



Table of Contents:

What is Self-hypnosis.....	3
----------------------------	---

- You are using hypnosis without even knowing it.
- Common misconceptions.
- Things you can do with self-hypnosis.
- How to conduct a Self-hypnosis session.

- Can a person get 'stuck' under hypnosis?
- Can a person become unconscious and unaware under hypnosis?
- Practice daily to get results.

Learn Self-hypnosis.....7

- Relaxation
- Deepening
- Imagination
- Suggestion
- Awakening

Relaxation Techniques.....13

- Deep breathing
- Progressive Relaxation
- Energy Conversion Box
- Gaze Technique
- Music

How To Choose And Create A Self-hypnosis Script.....17

- How to word a self-hypnosis script
- How to deliver a self-hypnosis script

Free Self-hypnosis Scripts.....19

- Abundance
- Confidence
- Charisma
- Memory
- Sports
- Procrastination
- Pain Control
- Anger
- Exercise
- Sex

Self-hypnosis / The Law of Attraction23

- Belief
- Using imagination to change your perceptions
- Intent
- Feel Deserving
- Be Grateful

What is Self-hypnosis?

Self-hypnosis is a technique, which you may use to focus your attention inwardly to attain your desired goals by putting positive suggestions directly into your subconscious mind. Another way to look at it is to say self-hypnosis is the vehicle by which you consciously achieve a state of mind whereby your conscious mind is bypassed and communication begins with the subconscious mind to create changes in attitude and behaviour.

Through self-hypnosis you can change those qualities or habits that you no longer want or desire. Moreover, you can train yourself to have a more relaxed and positive outlook so that you feel less

stressed and more in control.

You are constantly exposed to your environment, which may at times be quite negative. This negativity can affect your behaviour, thoughts and actions. Through Self-Hypnosis you can learn to reprogram your subconscious mind to exclude those negative thoughts and to achieve the greatest success in your life.

During hypnosis, you will not be asleep, but instead in an altered state of consciousness. You are always aware of what is happening around you, but you will have your concentration focused on one specific thing either a picture you will imagine or maybe your breathing. During this process your mind becomes receptive to any suggestions you are exposed to. Any suggestions tend to bypass your conscious reasoning and go directly into the subconscious mind.

Do not worry though, because you won't do anything that you do not want to. Your mind cannot force you to do anything that your own morality will not allow. Self-hypnosis is one the most effective self-development tools we have for enriching and bettering our lives, helping us to constructively deal with and resolve any sort of problem

Did you know you already use hypnosis unconsciously?

Have you ever experienced, that you have been concentrating so much on doing something and suddenly time appears to have flown? We experience hypnosis many times during the day and we are unaware that it has even happened.

Here are some examples of self-hypnosis in your day-to-day life...

Day Dreaming.

Driving a car for a long period.

When reading an interesting book.

When playing sports

While watching a movie or television

When listening music

Common Misconceptions:

Many works of fiction, such as movies, television programs, and comic books portray hypnosis as a form of total mind control; however, most would agree that this is more Hollywood than reality. The way hypnosis is portrayed in the media fosters a number of popular misconceptions which without greater understanding are often taken to be true by the public at large, adding to the controversy surrounding hypnosis.

Can A Person Become 'Stuck' Under Hypnosis?

Because you control how you focus, you are always in control and therefore just as you expect to fall asleep every night and wake up the next morning, that's what naturally happens with hypnosis. At the most you may enter the natural rhythms of sleep because you are so

relaxed, but eventually you must wake up again.

Control:

Some believe that hypnosis is a form of mind control and/or brainwashing that can control a person's behavior and judgment and therefore could potentially cause them harm. These beliefs are not generally based on scientific evidence, as there is no scientific consensus on whether mind control even exists.

Due to the stage hypnotist's showmanship and the perception that he possesses mysterious abilities, hypnosis is often seen as something mystical and a little dangerous. The reality is however, the hypnotist has no power other than to offer suggestions which

Can A Person Become Unconscious And Unaware under Hypnosis?

While the word 'Hypnosis' is derived from the Greek word for 'sleep' and many hypnotists still use the language of 'Sleep' and 'Awake', hypnosis is not sleep.

From the mental standpoint, a hypnotic subject is relaxed yet alert and always aware at some level. Self-hypnosis is nothing more than a conscious process of entering a subconscious altered state.

Things You Can Do With Self-hypnosis:

There are several things you can do with this technique that is related to you and your mind. Here are some practical examples:

- Release pain
- Quit smoking
- Improve body
- Weight control
- Mind development
- To Improve Memory
- Enhance your sex life
- Heal your body and mind
- Deal with phobias and fears
- Come out from sleep disorder
- Relieve stress, anxiety and depression

The list is lengthy but by no means exhaustive, and in fact hypnosis and hypnotherapy can treat a wide range of symptoms which conventional medicine may struggle with. To find out which areas can be successfully treated - [Click Here.](#)

Generally, any issue, problem and situation can be solved and any goal can be achieved by using hypnosis.

How To Use Self-hypnosis:

1. Remove or loosen your tight clothes. It is necessary to be comfortable during the session.
2. Turn off the television and your telephone. Avoid any disturbances for next 15-20 minutes.
3. Select a comfortable place where you can sit or lie down.
4. Be in a comfortable position so that each part of your body can relax. Avoid crossing your legs, this may cut off circulation and feel more uncomfortable
5. Relax yourself from the top of your head, down to the tips of your toes.
6. Then start repeating your goal mentally through self- suggestion
7. Use your imagination to change your perceptions of your current behavior or project yourself into a future event where you have successfully achieved your goal.
8. After completing your self-suggestion and goal setting you can

prepare to wake up.

9. Begin Counting from 1 to 10 and with each number start feeling more and more awake.

10. Open your eyes, feel relaxed, refreshed and rested.

We all have done this many times without, perhaps realizing how the subconscious responds to the pictures we imagine.

Practice Daily To Get Results:

Hypnosis is a skill that you can learn and master, but it improves with practice, after all, "Practice Makes Perfect".

The more you practice, the deeper your trances will become and, the deeper your trances become, the quicker you will experience your result.

To be able to go into deeper levels of trance, first you need to know how to relax better.

To find out this information please go through Relaxation Techniques later in this book. You may choose to use self-hypnosis CDs or mp3s which guide you into hypnotic states automatically, or you can even record your own voice or listen to a commercial self-hypnosis product like the one available here.

Keep a record of the time and duration of the self-hypnosis sessions, especially for the first two weeks. This journal keeping can be a

helpful guide to your overall progress.

Learn Self-hypnosis And Be The Master of Your Mind

Any form of hypnosis has generally 5 main stages

- Relaxation
- Deepening
- Perception shift through Imagination
- Suggestion
- Awakening

RELAXATION:

The first stage of learning self-hypnosis is relaxation. This is indeed the root of hypnosis.

As you relax, you'll be able to self-hypnotize easily. Relaxation is very important because until your conscious mind is deactivated none of your suggestions will be accepted.

Relaxation can be achieved through a number of simple actions. For most people learning to relax can seem very unfamiliar even though, as mentioned earlier, this is a natural part of our behaviour each and every night.

To be relaxed all you need to do is simply focus your mind on something relaxing whether that is a point of focus like a picture, imagined or real, a colour or even with your eyes closed just breathe slowly, focusing on every in breath and every out breath as you just picture your ideal place of relaxation for a few moments. For some people that might be the thought of being next to the sea, while for others this can be sitting in a chair next to a lake. Simply create and imagine a tranquil, passive scene and thousands of years of hardwiring will suddenly kick into action and help your body naturally relax and unwind.

DEEPENING:

The next stage is called the deepening phase. Again this is very simple indeed. As you are now already much more relaxed simply begin counting silently to yourself all the way from 10 to 1 or even imagine walking down a staircase, counting each step.

Going into a hypnotic state is very similar to falling asleep. We don't know when we fall asleep; in the same way you may not know the exact moment you are in deep trance

PERCEPTION SHIFT

The next stage of self-hypnosis is projecting your creative thinking toward achieving your goal, whether that's seeing yourself as a better golfer, having more confidence with the opposite sex, being more in control in terms of your temper etc.

To imagine, you simply need to have intention to connect with a

thought. Don't worry it doesn't have to be crystal clear, you will simply 'see' what you expect to see. We can all imagine to a lesser or greater degree but for most people it is a skill we have under-utilized since being very young, when using imagination was as natural and familiar as breathing. So make sure you have no expectations if you are new to this - it will happen.

The key to imagining is simply to think of something and then develop that thought as if it were playing out in front of you on a screen.

SUGGESTION:

The next critical stage of self-hypnosis is suggestion. Suggestions are your desires or goals, which you are implanting on your subconscious, which by this stage is very receptive and open.

Most importantly you need to remember during this stage to clearly state what you want as if you have achieved it already.

" I am a confident golfer" or " I connect easily with the opposite sex" or "I am always calm and relaxed"

Now you have opened up your subconscious mind to receiving your suggestions. Words or suggestions should be positive and direct. Every word should be meaningful to you i.e. you have to keep it short & simple so that your mind can remember it.

Do not use complicated long words. The suggestions should be easy and readily understandable to your inner mind. Try to use only positive words because whenever you say "no" to your mind the inner conflict begins and the suggestions simply won't have any effect.

The quality of the results will be defined by the selection and sequence of your suggestions.

So use positive words because the power of positive words is infinite.

AWAKENING:

The final phase is to wake up. After completing your routine there is only really one thing left to do and that is to wake up. Again this couldn't be easier. All you have to do is simply reverse the process and begin counting from 1 to 10. Tell yourself that by the time you count to 10 you will open your eyes and be wide awake. Then start counting and do what you have told yourself you will do – WAKE UP - And that's it!

Various Relaxation Techniques

There are literally dozens if not more ways to relax but some of the most effective ways to induce self-hypnosis is to listen to a guided recording, which either you can make yourself or purchase from the widely available titles online.

The advantage to listening to a professional recording is that you will not have to think about what you will imagine because you will be told what to imagine. This makes the process far easier and more effective. Also with professional hypnosis sessions you can be exposed to suggestions designed to help you make changes without even knowing you are listening to these suggestions. These subliminal messages effectively bypass any editing by your conscious mind and enter your subconscious where they can begin working. These recorded sessions are the next best thing to actually visiting a professional hypnotherapist. To find out more [CLICK HERE](http://www.cumbria-hypnosis.com)

Deep Breathing Relaxation Technique:

Deep breathing is a simple, but very effective method for self-hypnosis and relaxation. So start by sitting quietly in a comfortable position and close your eyes.

Now very slowly focus on breathing in through your nostrils and hold the breath in your lungs for a moment before slowly exhaling through your mouth. Repeat this process again, only this time hold the breath a little longer and deeper and then exhale slowly through your mouth once more. After a few moments you should begin feeling more and more in control of your breathing. This process can be excellent practice for anyone suffering from asthma.

Now that you have begun the process of relaxing, you can begin counting each cycle of inhaling and exhaling. Literally breath in and breath out and count ONE to yourself, do the same again and count TWO, and so on and so forth. Once you reach TEN you can repeat the process from ONE again.

Muscle Relaxation Method

Another very effective method for relaxing is called progressive muscle relaxation. Start with your feet and simply clench and release all muscle tensions from your feet and place your feet into a deep state of physical relaxation. Progressively now repeat the process for other parts of your body – the ankles, shins, calves, knees, thighs, stomach, chest, shoulders and arms, hands, neck, head, face, and scalp. By gradually tensing and relaxing each muscle you will have a very effective method for self-hypnosis

Music: A Very Effective Relaxation Technique

Music is one of the best sources of relaxation. It has always been a very important part of our lives. Music has a psychological affect on our mind.

Music also has many therapeutic qualities and has been utilized in promoting healing throughout the ages.

Music is very helpful in reducing stress. That is why we tend to listen to music when we feel sad or in a low mood.

Music can also be very effective in producing a very deep and healing state of mind, which allows the body a chance to strengthen your immune system and self-heal.

So if you are not feeling relaxed, play some music and begin to feel the benefits as your mood adjusts to the mood of the music.

But keep it in mind that if you are using music for self-hypnosis and relaxation purposes then maybe choose more gentle, instrumental music, rather than anything too energetic, unless of course you are planning to exercise ;)

Turn on a CD and loosen your clothing. Get in a comfortable position. If you wish you may lie down or simply recline. There is no hard and fast rule.

Now close your eyes and start focusing on the music. Feel the music flow through you as you listen and in turn allow the music to guide your change in mood. In effect, once you immerse yourself in the music this becomes your point of focus (Stage 1 of Self-Hypnosis)

Energy Conversion Box

Originally designed by Robert Monroe this simple technique allows you to rid yourself of the outside world before beginning to relax more deeply. Imagine a big box in front of you, which can be made any way you choose and from any material, metal, wooden even glass or plastic. Now imagine this box has a lid which you open and place in there any worries, anxieties or concerns which will stop you from relaxing. Next close the heavy lid, which is now full of unhelpful distracting thoughts and turn away from the box so you can't see it anymore. This is a neat little technique for focusing your attention during stage 1 and can be very helpful for setting the right attitude ahead of your main session.

Gaze Relaxation Technique:

In this self-hypnosis and relaxation technique you have to stare at some specific object until your eyes feel tired and ready to close. This is ideal for anyone who prefers to enter stage one by simply keeping their eyes open as long as possible. Waking trance is of course more than possible. Just think about the last time you were caught daydreaming with your eyes open. A good focal point for this technique would be a candle. Candles by their very nature are extremely hypnotic and if you gaze aimlessly enough at a flame you will soon find yourself feeling far more relaxed. The key is to let yourself gaze for as long as possible until you just naturally prefer to close your eyes.

Create Your Own Self-Hypnosis Script

You can of course create your own script, which you write with your own goals in mind. Your script should include all the phases discussed earlier in this book and have the correct suggestions, which help reinforce the changes you desire while you are hypnotized.

How to word a self-hypnosis script

The most important thing to remember with any script is that you must imagine you are talking to yourself and therefore your language must reflect your intentions in the first person "I am a strong confident golfer", "I am relaxed in every situation" etc.

Also remember to avoid negatives like don't and shouldn't. It is better to say, "I am relaxed in every situation" than to say, "I don't get worked up in any situation"

Now, why is it so?

Because your subconscious accepts only positive things, it never accepts negative. Whenever you say no to your mind and the conflict of messages prevents your mind from working effectively. Your conscious accepts it but subconscious rejects it.

Because your subconscious mind doesn't accept anything that is negative. It doesn't know how to "not" do something.

General tips on writing your own script

Write your script in a way that assumes you have already reached to your goal, like...

"I'm confident about my work" instead of "I want to become confident".

"My memory is sharp" instead of "I want to make my memory sharp".

"I am successful in my ventures" instead of "I will be successful in my ventures"

In other words, aim to convey each suggestion in a way that assumes you are getting closer to achieving your goal each time you practice.

"My body is releasing pain"

"I'm getting better day by day"

"I'm feeling comfortable around others"

It's as simple as that. You have to assume that you are progressing every day and after some time you will start noticing changes.

So using everything you have learned you can now go ahead and create your own script using some of the templates listed on the next page.

Free Self-hypnosis Scripts (Suggestion Phase)

Abundance

I love abundance. I easily attract wealth and abundance into my life. I have opened the doors and with both hands I welcome abundant. Abundance flows naturally into my life. Opportunities are always there in front of me. I'm successful in every part of my life. I love my work and enjoy working. My life is full of abundance and happiness.

Confidence

I'm a confident person. I talk quite freely and naturally to others. I'm a very spontaneous person and always feel strong around others. I love to do work with confidence, and easily gain others respect. When I'm confident, people become naturally confident in me. I inspire others to be confident. I have a great self-image. I always face any situation with confidence

Charisma

I'm a magnetic person and attract others to be around me. I easily and naturally draw others attention. My positive personality naturally draws other people to me. I naturally attract those who are kind, helpful, beneficial and inspirational to me.

Memory

My memory is sharp. It's easy to remember everything. I easily recall very old information. I have a very good memory. Whatever I learn I always remember. I'm very good at remembering others names. People praise me for my powerful and sharp memory.

Sports

I love sport and always feel confident about my sporting skills. I have quick reflexes and can react quickly. I am precise and accurate. I trust my body. I love playing. Sports are my passion. I feel relaxed and comfortable when I'm out to compete. The night before a competition I am able to rehearse a successful game and can see myself winning.

Procrastination

I love to be organized and I'm always eager to be organized. I always keep my work up to date. I always complete my work on the same day. I like my work to always be completed. I take pride in anything I do. I complete any task quickly and efficiently.

Pain Control

I'm relaxed and comfortable. I'm releasing all the emotional and physical conflicts naturally. My body knows how to heal and resolve itself. I'm feeling soothed, relaxed and free from tension. I am feeling all the tension leaving my body and the discomfort is completely gone, as though the entire area has been anesthetized. Now I'm feeling good and feel free from pain.

Anger

I'm a controlled person. I know how to control my emotions and feelings. Whenever I find myself in a situation where I might lose my temper, I leave that place and come out from that situation. When I find myself disagreeing with others point of view, instead of getting angry I react with understanding and acknowledging their right to an opinion. I listen to other people calmly. With this attitude I feel strong and confident.

Exercise

I love to exercise. I feel full of energy ready to exercise. I feel the benefits of exercising daily. Exercise helps my mind and body to stay healthy. I'm excited about exercising. I feel wonderful exercising. I feel stronger and healthier now.

Sex

I enjoy sex. I love the feeling of sex. I allow my body to experience sex. I love to be in the moment with sex. I become lustful naturally. I have sex with love. Sex is a part of love for me. I devote myself to my partner when experiencing sex. I love to be one with my partner when having sex. I feel comfortable and relaxed with my partner when we have sex.

You can record these scripts with your own voice and listen to it whenever you get time, especially at night prior to going to bed.

Hypnosis Secrets and The Law of Attraction

Why is it certain people seem to just flow through life without effort and always seem in control and happy, while others appear to struggle, are always complaining and seem constantly stressed?

The reason is actually quite simple. It is down to their perspective and attitude toward their environment and how they form that attitude is through either the positive or negative pictures they create. Have you ever watched or read the book 'The Secret'. This book identifies one simple law of the universe, which we are all subject to....

"Thoughts become things". Every thought good or bad will eventually manifest in your life so be careful what you wish for. That is why you must learn strategies for keeping your mind as free from negative thinking for as long as possible through your day. This is where self-hypnosis and positive suggestions under hypnosis can be incredibly helpful. Training yourself to meditate every day for at least 15 minutes is one of the kindest ways you can treat your body and mind. Once you feel more relaxed about your life then the door to an effort free life also becomes a reality.

So how do you engage with this natural law of attraction, which can bring you the type of life you desire? It all starts with one single routine - learn to be grateful for what you have. Express gratitude for everything that have and for the people who enrich your life. Under hypnosis this ritual of expressing gratitude somehow amplifies the power of this simple act and delivers the results far quicker than if you were to try it at any other time.

If you would like to experience the true power of hypnosis for activating the law of attraction then you can find more right [here](#).

Also if you haven't watched the film "The Secret" you access the first 20 minutes completely free by clicking [here](#).

So what are the main ingredients, which activate the law of attraction?

The key components are Belief Imagination, Intent, Feeling you deserve and of course Gratitude.

BELIEF:

If you don't believe then you cannot expect to receive. Belief is a thought in the subconscious mind and is one of the most important aspects of engaging with the Law of Attraction. All your experiences, and feelings and behaviours are produced by your subconscious mind in reaction to your thoughts. Your self-hypnosis sessions work according to the universal law of action and reaction.

The reaction is the response of your subconscious mind that corresponds to the nature of your thoughts. Change your thoughts and you change your destiny. Fill your mind with the concepts of harmony, health, peace and goodwill, and wonders will happen in your life.

Another way to look at it is that belief is the catalyst, which gives you results during a self-hypnosis session. During the session you have to believe that you already have achieved your goal. You have to think about the outcome not about the problems because if you think about the problem, then you are attracting the problem instead of solving it. Your subconscious mind accepts what you impress upon it so be sure to impress positive beliefs and thoughts. Your mind will

deliver what you think about very effectively, especially while hypnotized so focus strongly on achieving your goal and more importantly believe you already have succeeded.

INTENT

Let your mind truly wish for something but with real intent and belief that you can get it. If you want the new home then imagine yourself already living in it. If you have your eye on that new car then see yourself driving it or feel every detail as if it exists already. This step is vital when it comes to the law of attraction. The power of your intent for attracting what you want will determine how quickly it manifests in your life.

DESERVE IT

There are two types of people. People who are magnetized, energized and ready to act positively, and those who simply attract fear, doubt and anxiety. When an opportunity comes, they refuse it though the fear of failing. People like this will not get very far in life. The fear to move forwards makes them stay where they are. So, first learn to desire something that you feel worthy of, only then you will have a goal you can focus your intent and belief upon. Feel that you deserve to have positive things attracted into your life and watch them manifest.

GRATITUDE

Gratitude is the magic pill, which underpins all the laws of attraction. Be grateful for the infinite power, which is inside you. Give thanks to the power of your subconscious mind, before and after each hypnosis session. This will give you deep gratification internally and reinforce

any positive changes you are looking for. Fill yourself with gratitude towards the universe for all that you have in your life already.

If you would like to join a community of people who already believe in the law of attraction and the power of gratitude then simply visit the links below.

[The Gratitude Forum](#)

FINALLY

The power of the subconscious is only just being explored and researched. The infinite power of your mind for change, better health, sense of wellbeing, happiness and success, is within your grasp.

If you would like to explore how hypnosis could help you personally with any number of issues which are too long to discuss individually in this book then you can find that information and a lot more by visiting our page [HERE](#)

If you would like to access our selection of professionally recorded self-hypnosis CDs and Mp3s then you can find information [HERE](#)

We hope you enjoyed this short journey into the infinite world on the inner mind and if you enjoyed reading this book please LIKE and SHARE on our [Facebook Page](#).

Thank you for reading this book and wishing you every success for the future.

David Faratian

