

SELF-HYPNOSIS GUIDE AND INFORMATION

By Sean Wheeler

The easiest way to learn self-hypnosis is to listen to a hypnosis recording, which I like to call “training wheels” for self-hypnosis. Listening to a hypnosis CD every day for three weeks (21 days) straight will condition you to entering the state of trance, and you will soon find yourself able to enter the state without the aid of a recording. That’s when the “training wheels” can come off, and you can hypnotize yourself quickly and easily, anytime you please.

Listening to CD Programs

When listening to hypnosis CD programs for a specific change, it’s important that you listen at least once a day for at least 21 days straight. Do not stop listening even after changes have developed.

1. Find a place where you won’t be disturbed for about 25 minutes.
2. Sit or recline comfortably. If you’re sitting, be sure that your head is supported, your feet are flat on the floor and your hands are flat on your lap. If you’re in a recliner or laying on your back, have your feet spread apart about 18 inches and your hands flat to your side.
3. Start the recording. Headphones may be used, but they’re not necessary. Do whatever feels most comfortable for you. The key is to allow yourself to become as deeply relaxed as possible.
4. When you begin listening, take three (3) deep breaths. When you breathe, breathe in through your nose, filling your diaphragm (as opposed to your chest) and breathe out through your mouth.
5. Allow your eyes to close when you are comfortable doing so, and let them remain closed until you are instructed to open them at the end of the recording.
6. Enjoy this relaxation and just let the recording play to the end, when you will be brought back to a full state of awareness. You will always be instructed to awaken fully at the end of the recording.

After 21 days, you may find it helpful to listen to your CD’s occasionally. If you have more than one CD, it may be helpful to listen more often to the CD that stresses the conditions you are having the most difficulty with.

FAQ

• **What’s the best time of day to listen?** It’s most beneficial to listen early or late in the day. However, don’t listen in bed (unless you’re having trouble falling asleep), and don’t listen when you are too tired, or you may fall asleep.

• **I think I’m falling asleep. Will it still work?** Actually, if you hear the “count up” and open your eyes as instructed at the end, you didn’t fall asleep. You just drifted off consciously and received all the suggestions subconsciously.

• **I fell asleep and didn’t hear the ending. Will it still work?** Once you enter deep unconscious sleep, below the level of dreaming, your subconscious mind has other tasks. Listen when not as tired or sit upright in a comfortable chair with your head supported. If you continue to enter deep sleep, you can fast forward the recording to shortly before the suggestions begin. It may be that you don’t require as much relaxation in the beginning.

•I don't hear what you say sometimes. Is that okay? This is exactly what is supposed to happen. It's best to have your conscious mind wander so the suggestions are freely entering the subconscious.

Self-Hypnosis Without a CD

1. Go to a comfortable, private place and sit in a comfortable chair or couch. Although some people prefer to lay down, that makes you more susceptible to falling asleep than you are when sitting up. Whether you sit or lay down, be sure to uncross your hands and feet.
2. Make sure you are not going to be disturbed for as long as need be.
3. Close your eyes and begin breathing deeply. Consider rolling your eyes gently back into your head for a moment until you feel the tension... then relax them. As you begin, you may notice various thoughts passing through your mind. When this happens, don't try to force the thoughts out. Observe them impartially, and then allow them slip away as you become more relaxed.
4. Recognize the tension in your body. Beginning with your toes, imagine the tension slowly falling away from your body and vanishing. Imagine it freeing each body part one at a time starting with your toes and working its way up your body. Imagine each part of your body becoming loose and limp, as the tension is removed. Relax your toes, then your feet. Continue with your calves, thighs, hips, stomach and so on, until you've relaxed each portion, including your face and head.
5. Take slow, deep breaths. When you exhale, see the tension and negativity leaving in a dark cloud. As you inhale, see the air returning as a bright force filled with life and energy.
6. Appreciate the fact that you are now extremely relaxed. Imagine you are at the top of a flight of 10 stairs. Picture every detail of this scene from the top to the bottom... the colors, textures, shadows, etc. Tell yourself that you are going to descend the stairs, counting each step down, starting at 10. Picture each number in your mind. Imagine that each number you count is further down and one step closer to the bottom. After each number, you will feel yourself drifting further and further into deep relaxation. As you take each step, imagine the feel of the step under your feet. Keep counting and stepping down until you reach the bottom. Once you reach the bottom allow yourself to be in whatever peaceful, relaxing place you have chosen... the beach, a place in nature, etc. Explore this place in your mind by seeing, hearing and touching things in your environment.
7. At this point, you should begin to address the issue you're concerned about. Speak in the present tense. Your subconscious mind does not understand negatives in speech - avoid using statements with negative connotation such as "I don't want to be tired and irritable." Instead, say, "I am calm and relaxed." Examples of positive statements "I am strong and slender," "I am successful and positive," and, if you have pain, "My back feels wonderful."
8. Repeat your statement(s) to yourself as many times as you wish.
9. When you are satisfied, say to yourself that you will now count upwards from 0 to 10, and when you reach the number 10, you will slowly ascend the staircase and come back to normal consciousness, remaining calm and relaxed. Proceed to count upwards, again picturing the numbers in detail.
10. Once you have ascended, give yourself a few moments before opening your eyes, take a few more deep breaths and take your time getting up.