nature.

Now imagine a lovely blue lake, and you're lazing in a boat, on this lake. Someone else can do the rowing. The ripples on the water remind you of the ripples of consciousness, which surface your awareness. If you were at the bottom of the lake, on the bed, you could look up and see the underneath of the boat, or watch your thoughts fluttering across your mind, like young birds learning to fly. And in your boat you can feel yourself swaying from side to side, gently rocking, from side to side, as you go deeper and deeper down, into gentle hypnotic rest. And you can go in and out of trance. You can go deeper and deeper down, into gentle hypnotic rest. Feeling more relaxed, feeling more peaceful and calm, than you've ever felt before. Just enjoying this tranquility and calmness, as you go deeper and deeper down.

Woodland Walk

Imagine yourself now, walking through a lovely forest. Tall, majestic trees surround you, it's a crisp, autumn day and the sun is quite warm whilst it's out. The forest floor is a carpet of red, gold and yellow leaves that crackle underneath your feet as you tread carefully over twigs, broken branches and fallen pine cones.

Further on and down a little bank, a stream winds stealthily through the forest; as you approach you notice that the stream is really quite shallow, the flowing water crystal clear, round flat stones strategically placed beneath the water provide an easy crossing point.

Clusters of bluebells hang their heads and fairylike toadstool rings greet your eyes. You watch the insects go about their daily work, silver dragonflies, and small black ants scurrying by.

Birds are singing in the breeze, squirrels running up the trees; you pause and rest to watch, as nature passes by. Leaning against a tree, you can feel the roughness of its bark and smell the soft moist earth beneath your feet.

Everything is so peaceful here, so calm and tranquil, so relaxing. You take a long, slow deep breath of the fresh, woodland air, breathing in that fresh, calming, peaceful feeling. Breathing out tension, breathing away anxieties, relaxing, letting go. Just relax and enjoy this wonderful experience. I'm going to be quiet for a few

moments to allow you to really absorb the peaceful feelings of this wonderful place, and when you next hear my voice, you'll be completely and totally relaxed.

Fishing Trip

I have found this visualization to be very helpful with people who enjoy a peaceful day fishing by the river.

Imagine yourself now in your favorite place by the river. It's a beautiful, warm, summer's day, the perfect day for a fishing trip. You're already here, in your place by the lovely blue river, your fishing tackle is ready at the side of you; you are wearing appropriate clothes and all of your physical and mental needs have been met, and there is absolutely nothing at all for you to do, but to relax, let go, and enjoy your peaceful, tranquil day.

Feel the warmth of the sun on your body, relaxing you, warming you gently all over, your arms, your face, your legs and stomach, are all completely warm and relaxed, completely at peace. There's the very softest and gentlest of breezes that caresses your skin and your hair. Everything is so peaceful here, so calm and so relaxing.

And resting here by the riverside, with the warmth of the sun on your body, everything is so peaceful and quiet that you could hear a pin drop, and as a fish splashes through the water you remember that you have your tackle at the side of you, and you are ready, you have everything that you need, to tackle your problem, once and for all. You have the skill, you have the expertise, and you have the knowledge . . . (Continue by outlining the suggestions for dealing with your problem).

Boat Ride

This is a nice easy visualization. Imagine you are on a lovely, comfortable boat, and that you are sailing down a beautiful river. It's a gloriously warm, summer's day, you can actually feel the warmth of the sun on your body, as the boat moves gently down the river, rocking slightly from side to side side to side side to side, whilst you go.

Your arms stretch out at the side of you and you discover a piece of rope tied to the inside of the boat. Feel the roughness of the rope, as you trace your fingers across its length, and you can feel the rocking, from side to side, side to side, whilst you go.

Looking over the side of the boat you see shoals of fish, dancing in the clear blue water. River grasses frame the journey you're about to take softly the boat ambles up the river, no need to stir, no need to move or talk or think, just be. Someone else is at the helm, this is your time, your special time, to relax, and let go.

So lie back in your boat and enjoy the journey you're about to take. The scenery may change or even disappear from view from time to time, but that doesn't bother you, you don't mind, because there's nothing at all for you to do right now, but relax, and let go, and enjoy these wonderful feelings and your beautiful place as you sail on the river.

Rocking gently from side to side, from side to side, like a baby in its mother's arms, swaying and rocking, from side to side, side to side, gently moving up the river.

Mountain Walk

Imagine yourself now outside in nature, on a beautiful mountainside. You can breathe in the lovely, clean mountain air, so fresh and so clean. Just breathe that air in right now, through your nose really fill your lungs with that wonderful mountain fresh clean air, and hold each breath for the mental count of three, then breathe it all away through the mouth.

And as you breathe in that wonderful, fresh, clean air, you're taking in the beautiful view, and you can see for miles and miles around. You have a bird's eye view up here, and there are winding paths below, meandering down through the mountain.

Imagine it as a lovely, warm, summer's day. There is a beautiful bright blue sky, with just the odd white fluffy cloud floating by, you can feel the warmth of the sun shining down on your body, making you feel good, making you feel relaxed.

And imagine if you will, the sensation of a gentle breeze blowing from time to time across your skin and your hair. This makes you feel good, it makes you feel relaxed. On the ground nearby, hiding in the gorse, are some beautiful mountain flowers peeping their heads through the undergrowth. And further on you see and hear a trickling stream which leads to a wonderful waterfall. This is your paradise, your beautiful place where you can come and relax at any time you want to; where you can let go of any problems or any worries that are spoiling your life. Always remember that you can come here at any time you wish, all with the power of your own mind. All you need to do, is relax.

Pretty soon you come to some stone steps cut out into the mountain side. There are ten steps, leading gently down and around. Alongside these stone steps is a barrier made out of rope, which has a base that is held down into the ground with posts. In a moment I'll ask you to walk down the steps, and I'll count them for you, one by one. As you walk down, feel yourself going deeper and deeper down, into comfort and relaxation.

10 9 8 7 6 5 4 3 2 1 0 zero zero zero-

Reaching the bottom of the steps, you realize that you've reached a small plateau where you can pause and rest for a while. So find yourself a comfortable place here to rest and look out at the wonderful view around you. In the distance are snow capped peaks, and there is another mountain over there, which looks so close, and yet so far away. You feel as though you could quickly walk over to the other mountain, but realize how deceptive your perspective from here is.

Looking down, you can see that you have come a long, long way. You feel a little tired and sit down to rest, and enjoy the wonderful view.

Exercise Six

Write your own visualization, based on a favorite place. When you've finished, record it slowly and play it back to yourself to test the effect that it has on you.

Suggestions

If you are recording your Self hypnosis procedure then you will need to insert suggestions for overcoming your problem, at this stage. However, if you're simply

going to go through all this in your mind, then you will probably be far too relaxed at this stage to remember any suggestions.

In Self hypnosis it is not always necessary to repeat phrases as you would do with hetero-hypnosis. Therefore the suggestions are kept simple, and if a cassette is not to be recorded, you should aim to write your suggestions on cards which you will read to yourself before beginning the hypnotic procedure.

Here I'm going to briefly outline some of the suggestions that you can use, depending on your problem. Don't hesitate to modify them if necessary. Later you will learn to simplify these suggestions even more.

Suggestions

If your intention is to record the scripts outlined then it will be necessary to use whichever one of full rationale you feel fits in with your problem. These are usually best spoken in second person, whereas the Affirmations will be spoken or thought in first person. (i.e. I will instead of you will).

Problem: Attention Deficit Hyperactivity Disorder:

Background

People who have been diagnosed as having ADHD are found to have difficulties in concentrating for acceptable lengths of time. These people can make excellent hypnotic subjects because they are often right-brain dominant, creative individuals. They are often excellent speakers rather than readers, more into action than thinking.

People with ADHD may find it difficult to accept that they are able to learn and absorb information like non-ADHD sufferers; this may be the result of receiving criticism at school or elsewhere during the early years. This script takes them back into those earliest years, even before they went to school, to remember how they learned to learn. The script allows access to the neural pathways in the brain that are associated with learning, in a curious and enjoyable way.

Script 1: Learning to Learn

I want to take you back to those earliest weeks of life when the world was a brand new place for you to be. Orient your mind to those earliest, formative weeks and months, when learning came naturally to you.

Feel your body shrinking, becoming smaller and younger and let the years fall away. It might feel as though you are turning the pages back in a book, going back in time, further and further back and back. And the further back you go, the deeper and the more comfortable and relaxed you become.

And remember yourself in your crib. Remember the position in which you liked to be in. Those days you probably slept a lot, and most of your physical and emotional needs should have been met. Some people find it easy to remember those earliest weeks, especially the time they first managed to lift the head. Trying so hard at first to see what is going on around you, perhaps trying to roll over, learning to master your body, to gain control of those new little muscles of yours.

And then suddenly you could do it. You can't remember a specific time when you actually lifted yourself up, but there was a time when you had mastered that action and gained control of those muscles of yours.

And having learned how to pull yourself up and lift up your head, you were able to see, and to reach out, to satisfy that curiosity of yours; you were eager to learn new things, new skills, like standing up on your own. At first you pulled yourself up with the aid of the chairs, holding on for a while, and then falling down onto your bottom. But taking that very first step, letting go, and placing each foot in the right position and balancing your body, gave you a wonderful feeling of pride, a sense of achievement, mastery, learning to control your own body.

I want you to remember that good feeling. And the curiosity you had about your environment, picking things up, examining them, walking (unsteadily at first) around, perhaps climbing on chairs to wash your hands, or reaching up to the light switch, maybe looking inside a cupboard, which is full of interesting things. Learning about the world, and your environment, enjoying learning new things.

Each time you practice a new skill, each time you do something different, it opens up another neural pathway in your brain, building a network of experience for you to draw upon. Whenever you repeat an action or a new learning it becomes easier for you to remember, as those pathways become ingrained, etched deeper, into the inner resources of your mind.

And you're finding it easier to learn and to absorb information, because quite simply, you enjoy the art of discovering. Your concentration is much more focused than before and you are feeling so much calmer, so much more relaxed, so much now, enjoying that inner peace and that inner knowledge that discovering is such an interesting thing to do.

And you know far more than you think you know. When you want to be still and calm, you can be still and calm. When you want to learn and discover, you can learn and discover. When you want to remember you can do that too, you can remember what its like to be still and calm. You can remember how to enjoy learning and discovery, you can feel wonderful.

I'm going to be quiet for a few moments now, to allow your inner mind to enjoy and absorb the wonderful thoughts and feelings, and when I count to five you'll be wide aware and fully refreshed and relaxed. You'll feel marvelous.

Okay, ready now.

One, two three, coming slowly back now, four, and five, eyes open, wide awake, refreshed and relaxed, refreshed and relaxed.

Adapting the Script

As well as using the script shown above for problems with basic learning it can be adapted for use with other educational skills. For example, learning a new language can seem daunting to some people, as can learning new skills such as playing the piano, learning to drive or studying for a degree.

Before the count up, you could insert suggestions for learning any skill that you desire and mentally imagery of yourself accomplishing your desire. For example:-

Now see yourself in a new car. Feel the upholstered seats upon which you sit your hands resting on the steering wheel you adjust the mirror and turn on the ignition putting the car into first gear as you ease it smoothly onto the road. And you feel so

good about being here and learning to drive, you've wanted to learn to drive for a long time now, and the time has arrived for you to begin to achieve your goal. . . "

Problem Headaches

Script 2 Saying Goodbye to Headaches.

Imagine your headache with a shape or a color, taking form in your head. The headache has a message for you and you listen to what it is telling you. (Pause). Can you feel the position of the discomfort in your head and be pleasantly surprised to discover that you can move it around? And the headache can have a name because it is a part of you.

Now see a bus in front of you. A big red bus, a double-decker London Bus with steps leading onto the bus and steps leading upstairs. On the side of the bus is some writing, can you see what it says? (Pause).

Now (name given to the headache) would like to move around, to travel further away. You can project (name) onto the bus and wave it goodbye. Knowing (name) has a positive function in your life and can come back to remind you when you're not doing things right. The bus is moving away slowly at first, going down the road, becoming smaller and smaller as it travels further and further away.

As the bus disappears around the corner you begin to feel much more comfortable.

And the space in your head where (name) was is filling with a soft, gently light, a pale green light, a healing light which calms and soothes every system in your head.

Adapting the Script

The script can be adapted to help reduce pain anywhere in the body, but in using hypnosis for pain relief it is important to first of all seek medical advice for any unusual or persistent pain or discomfort. Pain really is your friend; it is trying to tell you that something is not right in your body.

Adapt the script for pain from arthritis, toothache, phantom limb pain, after effects of burns and scalds and any other pain that has been investigated by your GP.

Problem: Blushing

Background

Blushing is a physical response to an emotional cause which can cause extreme distress and embarrassment for some sufferers. This script allows you to gain control over this response.

Script 3 Reducing the Blush

Remember now the most embarrassing thing that ever happened to you. Recall the total situation, who was present, what you were doing, where you were, what was said, the time of the day or the time of the year spring, summer, autumn, winter.

As you remember what happened or what was said, I want you to remember also how your face began to feel warm, perhaps a little tingly, face warming gently all

over. And as the face begins to feel warm and tingly, it begins to redden and you're aware of a blush taking place.

Now imagine a ruler a metre high, standing upright in front of you. Now there are numbers marked on the ruler, at the bottom of the ruler is marked zero and right up there at the top is 100. A point shows how you're feeling right now. The higher the number the stronger the blush, the lower the number the cooler and fresher your face feels. Right now your face is hot and red, and the number is up towards the top.

I want you to discover that you can control your blush by turning it down. Push the pointer all the way down. Push the pointer down in your mind, push, push, push it down. Good, and your face is already beginning to feel cooler and fresher, beginning to feel more comfortable and happier.

Any time you feel a blush coming on, simply push the pointer down, just push, push, push the pointer down, in your mind, and soon you'll notice your face becoming much more comfortable, much more fresher and cooler than before.

Now I'll count to five and you'll awaken feeling fresh and relaxed and comfortable. One, two, three, four five.

Adapting the Script

In the same way that you can control emotional-physical responses such as blushing, you could control blood-pressure, pain, discomfort, anxiety and a host of other problems. For example:

"Whenever you think about cigarettes you see the ruler in your mind's eye. Notice where on the ruler your desire for a cigarette is, and mentally move it down. Move it down to zero, and as you do, you find all thoughts of cigarettes leaving your mind and you feel wonderfully calm and in control. You love the feeling of being a non smoker, and every day you are more motivated and determined to remain a non smoker. . "

Problem: Low Self confidence

Script 4 Increased Self confidence

Now I want your unconscious mind to search through your memories and identify a time when you felt really confident. Just allow your inner mind to identify a time when you felt really confident. Just allow your unconscious mind to bring forward this wonderful experience.

Good, now I'd like your unconscious mind to take you back through time to that experience. Just allow yourself to drift back to that experience and as you enjoy that experience again, you can begin to sense those feelings associated with it. Feelings of confidence, good feelings. That's right, and now allow those feelings to grow stronger as you enjoy that experience again - in complete privacy.

And now as you feel these feelings, I'd like you to close your dominant hand into a tight fist, and as you do so, these positive feelings become even stronger. That's right, just close your dominant hand into a tight fist, as a sign and symbol of confidence and determination. This is the hand that you trust and depend on. And as you clench it tightly, feel the feelings of confidence becoming even stronger. And become aware of those good feelings.

That's right, and just continue enjoying that experience, and these good feelings, allowing them to fill you and to flow all through you. And as you continue experiencing these feelings, take several deep, refreshing breaths whilst your unconscious mind memorizes all of these wonderful feelings.

Because in the future, whenever you close your dominant hand into a tight fist like this, you will feel once again, these feelings of confidence flowing back over you and filling you. Whenever you want to experience these feelings again all you need to do is to clench your dominant hand into a fist and this same kind of memory and feelings will come back into your experience.

And now you can feel pleased, and feel a sense of confidence in knowing that you have learned a method for recapturing these feelings whenever you need them. Your unconscious mind has memorized these feelings, these experiences and they will remain just beneath the surface, as inner resources. And because of this conditioning they will be readily available whenever you need them. All you'll need to do is to clench your dominant hand into a fist, as these memories and positive feelings wash back over you.

And you can demonstrate this now. In a moment I want you to squeeze that dominant hand into a confident fist. And as you do so notice, just notice how one of these same wonderful memories and these same feelings, come back into your experience.

Go ahead. (pause) and enjoy this experience (pause) and the stronger you clench that fist, the more vivid the feelings become. And I'd like you to appreciate, really appreciate, your own ability to recapture these feelings, whenever you wish, knowing that they are always there, just beneath the surface, for you.

Now allow that fist to relax, and allow yourself to drift into an even sounder, and deeper hypnotic state. (deepen trance)

And now, you're going to have an opportunity to learn another method, which will allow you to even more effectively neutralize the feelings of lack of confidence and replace them with good feelings of confidence. In a moment I'd like you to permit yourself to remember an unpleasant experience that made you feel uncomfortable. I don't want you to be that uncomfortable, but allow just enough of an unpleasant memory to come back, so that you begin to feel some of those feelings of discomfort...

Alright, and now I want you to enjoy discovering something, very interesting, I want you to notice how those negative feelings can be transferred and displaced, into your non-dominant hand, as you close it into a fist. Close your non-dominant hand into a fist and as you do so be aware of how those unpleasant feelings and sensations funnel down, through your shoulder, your arm, your forearm, down into your non-dominant fist. Allow all those unpleasant feelings and sensations, those negative emotional and physical knots, to flow down into your non-dominant fist, condensing and concentrating there.

Lock them up tightly in that fist, keeping them there until you're reasonably sure that all of them, or the majority of them, are in that fist, where you yourself have displaced and transferred them. You may not always be able to keep unpleasant feelings from appearing in your mind or body, but you'll be able to transfer them into your non-dominant fist, where you can control them.

Good, now since you're the one who put those feelings into that fist, you're the person who can remove and neutralize them. And I want you to see how easy it is,

to get rid of those feelings, and replace them with positive feelings. I want you to squeeze them with your dominant hand into a strong, confident, happy fist. And as you do so, allow your non-dominant hand to relax, letting go of all those unpleasant feelings.

That's right; just move those fingers around, allowing all those unpleasant feelings to flow out of your hand, as if they were just evaporating, or falling onto the floor. And you'll discover that the unhappy memory disappears, and is replaced by a positive one, and you can enjoy that happy memory again, in complete privacy, with that happy fist tightly closed, as a symbol of confidence and strength and determination. Enjoy taking several extra deep relaxing breaths, as you just luxuriate in these positive feelings for a while. And these good feelings will remain with you, far longer than you might expect.

You now have a method for controlling your own feelings, and for creating this same sense of well being, whenever you need to. So whenever you feel negative feelings just close your non-dominant hand into a fist. As you do so you'll feel all those unpleasant feelings and sensations flowing and funneling and concentrating into your non-dominant hand. And after a short time, when it feels as though all those unpleasant feelings are locked up in that hand then you can neutralize them. You can get rid of them and then replace them with positive feelings, by simply squeezing your dominant hand into a tight fist, while you open your non-dominant hand, and let go of all the unpleasant feelings and sensations. And I want you to really enjoy all the positive feelings, and wonderful memories that flow over you, and that will increase, the tighter you squeeze that dominant fist.

And after a minute or two of clenching that fist, you'll discover that those pleasant, good feelings, will remain with you. Almost as if, by clenching that dominant fist, you've infused your whole being with so many, good feelings, with so much of those natural endorphin substances from your brain, that for a long time, there's just nothing to bother you and nothing to disturb you.

Adapting the Script

This is a versatile script that can be used as a base for any situation where confidence is needed, whether it is public speaking, sport participation, starting a new job, taking exams, etc. You only need to anchor the feeling of confidence to clenching the fist anytime you want to actually feel this way. For example:

"Whenever the time is right to make a speech you discover that you have all the confidence that you need. You simply squeeze that dominant hand into a tight fist and those good feelings come back into your awareness. Imagine yourself now addressing a group of people. Everyone is looking at you, waiting for you to speak. You realize that they are looking because they are interested in what you have to say, and you speak clearly and calmly, projecting yourself in a calm and confident manner. . ."

Problem Fears of Spiders

Script 5 Overcome the Fear of Spiders

Allow yourself to settle deeper into a nice comfortable feeling, a very relaxed and a very sleepy sort of feeling, but don't actually go to sleep, be aware of my voice and of the messages that you hear.

It's a well known fact that people are unable to experience two conflicting emotions at the same time, for example you couldn't be hot and cold at the same time, but you could be hot, and then cold, and then hot again. If you were sitting in the warm sunshine its highly unlikely you'd feel cold, unless a blast of wind came by. And in this comfortable relaxed state you can remain totally and completely relaxed, without feeling any anxiety at all, because you know that you are safe here.

So in a few moments when I ask you to use your imagination and mentally create a nice hairy spider for me, you will feel detached from reality because you know that you have created this spider and that it is your friend.

Think about the spider. Just a happy go lucky creature that likes to live a peaceful life, spinning beautiful webs to catch those dirty flies that spread the germs. Think about how spiders are our friends, they help us, unknowingly perhaps, teaching us how to weave intricate patterns in boring corners, brightening up our lives.

See a spider now in your mind. Notice how he walks, like a poor bent old man. You can be really curious about how the spider walks, watch him carefully, moving those legs, how does he manage to stop himself from tripping up with all those legs?

And as you become more curious about the spider you can develop a fascination for this friendly fellow. Notice how nature has designed the color of his body to match the color of those dark corners which he brightens with his intricate designs.

And even as you watch the spider you are aware of a growing feeling of comfort and relaxation, a feeling of awe, and inner peace, a feeling of calm.

Whenever the spider is somewhere he shouldn't be, a slippery bath for instance, where he might get stuck, you rescue him by covering him carefully with a large glass, and gently sliding a piece of cardboard underneath his little body, trying hard not to frighten him. Then you take him outside and place him on the grass and lift the glass to watch him scamper away.

Say goodbye to your spider now, he's your friend. For a few moments he was probably scared for his life, but you let him go, you saved his life and he'll be eternally grateful to you. He is your friend; you're beginning to really like spiders very much.

Adapting the Script

The spider script can be adapted to help any similar fears, by 'reframing' the way we perceive it. For example, someone with a fear of birds could imagine a comical bird with glasses perched on her beak and an apron on. Describing the antics of the bird can help to diffuse a phobic reaction with humor.

Problem Fear of Flying

Script 6 Overcoming the Fear of Flying

Imagine now that the day has come for your flight - your cases and bags are packed ready and loaded into the car - you've checked to make sure you've got everything you need - tickets, money, traveler's cheques, passport - everything is in order. You're already beginning to feel excited - remember when you were a child how you couldn't sleep the night before your birthday, or Christmas, or holidays - that wonderful feeling of anticipating that something good is going to happen - just

remember that feeling. And imagine yourself in the car (or train) on your way to the airport - notice who is with you - where you are sitting, what you are wearing - allow yourself to become really absorbed in that lovely holiday feeling.

And all the time you feel really good inside. Something special is happening to you - you're about to visit strange lands, the world is such an incredible place and it's amazing to think that whilst you are here right now - in just a short time you can be thousands of miles away.

Now see yourself at the airport - having your luggage weighed and taken away on the conveyor belt, and you make your way to the boarding area.

And on the way to the boarding area you purchase a book, which looks really interesting, and you're holding that book in your hand as your flight number is called out and you board the plane.

Now you're in your seat, with your family (or friends) close by, your book in your lap, your seat belt already fastened - and you're still feeling really good inside.

And shortly the plane begins to move along the runway - gaining speed until it lifts up in the air, you are leant back in your seat, perhaps sucking a mint or a sweet with your book open on your lap.

And you begin to read the book, becoming quickly absorbed in its contents, and still feeling incredibly good inside.

When you look out of the window you're way above the clouds and the plane glides smoothly through the sky and it feels amazing up here, above the earth, good feelings inside you - incredible feelings, calm and tranquil feelings - and the hostess soon comes around with the food and drinks and you enjoy your meal before reading some more of your book.

In-between talking and eating and reading you manage a short sleep and dream that you're already there - enjoying your holiday - feeling good, holiday feelings.

And before you know it the plane is descending and your ears may feel strange for a while but you know that they'll soon be fine again - and you land with a slight bump and the plane continues along the runway until eventually it slows down - and stops - and you really enjoyed that flight - so much so that you're already looking forward to making the return trip, for you know that everything will be fine. You really enjoyed the flight, it made you feel good.

And because you're prepared in your mind - your flight will go almost exactly the way you've imagined it - the good feelings, especially, will be stronger than that. And you'll really enjoy this flight. You're okay, you feel fine, you feel good and confident and in control.

And every time you travel in the future you will be eager to fly in a plane. You'll be surprised, at how much you enjoy yourself - and the world is your oyster now - you can really begin to enjoy yourself.

Problem Fear of Injections

Script 7 Overcoming the Fear of Injections

Now as you lie comfortably there with your eyes closed comfortable and aware that you are here because you want to learn to use your own subconscious abilities to help you to eliminate the anxiety you experience when you visit the doctor's for an injection. And so, as you begin to relax and to drift down into trance - deeper

now - into a deep trance state - I want you to take your time - not go too quickly yet - because there are some things that you need to first understand - so please listen carefully now.

First you need to understand that you already have the ability to lose an arm - or a hand - to become totally unaware of just where that arm is positioned - or the fingers - and you do have an ability to be unconcerned about exactly where that ear or thumb went - or that hand - that leg - or your entire body - which may seem to require too much effort to pay attention to at times. Because you do have an ability a subconscious ability - you can learn to use - an ability to turn off the sensation in an arm - a leg - or even your face - your jaw - your gum - in fact - any place.

And once you discover how it feels to feel nothing at all - whenever you want or need that to occur - then you can create a comfortable numb feeling any time - anywhere that is useful for you.

And I don't know if your unconscious mind can allow you to discover that numb feeling in the right hand - or a finger of the left hand first - a tiny area of numbness a comfortable, tickly feeling - a heavy - enveloping numbness - that seems to spread within time - over the back of the hand - covering that hand - or any part of you that you direct your attention to - it just fades away - but you don't know how it feels to feel that something that is not there - so I would like you to just reach over to that numb, comfortable area - that numb, comfortable hand - now touch it - and feel that touching - as you begin to pinch yourself there - a sensation that you may be aware of at first - but as you continue to pinch yourself - something special happens here - you begin to experience and discover that there are times when you feel nothing at all there - that sensation just seems to fade away - as you learn how to allow your subconscious mind to do that for you - to turn off those sensations and as that ability grows and you become more aware - that you really do know how to really turn off that part - really know how to switch off those sensations and allow any feelings in that hand to just disappear from that hand - or from anywhere your other hand can return to its resting position - and you can drift up towards the surface of wakeful awareness - so go ahead now - as you relax - and discover how to let go - and to re-experience that numbness more and more clearly - and so you can drift up - and then back down - as you learn even more about your own ability - in your own time - in your own way - you can practice this self learning - this ability to do that for you at any time - at any place.

Now - with your eyes closed - you can relax more deeply than before - aware of that new learning - that new ability to switch off that discomfort - you can visualize now as vividly as you can - see yourself at your next visit to the doctor's surgery and notice how calm you are feeling as you stand at the receptionist's desk - in plenty of time for your appointment.

You now sit in the waiting area - feeling calm and unconcerned - confident in your ability to control the sensations - you smile at the others who are waiting with you pleased to be able to allow your own calm and confident manner to soothe the minds of others - as they wait too to be called.

As you sit there, you practice again your ability to turn off the sensations there - and experience that numbness - as the sensation in the arm fades - that numbness spreading - just as if you were already totally anaesthetised that

woolly, thick feeling of no feeling at all - and you relax experiencing a total, inner calm.

When your turn comes to be called into the surgery you take a long, deep breath and as you expel all the air from your lungs you breathe out anxiety - fear and then breathe in - calm - confidence - tranquility.

As you sit in the chair, you will experience a comfortable sensation as calm fills your mind as you relax - concentrating now on that switch that will allow you to experience that sensation of no sensation - as your doctor or nurse gently and carefully carries out the work that needs to be done.

And when you roll up your sleeve ready for the injection you will be calm and comfortable but I really don't want you to giggle when you experience that tickle and I don't want you to drift off too deeply into a trance too quickly - as the numbness begins to develop you will be pleasurably surprised at how calm and relaxed you will become, as your doctor, appreciating your necessary co-operation completes his work easily skillfully you will enjoy being the person who relaxes there in that chair - and allows your subconscious to use that special ability that you have learned.

You are no longer bothered or concerned as you now take control of that fear and unlearn that fear - seeing it now for exactly what it was no more imagining in that way that tells you that there are things to fear here - as your subconscious mind takes care of you.

And it doesn't really matter exactly how you tell your subconscious mind what to do or how your subconscious mind does it for you - the only thing of importance is that you know that you can lose those sensations - the discomfort - just as easily as opening your eyes - while you drift in your mind and then return when it's time back to wakeful awareness - quite completely now.

Problem Exam Nerves

Script 8 PRESENTATIONS & EXAMS

When you think about taking your examination and doing the presentation you become aware that the feelings you previously put down to as nerves, are in actual fact, excitement. And the reason that you're feeling those feelings is because you're really beginning to look forward to making the presentation. You see it as an opportunity to demonstrate to yourself and others, your natural ability to succeed. You see it as an opportunity to excel, to shine, to project yourself in a positive way, to show that you know what you're doing and have learned your course well. And everything you have learnt you have retained in your powerhouse mind, and you recall at ease, everything that you need to recall. Putting yourself over in a calm and natural sort of way.

When you're doing your presentation it doesn't matter whether it's with a large group of people or just a few - you find you can concentrate on your speech (and demonstrations) - and you remember easily the entire subject matter of your presentation.

You speak clearly and with calm confidence and you speak out easily on everything you want to say, in front of one or two people or in front of a group of people.

Everything you have learnt on your course is retained and recalled with ease. And because you're feeling so calm and so relaxed you put yourself over in a calm and confident manner.

You project your naturally warm personality and you feel completely at ease. Calm and confident. You have a tremendous concentration power; your mind is very alert and very focused. You find it easy to focus entirely on the matter in hand. You stand up straight and maintain good eye contact with the people watching your presentation, your throat and chest are relaxed and you feel and sound very natural, very intelligible, you speak with great ease, feeling very relaxed and very alert, your mind concentrated and focused on the matter in hand.

Now visualize the final part of the presentation when you're being informed that you've past this stage and not only succeeded, you did better than well, you excelled. Your (tutor) is praising you, complimenting you on an excellent presentation. Hear the exact words being spoken and note the feelings of pride inside you. That lovely, warm glow of satisfaction. You programme yourself for success, and because you expect to succeed, you do succeed, you do better than well, you excel.

(Regression) - Back To The Womb

This is a regression script for taking clients back into their mother's womb. You may like to play some very soft music in the background, and when your client gets to his or her pre-birth state you should change the music to 'heart beat' sound effects.

When your client is comfortable, ask him to focus on a point on the wall.

Just keep your eyes focused on that point on the wall . . . and listen . . . whilst I say the word 'calm' . . . four times. . . . And when I've said the word 'calm' four times I want you to gently close your eyes . . . and keep them closed . . . whilst you continue listening to the sound of my voice ...calm. . . the word calm . . . it's only a little word. . . but it has such beneficial effects. . . and whilst you're listening for me saying the word calm . . you begin to sense a feeling. . . of calmness. . . and peacefulness. . . spreading through you. . . and you begin to feel . . calm . . and relaxed. . . and peaceful . . . calm . . and relaxed. . . and so peaceful. . . and that calm. . . and peaceful . . and relaxed. . . feeling. . . begins. . . to spread. . . all the way. . . down. . to the tips. . of the toes. . calm...the word calm.

Now focus on the muscles around the eyes as the eyes close and let those muscles relax. . just let those muscles relax. . and as those muscles relax. . you begin to feel a comfortable. . heavy feeling. . spreading . . through your body. . spreading. . all the way down. . to the tips. . of the toes.

And as your body becomes calm. . and relaxed. . and heavy . . and comfortable. . your mind can begin to drift. . and float. . just allow your mind. . to drift. . and float. . drift. . and float. . . (PAUSE)

And in a moment I'm going to ask you to imagine certain things. At first you'll find that you're just remembering those things. . but after a little while. . that remembering will become more imaginative and you'll notice images drifting into your mind. . sometimes those images are fleeting and transient. . other times. . they seem more real. . more vivid. . and as the images grow stronger you'll find yourself drawn into. . the scenes that you're imagining. . .

I want you first of all to imagine that you're walking down a long corridor. . .it's just an ordinary corridor. . .and on either side are doors which lead off into rooms. . .but for now. . .just allow yourself to drift along down the corridor.. . .and as you do. . .you drift deeper and deeper. . .into that lovely calm . .relaxing feeling. . .and as you look at the doors on either side of the corridor you see that some of them are the same. . .and others are a little different. . .some seem inviting. .others feel threatening. . .and after a little while you decide to explore one of the rooms that seems inviting. . .and you stop there, in front of the door. . .and you open it. . .and it's a strange feeling as you walk through that door into the room beyond. . .a sort of *deja vu* feeling. . .and then you remember that you've been here before. . .as the room becomes clear and a light shines down. . .and you're back in a lovely memory. . .a holiday from long ago. . .that you thought you'd forgotten. . .and you can see yourself now. .as you were then. . .but you look younger. . .and you can see where you are. . .the view. . .the people you're with. . .that holiday feeling. .perhaps a certain smell. . .and the temperature. . .and it's a nice. . .pleasant memory. . .and you enjoy revisiting that happy time. . .you can do that now. .as I'm quiet for a moment (PAUSE). . . .you notice now another door leading off from where you are. . .a door that you hadn't noticed before. . .and you walk over to the door, expecting it to be locked. . .but to your surprise the door opens and you're back even further in time. . .and now it's really strange because you can see yourself as a small toddler. . .just learning to walk. . .and at this height everything around you looks so big. . .and you take a couple of steps and fall back down onto your bottom. . .and revert to crawling around on all fours. . .and again you pull yourself up and try to balance. . .and things looks strange from down here, the room looks so huge. . .the light switches are so high up. . .the table legs or chair legs are almost as high as you are. . .and the grown ups here are much bigger than you. . . . and when you try to say something you notice a lot of babble comes out of your mouth. . .it's so strange. . .and another door leading off from where you are is open and you crawl along the floor to the door. . .but when you reach the door you realize that it isn't a door. . .it's a tunnel (INTRODUCE HEARTBEAT SOUNDS) and you're squeezing yourself through the tunnel. . .and then you're back inside that lovely warm home. . .and your body is curled up and you feel safe. . .and comfortable. . .and calm. . .and so relaxed. . .and content. . .you have no hunger. . .no needs. . .no wants. . .these are all catered for. . .you can hear the sound . . .of a gentle heartbeat. . .regularly. . .rhythmically. . .comfortingly. . .(LONG PAUSE).

Now it's time to come out (CHANGE TO MUSIC) and you're squeezing through the tunnel again. . .and everything here is so BRIGHT. . .and you feel cooler. . .as you become aware of the sensation of air on your skin. . .and the need to breathe. . .and experience these first moments of life now. . .while I'm quiet for a moment. . . .(LONG PAUSE) . . .and now bring yourself up, to the present time. . .to the here and now. .to today. . .and you're here. . .and aware of your body. . .the position of your body. . .the blood pulsating through your veins. . .the gentle beating of the heart. . .the slow, rhythmic breathing. . the weight of your eyelids. . .and that wonderful relaxation in your body.

You've experienced the very first moments of your wonderful life. . .you've come a long, long way. . .and still have so much to learn. . .so much life to live. . .and experiencing your own creation again makes you feel changed inside. . .calmer. . .more peaceful . . .tranquil. . .an inner sense. . .of peace . . .and harmony. . .is growing and developing within you now. . .

I'm going to count to three and I want you to come all the way up at the count of three. 1. 2. eyelids becoming lighter and beginning to open now. . .3. Eyes open. . .wide awake. Mind and body working in harmony together. . .returning to normality.

Creating Your Own Sport Improvement Script

In sports psychology athletes are taught to mentally rehearse the play, making it correct and accurate in every detail, so that they can excel when it comes to the performance.

Visualization or mental rehearsal is effective because as you imagine an activity, the neurons in your brain are firing in exactly the same way that they would follow if you were actually performing that activity.

By stating your goal in a positive way you are affirming your own successful behavior.

Begin by writing your goal down here.

The major stumbling blocks that you will encounter on your way to success are:

- Fear of competition
- Fear of failure
- Feeling intimidated
- Fear of humiliation

If you recognize any other fears, write them down here now.

Now think about your fears and see if you can turn them around. If you are fearful that you aren't good enough and think you may be humiliated, remind yourself that you've practiced your sport to perfection and you're as good, if not more so, than anyone else. You're younger, have more energy and more vitality. Imagine the spectators cheering you on, shouting for you to win, applauding you when you collect your trophy or pip the rest at the post.

Remember, if you tell yourself you can't do something then you won't. Aim to be positive 150% percent of the time.

Write your script down, based on the each movement of the particular sport you have chosen:

Imagine yourself playing the perfect game. See yourself acting and reacting in a positive, confident way; being very alert, moving gracefully, every muscle in your body in harmony with your positive thoughts. See yourself moving back, advancing, watching and experiencing every move, feeling at ease, alert and a clear mind. You can see all around you and your actions and reactions are quick, your reflexes are perfect and you feel wonderful.

If your sport involves holding a bat, feel its handle in your left or right hand and your arm swinging as you move towards the direction of the ball, the gush of wind swishing as you hit the ball. Feel the surface of the ground under your feet as you run easily to your next position. Remember your positive suggestions. For example: I can succeed in all that I set out to do. Every successful move, every successful play, is imprinted into my wonderful subconscious mind .

Affirmations

What are Affirmations?

Affirmations are shortened scripts that you can repeat to yourself during the course of your day, anytime you wish or at set times in accordance with your Self Hypnosis practice.

You can make Affirmations a part of your every day life. Performing a simple ritual such as lighting a candle and reading your Affirmation from a card can increase the power of the Affirmation. Alternatively the card can be copied and pinned up around the home, inside the fridge door, on your dressing table mirror, near the TV or anywhere that you will see it easily. Or you can carry it around with you in a pouch.

Affluence

What I desire is within my power. I can achieve whatever I set out in my mind to achieve, I am competent and confident in all areas of my life. I see myself having already achieved the goals that I set my mind to attain, and having completed my goals I can see clearly the steps that I took.

Anxiety

I am calm and relaxed in all situations. I am in complete control, of my mind, my body and my health. Whenever I am faced with a situation which I would like to deal with successfully, I know that I can do just this by remaining calm and relaxed, all that I need to do, is to take three, long, deep refreshing breathes, hold each one for a mental count of three, and then slowly let all the air out of the mouth in a long, slow, deep breath.

Bedwetting

When I go to bed I sleep well. If I need the toilet during the night I awaken and go to the bathroom. I use the toilet and wash my hands and go back to bed, and immediately back to sleep. I am sleeping so much better these days and I feel happier about myself. I become aware of the sensations in my body and when my bladder is full, or ready to empty, even during the deepest of sleeps, I immediately awaken and go straight to the toilet.

Creativity

In my wonderful creative subconscious mind I have a storehouse of new dreams and ideas; every night when I go to sleep I dream something different every night when I go to sleep, inspiration awaits me and I wake up early in the morning with these wonderful new ideas fresh in my mind. When a creative idea enters my mind I write it down immediately, knowing that, like a dream, it could soon be forgotten. And I find that since I learnt how to relax creatively, inspiration and new ideas find

an easy path into my mind, this manifests itself in my . . . (insert the area in which you wish to become more creative, e.g. painting, poetry, writing, music, etc).

Depression

In the past I allowed myself to feel down. Now I am thinking more positively and feeling much better. I fill my mind with positive thoughts, my life with positive events. I begin to look outside myself to find ways of helping other people and this helps me to feel good. I see a lovely bright light at the end of the tunnel, and I'm moving towards that light, feeling better and happier and healthier, each and every day.

Developing a Sense of Humor

In the past there have been times when I took life, including myself, too seriously, and there have been other times when I felt full of fun and laughter and joy. Sometimes I laughed so much that my sides ached from laughing, but it felt so good. And I am learning to laugh again; my eyes and my mouth reflect the humor in my soul, I look for the funny side of things, even if they sometimes seem a little silly. My face radiates with joy and smiles and laughter are a symbol of my free spirit.

Insomnia

When I'm ready to sleep, I sleep. When my head touches the pillow that is a sign to close my eyes and look in on my inner screen. I can watch the images drifting through my awareness, coming and going, and I am the watcher. I am watching the dreams in the making and wondering what wonderful place I'm going to visit tonight. And when sleep is ready to come, a mist falls over my awareness, like a heavy black curtain or a warm, comforting mist, and I can snuggle down gently into a warm cocoon of relaxation.

Irritable Bowel Syndrome

In my wonderful creative imagination I am aware of the concept of warmth. There is warmth in the midday sun, there is warmth in a blazing fire, there is warmth in a lovely hot bath or a glow of happiness. I can feel the warmth in my body, it is comfortable and calm. I can feel the warmth in the palms of my hands and if I stretch out my hands and draw them apart, then closer together, repeating this exercise several times, I am aware of the warmth of the energy that surrounds me.

The warmth is pouring out of the palms of my hands, and I can transfer this sensation of warmth to any part of my body that needs it. I can rest my hands on my abdomen and transfer the feeling of warmth until it permeates every cell of my stomach, as my stomach begins to warm and to heal.

And I can use this technique whenever I need to. I can feel warmth. I can feel wonderful. I can feel relaxed.

Jealousy

Learning how to relax makes me feel so much better about myself. I have an inner sense of peace. I trust myself and I believe in myself. And because I trust and

believe in myself, I find that I also begin to trust and believe in other people as well. I can see that the people who I care most about, and who care most about me, are basically trustworthy and like to please me. That makes me feel good – good about them – and good about myself. My old, outdated negative feelings serve no purpose in supporting this new me, so I let them go. I let go of all destructive emotions and replace them with positive, healthy feelings.

Memory Retention

Everything that I have ever seen or heard or done or felt is recorded in my wonderful mind. My mind is a storehouse of memories and information and everything in it is in its place, nice and tidy and well organized. When I wish to store something I file it away in my powerhouse mind, and when I wish to recall what it was that I stored, I simply reach up, I reach up and collect the information from my memory. Everything that I learn is retained up here in my mind. All I need to do is relax, relax and reach up, relax and reach up, relax and reach up to my wonderful powerhouse mind.

Public Speaking

I can feel really good about talking to other people as I am a communicative and effective speaker. I always know how to express myself openly in a clear and logical way. My voice is calm and steady. I have prepared my material beforehand and I present my speeches in a way that people can enjoy and easily relate to. I see myself as a calm and relaxed sort of person, and that's how other people see me too.

Smoking

I am now a non smoker. I don't want to smoke so I don't smoke; it's as easy and as simple as that. I am a non smoker and I am proud to be a non smoker, I feel better and healthier, I have more energy and more vitality and I feel really good about myself. Stopping smoking is the best thing I have ever done, it proves that I love and respect my body, and I treat it with the love and respect that it deserves.

I have no desire to smoke. I don't want to smoke so I don't smoke. It's as easy and as simple as that.

Weight Control

I eat smaller portions of healthy, nutritious food – low fat food, low calorie food and that is all my body wants, that is all my body needs. I'm losing weight and feeling great, I begin exercising my body more, and the more I use my body, the healthier it becomes. I stop snacking between meals, I stop overeating at mealtimes. I stop eating in the evenings and I begin to really enjoy exercising my body. I also drink more water, especially before each meal as this helps to shrink my stomach, and in turn makes me fuller, quicker.

I'm losing weight and feeling great. Every day my determination and my motivation to lose the excess weight, grows stronger and stronger. It's fun to lose weight. And every day I become slimmer, healthier and more attractive.

Exercise Seven

Writing your own Affirmations

Now that you've been presented with a selection of Affirmations, I'm sure you have an idea of how they are formulated. The most important principle to remember is KEEP YOUR AFFIRMATIONS POSITIVE.

Have a go at writing some Affirmations of your own, for the following problems. Then read through them to yourself to see if they sound inspiring and positive. If they're not, rewrite them.

1. Fear of Heights.

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2. Stress Control.

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3. Stuttering.

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Changing Your Personal History

Have there been times in your life when you responded to a situation in a way that left you feeling less than comfortable? Perhaps you can remember such a time? Maybe you said or did something which you later regretted, or didn't feel right about.

The Past is intangible. Things that happened years or months ago are now just memories, yet we sometimes continue feeling bad about them, long after everyone else has forgotten.

Here is an example. Janet worked for a large organization where she felt unappreciated. One day her boss arrived at work in a very argumentative mood and 'took it out' on Janet, saying she was incompetent in front of her colleagues. Janet was very upset but didn't say anything. A few months later she got another job but found she had lost a lot of confidence in herself. As a result she tried too hard to please everyone and found herself making too many mistakes and taking twice as long to do her job because she was thinking about it all the time, and rechecking herself.

How could Changing Her Personal History help Janet?

First Janet needs to give some thought as to how she would have preferred to respond to her boss. A more positive way might have been to tell her boss that she didn't feel comfortable with the way that he spoke to her and ask him to speak privately to her in future if he was not happy with her work.

Using Self hypnosis, Janet can go back in her mind to that original event when she was called incompetent and go through the episode again, responding in the assertive way that makes her feel more comfortable.

When Janet constructs her new response she will introduce imagery, sound, feelings (of confidence) and any other that seem appropriate. She can make the picture brighter and the good feelings stronger, hearing herself speaking in a calm and confident manner.

This exercise may be repeated as many times as necessary until the old memory is replaced by the new one. It may help to include follow up situations where Janet had also reacted negatively as a result of that original event.

Exercise Eight

Think about a situation in the past that you were uncomfortable about. Decide how you could have handled it better, and write your new past personal history here.

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Learning New Skills or Improving Old Ones

There is a method in Self Hypnosis that you can use to learn new skills or improve old ones. It is based on 'modeling' ourselves on other experts.

Think about a skill you would like to have or to improve upon. It can be anything you want it to be.

When you are relaxed and in hypnosis, bring to mind a person who possesses the skills or abilities that you would like to cultivate. It could be dancing, socializing, gardening, painting, literally anything you like.

In your Self hypnosis, watch that person, we'll call him or her your role model. Watch the way they move, the way they look and speak or do any of the things that you admire.

Create a clear image using all the representational systems available to you. When you have the image clearly in your mind imagine that you are your role model. You have actually become that person.

Now as your role model, do in your imagination, whatever the skill you wish to have, is. For example if your role model is a dancer, imagine the movement of your arms and legs and whole body, the rhythm, the music, the grace and ease with which you move, the steps that you take, the way it feels to dance like this, the admiration in other people's eyes, your environment, your partner and so on.

Imagine you are looking out of your role model's eyes. You can do whatever it is you want to do. When you are really 'into' this feeling, squeeze your thumb and middle finger together. If you're left handed use the fingers on that hand, and if you're right handed use those.

Now imagine you are you again, performing the new skills that you have just acquired. Notice the difference now, how easily it comes to you, how more effective you are. Whenever you want to become even better, squeeze the thumb and middle finger together again.

For a stronger effect you can also use a key word. It could be one word, for example, SUCCESS, or a short phrase, I CAN DO IT.

Repeat this exercise every day for 30 days.

Retro Script

To accustom the subconscious mind to accepting new behavior, thoughts or feelings, we can project ourselves to a future date to see our self carrying out the new tasks, this is known as 'future pacing' or 'retro-spective'.

If you are unsure as to which direction in life you should take, you can also use this script to show you the path to take.

Use your favorite induction and deepener, and record the script slowly. Use it every night for a few weeks; don't try to consciously think about anything at all.

Project your mind now to a future date. A very distant date, many years from now, when you are an old, old woman (or man). You are 95 years of age and your body is not as agile as it used to be, but you still have your faculties; your mind is sharp and alert and age has given you wisdom.

Have a guess where you might be at 95 years of age. Take a look around you, see your familiar things, perhaps the surroundings have changed a little, but you feel very comfortable here. These days you like to rest a bit more, but you also like to keep active because this helps you to remain young. This is one of the days when you like to rest.

And I want you to rest here, in the chair. This is the memory chair, where you come to remember the days gone by. Your friends, happy times with your family and loved ones, and you have a lot of very happy memories.

And sitting here, in your memory chair, I want you to look back over the years gone by. Back to when you were a small child, running free, playing with your friends (name some things you used to do as a child, or places you visited).

Now come forward in your mind, see where you are ten years later (name an age). Look around you, who is with you? What are you doing? (Pause for 2 minutes).

And another ten years go by and you've changed a lot now, from that small child. You're grown up and you can see that you have choices to make, new places to go and new things to do. Take a really good look around you, see where you are now. Who is with you on your journey through life? How do you feel? Are you happy? Are you doing what you really want to do? (Pause for 3 minutes).

Okay now listen to me, listen carefully to my voice, this is very important. Yet another ten years have gone by. (Pause for 30 seconds). Another ten years and where are you now? Are you working? If so, what do you work as and how do you like it? See yourself at your place of work; really notice how you feel about it. (Pause now for 2 minutes). Perhaps you're not working maybe you are running your own business? If so, what could it be? Did you discover some hidden talents or was it the result of something you were always good at? Just let the ideas flow into your mind. Don't try to think, or reason why, just open your mind and let the thoughts or images flow into your awareness. And I'm going to be quiet now for five minutes of clock time, and I want you take as many minutes (or hours) of hypnosis time that you need, to allow your wonderful creative subconscious mind to provide the inspiration that you need. (Pause for five minutes).

Now if you wish to see yourself in another ten years time, come forward once more and see yourself there. What are you doing now? Where are you? How do you spend your days? Who do you spend them with? Do you have children? Grandchildren? Where do you live? I'll be quiet again for a minute or two, to allow you to dream once more, before we come back to normal conscious awareness. (Pause).

It's time now for you to come back to total awareness. And as I count to five I want you to come all the way back to this room, and this time, and this place, with wonderful feelings within you. And bring back your creative learnings, your discoveries.

So, ready now. One, two, three, four eyes beginning to open, and five, eyes open wide awake.

Symbolism and Self Hypnosis Dreams

The unconscious mind understands symbols far more easily and readily than it does text. Dreams are rich in symbols and if you analyze your dreams you begin to understand how they fit into your life.

For example, a dreamer dreams she is walking into a dirty river, the mud in the river is dirty and it is clinging to her as the ground underneath becomes less and less steady. The deeper she goes the more she feels like she's losing control.

It's easy to see how this dream draws a parallel to situations in waking life but it's also important to note that this dream could be interpreted differently by different people.

That's why Self-Hypnosis is designed with you in mind. Indeed, you are the designer, you know yourself far better than anyone else could ever do. How can they see into your inner most thoughts and feelings? Okay so maybe you don't understand why you do certain things, but other people can only guess.

Symbols can have a profound effect on the subconscious mind and they have been used for centuries to help people to attain their goals.

When you've gone through this Course from the beginning, and completed each one of the exercises, you may feel ready to venture into the next part of the Course.

Symbols

These symbols are useful to you and to you alone. First you need to decide what you wish to achieve with your Self Hypnosis; be specific.

Example 1. Becoming slimmer.

Condense your goal into a single word, if possible. In this case the word will be 'SLIM'.

Draw a picture of a slim person, using as few lines as possible. e.g. (a slim waist) =
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Or, a variation is to put the letters of the word SLIM together in various order to make a recognizable picture or symbol, or perhaps you can close your eyes and come up with a simple image that reminds you of slimness.

Example 2. Stopping Smoking.

Your symbol could be a cigarette with a cross through it.

Or you could use the main letters from the two words NO SMOKING to make a recognizable picture or symbol. To find the main letters remove any vowels and repeated letters, and you are left with NSMKG. These letters can be arranged in any order to make a simple diagram which the subconscious mind will instinctively recognize as the meaning behind your message.

Example 3 Passing your Exams

Your symbol could be an exam certificate or it could be the word SUCCESS or even just a TICK with a big smile on it.

Method

This method invites you to use your visualization skills, and as you are using symbols rather than actual imagery, you will find it much easier to do this.

Step One

Draw your symbol on a piece of colored card, making it as simple as possible. Concentrate on the symbol as often as possible at first. Soon you will be able to bring it to mind without actually 'seeing' it.

Step Two

Use your preferred method of inducing Self Hypnosis.

Step Three

When you have deepened your trance, call to mind your symbol. Don't think about what it represents, just focus on the image and your subconscious mind can do the rest.

Step Four.

Count yourself up out of hypnosis.

Your Personal Self Hypnosis

When you have read through this Course in Self Hypnotism you will be fully equipped in basic hypnotherapeutic techniques and able to hypnotize yourself.

If you have not understood any aspect of the Course then read through it again, or email support@hypnoticworld.co.uk for help with any questions you may have.

Begin by focusing on your Symbol Card for 3 minutes. Keep it with you throughout, and tell yourself:

As I focus on this image I begin to enter a light state of hypnosis .

When your eyes begin to feel a little heavy you can close them, but keep the Symbol Card handy as you may wish to focus on it again to reinforce your hypnotism.

Do not lend your Symbol Card to anyone else. This is for you only. Remember to take it with you if you're going someplace and there is a possibility that you might want to use your Self hypnotism.

Keep all your suggestions positive That is the most essential rule in hypnosis.

Never use hypnosis for any negative activities.

Finally, good luck. Self hypnotism is the most valuable tool anyone can ever have. For some people it comes easily, others may have to practice a little longer, but it is well worth it so please, do not give up.