

# **Hypnotize Yourself!**

**Change Your Mind, Change Your Life:**

**Quick Self-Hypnosis**

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## Welcome to **Hypnotize Yourself!**

It is easy to learn self-hypnosis. Maybe you have some experience of hypnosis, or even if this is completely new to you, you will learn how to *Hypnotize Yourself!* effortlessly.

Why hypnosis? If you want to take charge of your thoughts, feelings, and habits, improve your health, and accomplish more, the safest way to create change is to take charge of your mind.

Hypnosis is also a valuable tool in medical and dental settings. Whether reducing pain, soothing anxious feelings or allowing a deeper state of calm, self-hypnosis can help facilitate faster, easier procedures, shorter hospital stays and a significant reduction in medication use. Once doctors and dentists were officially permitted by their governing bodies in the mid 1950s to use hypnosis, a wealth of medical research began publishing in the 1960s and continues today.

Hypnosis can sometimes reduce the need for medical procedures, but importantly, it can always help procedures to be smoother and more effective. Whether it is an MRI, or fertility procedure, dental work, or even a simple blood draw, self-hypnosis is your friend.

## **Getting Started**

Like many people, you might want to jump right in. One of the quickest and easiest ways is to start your self-hypnosis as you drift off to sleep tonight.

As we drift off to sleep, we naturally move through the brain waves states known as *alpha* and *theta*. Both alpha and theta are states of high receptivity to hypnotic suggestion. By giving yourself a positive, hypnotic command at this time in your day, you will be using the naturally occurring phenomenon to reinforce your goals.

Repeat your preferred hypnosis command at least ten times as you drift off. To keep track, lightly press a finger, moving through all ten fingers. Give yourself permission to drift off before you reach all ten repetitions. If you are still awake when you reach the tenth time, you could start over.

You can enhance the effectiveness of the hypnosis command by using your imagination – as you visualize in your mind's eye, create internal pictures as vividly as you can with the success you want.

The following are typical hypnosis commands that you can try out:

- It is easy and enjoyable for me to become a master at self-hypnosis.
- My subconscious mind accepts the positive hypnotic commands that I give it.

- I wake up a few minutes before the alarm, refreshed and rested.
- I am committed to myself, my goals and my values.
- I am kind and loving and I have a great deal to share with others.
- I choose positive thoughts and a healthy lifestyle.
- I honour my body's need for sleep, exercise and healthy food in moderate portions.
- I love and accept myself as I am right now. <sup>1</sup>

For fertility:

- I trust my body's ability to conceive with comfort and ease. <sup>2</sup>

For birth preparation:

- I love you baby and your birth is a smooth and easy transition for all of us.

Another easy option is to go to sleep to a hypnosis recording. This link takes you to a complimentary copy

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<sup>1</sup> More at: [www.childbirthjoy.com/hypnosis\\_suggestions.html](http://www.childbirthjoy.com/hypnosis_suggestions.html)

<sup>2</sup> More at: [www.shawngallagher.com/hypnofertility.html](http://www.shawngallagher.com/hypnofertility.html)

of the *Healing Light* mp3. See the next paragraph for how instructions on how to use this recording safely.

<https://www.dropbox.com/s/34c7hxj64svph35/Healing%20Light.mp3>

or <https://youtu.be/yQJ7q3qDIQM>

### **For your safety**

NEVER use any type of hypnosis while driving or when you need to be alert. Hypnosis is an altered state and should only be used in appropriate settings where your attention may safely be directed inside yourself.

You can go to sleep to a hypnosis recording safely and this can be an effective way to multi-task. If your sleep is disturbed, however, find time in your day instead. I recommend letting your recording play once as you drift off to sleep – hearing it all night long may interfere with the deep, restorative sleep that your body needs.

When using hypnosis for medical purposes, it is essential that your health care provider agree that self-hypnosis is appropriate for medical purposes. As discussed in this book, the effectiveness of hypnosis can mask physical conditions (pain, for example) so make sure that you have the green light from your medical doctor or dentist.

### **About this book**

The stories in this book are designed to create a greater understanding of self-hypnosis in a way that is easy to read.

While the conversations you will read are actual scenarios that I have encountered in my office, the ‘individuals’ in the book are a composite of many different clients in differing situations. In order to protect confidentiality and illustrate ideas for easier teaching purposes, the particular scenarios do not represent any specific person, and of course, the names are fictitious.

This book is not in any way intended or designed to provide medical advice. You are responsible for your health and well being, and as such, must ensure that you work with your primary health care provider when utilizing self-hypnosis.

### **About the Author**

Shawn Gallagher is a Board Certified Hypnotist and a member of the National Guild of Hypnotists. In practice since 1998, she specializes in childbirth, fertility and medical issues.

She has a practice in downtown Toronto at ALIVE Holistic Health and also in a home office setting in west Toronto.

She was an Ontario midwife for over thirteen years. She is married with two children.

Shawn's first exposure to this field was during the pregnancy with her first child when a medical doctor helped her to prepare for the birth with hypnosis. The uneventful planned homebirth was fast and remarkably comfortable and planted a seed for the work she does today.

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## CHAPTER ONE

### Getting Started:

### Quick Self-Hypnosis

“Gloria?”

A woman dressed in a flowing skirt of muted pinks and blues stood in the waiting room and faced me. She had already removed her wet winter boots and placed them in the tray. Over the next ninety minutes, they would dry off, allowing her feet to be warm and comfortable for when she made her way back into the snowy streets.

“My name is Shawn,” I said, extending my hand to shake. “It’s nice to meet you. Are you ready to start?” She returned the handshake and nodded. We walked into a small but cosy room with a comfortable chair for her and space for me to write my notes. In my practice as a full-time hypnotist since 1998, I have had the pleasure of meeting many extraordinary people – some in crisis, and some just wanting to resolve a bothersome and longstanding issue.

Prior to my work in hypnosis, I provided primary care as a midwife, delivering babies in homes and hospitals in Ontario and a birth centre in the United States. Interestingly enough, when I graduated from the University of Toronto, midwives were legally not allowed to practice in Ontario. Hypnotists, too, had restrictions: they had to be either medical doctors or dentists. I consider myself fortunate that with the changes in two sets of laws, I have had an unusual and rewarding career.

Most of my practice as a hypnotist started with the intent to prepare expecting women and their partners for birth. I used hypnosis to prepare for my first birth and I had a particularly calm and comfortable experience. With my husband, our plans were for natural childbirth with midwives. After my basic hypnosis training, I sought out specialization so that I could serve women with fertility challenges. In addition, doctors and naturopaths often refer their patients to hypnotists for a wide range of issues: everything from sleep problems to habit change and medical issues can benefit from hypnosis. Some people find it easier to access self-growth and healing with the metaphysical and soul exploration aspects of hypnosis.

This is the first occasion that Gloria and I were meeting. I genuinely look forward to gathering all the details of what my client is struggling with. Unfortunately, most people don't have the opportunity to deeply share their story with someone who can really listen. As a practitioner, I've learned over time that my

mind works best when I allow my innate curiosity and intuition to identify patterns and deeper meaning in the client's story. I apply what I have learned during the intake when we do the hypnosis.

I was interested to learn what had prompted this gentle and gracious looking woman to book an appointment.

As she sat across from me, it became clear that Gloria had struggled for a long time. She explained to me that she had tried to quit biting her nails many times in her life. She described a history of regular manicures, unpleasant tasting polish, and hiding her hands so that others could not see (even wearing gloves whenever she could). It seems that she had tried everything possible to change her habit when, one day, a friend suggested hypnosis.

We spent some time discussing all the important details that were relevant to her, and I asked a number of questions to clarify the particulars of her situation. Gloria related a few stories that indicated to me that her gentle and sensitive nature was challenged by growing up in a loud and boisterous family. She gets along well with her brothers now (one older and one younger), but it was challenging for her when she was younger. Even gentle teasing from her brothers had the effect of flattening her emotionally. She grew up thinking that if she could just be "tougher" and "not so sensitive" (her words), everything would be so much better. As a girl, Gloria put enormous effort into being perfect in all areas

of her life: school, with friends and family, house chores and after-school work.

When I asked Gloria what she knew about hypnosis, she quickly swallowed.

“Not much,” she said. “I have been biting my nails for as long as I can remember. There are times when I catch myself biting and I didn’t even know that I was doing it. Sometimes it even happens in my sleep! I don’t know anything about hypnosis, and frankly, it scares me. I hate the thought of losing control. But I am feeling pretty desperate at this point. Do you think that this can help me?”

She looked down at her hands and grimaced.

I am used to a certain level of distress in clients at a first appointment. I can’t tell you how many times clients detail a long list of different care providers they have seen and then tell me, “You are the *last person* I am seeing for this problem.”

Most people feel uncertain about hypnosis. Many times on a first appointment, clients are seemingly scared of *me* probably because they are worried about being in control. I deeply appreciated that it took a lot for Gloria to book to see me to resolve this issue once and for all.

I knew that once Gloria experienced hypnosis, she would feel wonderful. Although most hypnotists (myself included) verbally encourage a client to “relax,” hypnosis is more than simple relaxation. In fact, *relaxation is a side effect of hypnosis*, largely because the conscious mind has a chance to rest in a way that is very different from sleep or meditation.

Most people who use hypnosis often comment on the dramatically good feeling that continues for days after. This is one of the reasons why I teach self-hypnosis: as you learn how to create this state for yourself, you can do this whenever you choose. Your journey to freedom has started.

People who are afraid of hypnosis are missing a few facts. Hypnosis is:

- *not* sleep
- *not* being controlled by another person
- *not* an unconscious state.

Hypnosis *is* about being more in control of your mind, and for most people, hypnosis is a state of hyper-awareness while focused on the goal of achieving what you DO want.

To start, I explained to Gloria that *all hypnosis is self-hypnosis*. “To be hypnotized, we need to be in a focused state,” I told her, “while at the same time, we go ‘inside.’ It is an internal process.”

Gloria looked down briefly, seemingly taking this in.

“Of course,” I continued, “whenever you do this, you are in charge of the process. I provide the words...in the same way that only *you* are in charge of relaxing you, only *you* are in charge of hypnotizing you.”

I also explain that *trance* (the name that hypnotists use for this internal and focused state) is a natural state that everyone is capable of.

“Have you ever driven a familiar route and not really remembered much of the drive because you were lost in thought?” I asked her.

“All the time!” she said.

“That’s *trance*,” I explained. “It is a naturally altered state. Activities such as driving, riding a bike, playing music and more are first learned in the conscious state and then once we become proficient, the subconscious takes over. This allows the mind to think about other things: to plan dinner, or daydream, or review a problem.”

“When I was driving here,” Gloria offered, “because I hate being late, I was extra aware of my driving. Now that I’ve done this drive once, I am usually more comfortable the next time.”

“Yes,” I said. “I remember first learning to drive and being quite overwhelmed with checking the mirrors,

making sure the car was positioned properly in the road, watching the speedometer, my foot working the gas and the brakes – I was so nervous in the beginning!”

Gloria smiled. I can still remember my early driving days when I gripped the wheel tightly. Now that I am an experienced driver, I realize that learning a new skill such as driving not only takes time; developing confidence also takes time, too. If I had known about hypnosis back then, I would have learned how to calm myself, which would have allowed me to learn more quickly and easily.

“Now when I hop in the car, my hands and feet do everything automatically,” I told her. “I don’t need to think about it consciously any more in the same way that I did in those early days. In fact, I often use hypnosis for greater attention while driving.

Sometimes I’ll do one or two minutes of self-hypnosis before starting the engine with the intent that I am a *safe, alert, and responsible driver.*”

“You can do that?” Gloria asked. “I have a friend with a temper who gets triggered when driving. It makes it so stressful for everyone in the car,” she said.

“Absolutely,” I replied. “We change the triggers – or *anchors*, as hypnotists call them – so that the behaviour then changes. Something as simple as:

*Whenever I open my car door, it is a powerful signal for a wave of calm and confidence to wash over*

*me as I settle into the driver's seat. I am committed to being a safe, alert and responsible driver."*

Gloria looked thoughtfully for a brief moment.

I continued, "So in the same way, you can remind yourself at key points in your day about *pretty, polished fingernails* and *how good that feels*. It could be just the brief seconds of waiting for the other person to answer the call you just placed, or the icons on the computer loading because you've turned the computer on or simply drifting off to sleep at night: *My fingers stay out of my mouth and my nails are strong and beautiful."*

Gloria looked thoughtful. "That will take some practice," she said. "I seem to only have negative thoughts about my nails and that stresses me out."

"I understand," I replied. "And in the beginning, you might find it more helpful to use your Quick Self-Hypnosis with the goal of calming your mind. Once you are proficient at this, then you can move onto the specifics of your nails. We will get a good sense today of your natural talent with hypnosis. It typically works better when I guide a client into a deeper state and then I provide the hypnotic suggestions."

"But, what if I can't be hypnotized?" Gloria asked.

If a client isn't busy worrying about someone hypnotizing them, they worry about not being hypnotizable enough. While hypnosis is a skill that gets better with practice, it is true that some people find it easier to do than others.

For the most part, when people are new to hypnosis, they assume (and hope) that the hypnotist will do everything so they are surprised when there is work to do between appointments.

Then there are people like Gloria who stress about doing hypnosis 'perfectly.' I could see that she was putting enormous pressure on herself already. It seemed obvious that I needed to bring her tension down a point, so I explained the hypnotic state in a way that most people understand:

"It's surprising just how often we can be in the state of trance and not know it. *Trance* is the term that hypnotists use to describe the state that we go into for hypnosis. Trance is a natural state that the brain cycles into, and out of, throughout the day. Trance is more likely to occur with certain activities, such as playing a musical instrument, being on your phone or the Internet, or watching a movie or a television show.

When we are in trance, the subconscious mind has a heightened sensitivity to suggestion," I explained. "That's why advertising works – you are *entranced* by the movie or TV show and your mind is more receptive.

Hypnotists use the model of an iceberg, where the conscious mind is the smaller mind above the water line and the subconscious is the bigger mind below. We want your subconscious mind to accept the new habit of leaving your nails alone because that is the mind that runs all the habit programs.

All good habits, including driving, playing music, brushing your teeth regularly, are run and operated by the subconscious mind.”

“That’s interesting,” she exclaimed. “I started learning to play piano when I was four and, today, I am quite a good pianist. Once I’ve really learned the piece, I can get into a zone, and my fingers fly across the keys with a mind of their own.” Her face dropped. “But that’s part of the problem. I don’t play piano now because I can’t stand to look at my horrible fingers.” Gloria’s breath increased and her eyes watered. “This is SO frustrating!”

“I can imagine,” I said. “It must feel so pleasing to sit down to a piano and see beautiful natural nails, doesn’t it?” She nodded, but seemed unconvinced.

“Perhaps you would be interested in learning how to hypnotize yourself?” I asked her. “With the Quick Self-Hypnosis, you are in charge of the process and you can tailor it to meet your needs.”

She paused for a moment. “I’ve tried yoga and meditation, and it takes *forever* to calm my mind down.

It's just so *busy* and jumps all over the place. I'm not convinced that this will work for me."

I could see that Gloria's busy mind was in action: she was speaking rapidly while at the same time crossing and uncrossing her legs repeatedly. Her hands were mostly clasped tightly in her lap, but she even put them under her legs once as if to restrain them. It was clear that in her overall nervousness, she really wanted to bite her nails to calm herself down.

"When I meditate," I explained, "it feels to me that the meditation state is the same as the self-hypnosis state. Both meditation and hypnosis use the state of trance. Scientists call this state *alpha*. I am *internally focused*," I explained.

I paused.

"However," I said, "I actually find hypnosis to be easier than meditation, because the goal of hypnosis is the positive suggestion or hypnotic command. For example, you could use self-hypnosis to reinforce having strong, lovely nails. In fact, you could even visualize going to a manicure appointment and because your nails are *so long*, your aesthetician has to cut them shorter. And your cuticles are healthy and smooth and soft. This old habit can easily become a thing of the past. Wouldn't that be nice?"

Gloria nodded.

“Mindful meditation is a wonderful tool; there is a large body of research that demonstrates its effectiveness and I highly recommend it. It is an excellent companion to self-hypnosis.

The goal of mindfulness meditation is to notice the thoughts as best as you can without judgement. In my experience, for most people, the process of clearing the mind takes time. The research shows that a daily meditation practice done consistently over time yields the most benefits.

Hypnosis on the other hand, is typically fast and easy for most people.” I sat back and waited.

“What if I cannot be hypnotized?” she asked again.

Gloria seemed pretty convinced that she could not be hypnotized. Normally, I would want to know more about how she developed this idea and what her beliefs are, but I had the sense that Gloria was mostly stuck in a performance anxiety type of mode. I could explain until the cows come home...Gloria just needed to experience the process. She may still remain firmly convinced that she could not be hypnotized, and there wasn't much I could do about that. What was more important was that her nail biting habit be a thing of the past; the quicker, the better.

“That is a common question,” I said. “I have done lots of hypnosis, both self-hypnosis and also when

a colleague hypnotizes me. It is interesting, because I know I like hypnosis *and* I'm good at it, but even *I* get anxious sometimes about doing it properly." For the first time, Gloria seemed to relax a bit and sat back into the chair.

"I remember one client telling me that hypnosis didn't work because she was kicked off the stage at a hypnosis show, presumably because she was unhypnotizable. She had enrolled in the *ChildbirthJoy Prenatal Hypnosis* classes, and she was about three months before her due date. Her goal was natural birth, and she was worried that hypnosis would not work for her. But her due date motivated her and, unlike her stage experience, she wanted her self-hypnosis to work. When it came to her birth, it was enormously helpful. If it's important to you, getting into trance is easy. Our job is to find a way that works best for you."

If I have learned anything from the thousands of clients over the years it's that even when it is clear *to me* that the hypnosis is working, it's more important that the client feel it and believe it. Because many people think that hypnosis means that one is *unconscious*, they believe that they do not hear anything during the process. I remind them that even in surgery with general anaesthetic (which is as about unconscious as you can get) people still hear what is happening in the operating room.

Common remarks are: 'It wasn't hypnosis because I heard everything you said'...or...'I remember everything, so it didn't work.'

Later, we will review ways in which you can test your self-hypnosis, but essentially, the proof is in the outcome. When Gloria realizes that it is easier to stop herself if a thought comes into her mind about biting...or even better...remembers to forget about the nail biting, we have success!

For Gloria, as for all of us, this success is what is most important.

Before we start the hypnosis, I find that it can be helpful to explain to a client what to expect. After chatting and once it is time to do hypnosis, I prefer to turn down the lights and put on music in the background, but these adjustments are not essential to the process. Most clients find it comfortable to rest their feet on a footstool, and I have a blanket available to cover their legs, because sometimes the body temperature can cool down once relaxation sets in. Most people comment that an uncomfortable position tends to discourage going deeper into hypnosis; make sure you are at ease physically.

Most people remove their glasses, but contact lenses can remain in place easily. If someone wears a hearing aid, it is best left in so that hearing is optimized.

If a client has hearing loss, but no hearing aid, I will move close to the client's better ear for the hypnosis.

Most people also find that it helps to have a bathroom visit prior to doing a longer hypnosis session because a full bladder can be an annoyance.

Alcohol and any mind-altering drugs interfere with hypnosis, so abstain prior to your appointment. For the most part, continue your regular routine prior to the appointment – if you typically consume caffeine, or take medication, make sure that you follow your usual pattern.

Another tip for more effective hypnosis is to uncross arms and legs. We are not sure exactly why this makes a difference, but it seems to signal to the subconscious mind a willingness to be open to the process.

As I explained to Gloria, "I've found over the years that my clients have different responses when they do hypnosis. Some report that the body gets heavy, but just as many will say that it feels lighter and floating. Some even temporarily lose feeling in the hands or limbs during hypnosis. Of course, all sensation returns once you are out of hypnosis.

I've had clients tell me that my voice sounds very far away while I guide them and other clients say that the pictures in their mind's eye are bright and vivid. It is

quite personal and you need to discover what it is like for you.

If you need to move or shift, you can. If you have an itch, feel free to scratch it. Most people find that they are so deeply relaxed that it is more comfortable to stay still. You can talk, and at any time, and you can open your eyes. You are in control.”

“Ok,” she said hesitantly. “But what if I get stuck and can’t come out? That would be awful!”

“Yes,” I agreed. “That would be awful, *IF* it ever were to happen. In all my years as a hypnotist, it has *never* happened. Trance is a natural state. We shift in and out of trance frequently throughout the day. When we spontaneously drift into trance during the day, it is usually a light state. You barely notice the flow in and out of trance consciously, but your subconscious mind is aware of everything that is going on.

With self-hypnosis, you can train yourself to create a deeper state of trance...and throughout the entire process, you are in control. From time to time, a client may drift into sleep. If the body is very tired, it will grab sleep whenever it can get it, and this is normal. But that is not ‘stuck’ – that’s sleep.”

Gloria nodded. She was listening. I took this to be a good sign.

I continued: “From time to time in the early days, the stage hypnotists would encounter someone

who would not come out of hypnosis. It wasn't until Dave Elman, a master hypnotist, realized that people *could* come out, but because it felt so good, they just *didn't want to*. He found a fast and easy way to fix this, and Elman's solution still works today. All hypnotists are trained in handling this, and to be honest, it is super simple and easy. Unfortunately, however, due to the small number of people who refused to come out because they didn't want to, a misunderstanding started that people could get 'stuck' somehow in hypnosis. But just like meditation or sleep, I have never heard of anyone getting 'stuck' in either of these experiences. Have you?"

Gloria smiled softly and took a sip of water. "Sometimes I don't want to get out of bed," she said, "but I've noticed that if I have a very important event, like catching an early flight, I can set the 'clock' in my head and wake up minutes before the alarm and I have had a great night's sleep."

"That's right," I agreed. "In fact, I'd say that one of my most important jobs as a hypnotist is to teach you how to best *de-hypnotize* yourself. We all need to wake up from the negative and limiting thoughts and habits! A lifetime of hypnotizing yourself with: 'I will never be able to quit this habit'...or...'this habit has total control of me' needs to stop now! *You are in control of YOU,*" I instructed her.

Gloria took a deep breath and I continued. "Using self-hypnosis to have greater control of yourself

is a wonderful application of a simple, safe and easy technique. Would you like to get started?”

Gloria put her feet up on the footrest, rested her head back and closed her eyes right away.

“Before you do that,” I said, wanting to explain a bit more first, “let me show you something and then we will start the process.” Gloria opened her eyes and looked right at me.

### **Starting Self-Hypnosis**

I took a pen and held it almost an arm’s length in front of me.

“First we start with focus.” I looked directly at the pen.

“When we focus our eyes on a spot, it helps to slow our brain waves. Our brains are electrical and, while this is not the full definition of hypnosis, slowing the brain from the *beta* (fast electrical patterns) down to alpha creates an automatic shift into trance. Gearing down from beta to alpha is something we do every night, and we repeat the process every morning but we go from alpha to beta.”

I looked up at Gloria to see if she was still following me.

“We are in trance at least twice every day: when we drift off to sleep at night and when we awaken in the morning.

The next step in the way that I teach self-hypnosis,” I explained, “is to have you focus your eyes above your sight line. You could look up at the ceiling, but choosing a spot higher up on the wall works well for most people.”

Gloria focused on a spot on the wall in front of her.

“Looking up like this creates a bit of eye strain. It is also extra work for the eyelids. The eyelids just *want* to close.” Already, it seemed, Gloria was working to keep her eyes open.

“That’s right,” I commented. *“And when you are ready... close your eyelids, but still look up. This will cause your eyelids to flutter a bit and that’s normal.”*

I waited until her eyelids closed, then continued.

*“Now, take a slow deep breath and count to three in your mind...and on the count of three...let your eyes and your whole body relax down and back into the chair.”*

I paused to allow her the time to do this.

**Deepening: numbers**

*“Very good,” I said following Gloria’s cues, as she was doing quite well. “And now, you can take yourself deeper into hypnosis. One way to do this is to become aware of numbers. Most people start with the number One. And as you create the number...and as you dissolve the number...every number takes you deeper and deeper.*

*...perhaps you see the numbers on a board and then you erase them...*

*...or write them in the sand and the water gently washes them away...*

*...maybe you really see the numbers, or just imagine that you see them...it’s all the same.*

*Take your time and I will be quiet for a moment while you work with the numbers, reminding yourself that every number takes you deeper and deeper.”*

I sat back and checked the second hand of the clock to allow about one minute to pass. Gloria uncrossed her feet and appeared to be very involved in the process. Sounds from the waiting room drifted in, but she didn’t comment on them and her eyes remained closed.

*“And in a moment,” I continued “open your eyes and repeat this process. Every time that you do this, you go deeper than the time before. So, when you are ready...open your eyes and focus on a spot above your sightline.”*

Gloria followed the instructions and I felt myself relaxing, as well.

### **Deepening: breath**

*“So when you are ready, close your eyelids...still looking up...take a breath...count to three... and let your eyes and your body completely relax down and back into the chair.”*

I waited until this happened, and picked up with: *“And now you may take yourself deeper. Another way is to become aware of your breath. As you breathe in calm and peace, tell yourself that every breath takes you deeper and deeper. Breathing in calm...and exhaling tension...slow deep breaths... exhaling and letting go...deeper and deeper with every breath now. I will be quiet again for a moment so that you may take yourself deeper.”*

Waiting again, I checked the clock, and I took the opportunity to quickly take myself into trance. Over the years of teaching self-hypnosis, whether to expecting parents in a prenatal class, or for a client wanting habit change, or to help with setting and achieving goals, self-hypnosis is a valuable tool in many areas of life. I consider it a perk of my job that while teaching self-hypnosis to an individual or a group, I can grab a precious moment for myself. When I opened my eyes I noted that about one minute had passed.

*“For this third time, you will repeat this process. Every time you do this, you go deeper than the time before. So when you are ready...open your eyes...find a spot above your sightline ...and as you focus on that spot...your eyelids might be a little heavier...a little more tired...so, on your own time...close your eyelids...still looking up...take a deep breath...count to three... and let all of you relax down and back even deeper.”*

Gloria repeated the familiar process as I guided her:

### **Deepening: stairs**

*“And for the next moment, you may take yourself deeper by moving along a set of stairs.*

*Maybe you really see these stairs...or just imagine...it’s perfectly fine.*

*Find a set of stairs and as you do...tell yourself that every step...takes you deeper and deeper. Just do as many steps as you like and when you are at the last step, nod your head briefly.”*

I waited again for her to complete the process. Once I saw the gentle nod, I continued.

### **Special Place**

*“If you would like...you can become aware of a wonderful place...real or imagined...indoors or outdoors...a place that you really like.*

*...perhaps a lovely place in nature...sometimes it is a backyard...or a lovely vacation spot...or the comfort of your own bed...it can be as simple...or as elaborate as you like...*

*...take your time...and once you have found this place... nod your head."*

Again I waited and it was not long before I saw a small movement indicating a nod.

*"Very good. Now as you enjoy this wonderful place ...your wise subconscious mind is more receptive to positive ideas, images and hypnotic commands. You could tell yourself now:*

***Whenever I do self-hypnosis, I go faster and deeper into trance and my mind accepts the positive hypnosis commands I give it...whenever I do self-hypnosis, I go faster and deeper into trance and my subconscious mind accepts the positive hypnotic commands I provide. I am in control of my self-hypnosis.***

*Do that now and I will be quiet for a moment while you hypnotize yourself."*

Because Gloria seemed tense when she walked into my office, I decided to allow extra time, so I gave her about three minutes of quiet. She genuinely appeared to be enjoying the process and I noticed that her shoulders

seemed more relaxed and her breathing was deeper and more rhythmic.

*“And in a moment, you will emerge from this state feeling wonderful...but before you do, you can anchor...or lock in...this good feeling.*

### **Anchor**

*One way to do this is to touch your index finger to your thumb on either hand, or even both hands...do that now...and as you do, repeat the word ‘Calm’ in your mind...whenever you repeat this code word, this is your hypnotic anchor and you may immediately feel some...or all of this good feeling...no matter what is happening around you or inside...touch your thumb to your finger with the word ‘Calm’ and this great feeling...which is a feeling inside...that is always available to you...immediately fills you with inner calm and relaxation.*

*And now as I count from five to one, you will come back into the room refreshed, feeling good, five...coming back...four...wiggle your fingers and toes...three...stretching...two... eyes starting to open and one...eyes wide open, back in the room.”*

Gloria stretched and opened her eyes.

For the audio for the Self-Hypnosis, Step One, use the following links:

## **Introduction to Hypnotize Yourself**

[www.mediafire.com/?afugbrdm84lkxa4](http://www.mediafire.com/?afugbrdm84lkxa4)

## **Hypnotize Yourself, Step One**

<https://www.mediafire.com/?39j0oof4o46amco>

## **Chapter Two**

### **Next Steps in Quick Self-Hypnosis**

Gloria smiled and stretched her arms out. As she started to yawn, she tried to stop it.

“Let yourself yawn,” I encouraged her. That’s one way for your body to reset its autonomic nervous system. It’s a good thing.” Gloria took a deep breath.

“So how was that? What worked and what didn’t?”

She thought briefly and replied, “It was all good. I liked it.” She thought again and asked, “That was hypnosis? My mind wandered at points.”

“Yes,” I answered. “That’s perfectly normal. Like anything, it gets better with practice. Let’s recap: you focused your eyes above your sightline, closed them, took a breath, counted to three and then let your eyes and your whole body rest into the chair. How was that?”

She paused for a moment and answered, “It was good. Simple and straightforward. By the third time, I didn’t really want to open my eyes.”

“Excellent,” I responded, “that’s a good sign and not everyone has this happen the first time they do self-hypnosis. Do you remember what you did each time after you closed your eyes?”

“Yes.” But she hesitated. “That’s right,” she said, “it was numbers, then breath, then my stairs up to my happy place.”

“Perfect! It sounds like you followed the directions,” I commented. “Of the three, which one did you prefer?”

“I like the stairs,” answering immediately. “When I walk up, my body gets heavier with each step and once I reach the top, it feels good to stop and relax. I have a comfortable chair that I really like, so I made sure that it was in my happy place.”

“Wonderful,” I smiled. “Most hypnosis scripts and recordings guide you to walk down a set of stairs, and some people like this, but not everyone does. I prefer to give you the choice of what you want. If at some point you prefer a different set of stairs, or you want to change your happy place, you can. This is for you – be creative! If you have a great response on the first try then all you need to do is reinforce what works for you with practice. Some of my clients need to practice quite a bit more to get the response you just had.”

I made notes in her file so that I would remember on future appointments what Gloria’s preference is. She is free at any point to change her preference, but this is a starting point that we can work from.

I asked her: “Of the numbers and the breath, which one is your next preference to help you go deeper into your hypnosis?”

“Numbers,” she said. “Focusing on my breath tends to make me anxious and I worry about doing it right. In fact, I think I did the numbers all wrong – they started to get fuzzy and even went out of order for a bit.

I had to work to stay on top of it.” She slumped a bit in the chair.

“Actually,” I said, “for hypnosis, that’s an excellent response. For school, or bookkeeping or other activities, of course, you want your numbers to remain stable. Hypnosis is different. Hypnosis lets you tap into your imagination so that your creative mind can help you. Getting into ‘the zone’ like you do for music is something that you have lots of practice doing. As long as it does not annoy you, your numbers could be wild and crazy and even tap dance and that is fine.”

Gloria laughed at the image of numbers doing this. When I do self-hypnosis, my numbers have top hats, tuxedos and canes out of the roaring twenties and as each one dances off the stage, it is my cue to go deeper.

“The idea with the numbers, or the breath, or the stairs...is that each one takes you deeper into hypnosis. You could float on a cloud or down a lazy river or be on a bicycle ride – the possibilities are endless. Numbers – breath – stairs are the classic ways that hypnotists use. Did you want to try this again?”

Gloria nodded.

“This time, we can start with the stairs and then we will use the numbers because this worked so well for you. Most people do best when they can choose the words and images that they prefer. Let’s try it now. Get settled in and find a spot...”

Gloria rested back in the chair and looked up.

### **Self-Hypnosis: deepening twice**

*“When you are ready...close your eyelids, but still look up.”* Once her eyelids closed, I continued.

*“Take a slow deep breath and count to three in your mind...and on the count of three...let your eyes and your whole body relax down and back into the chair.”*

I paused to allow her the time to do this.

*“That’s right...and now...you can take yourself deeper into hypnosis. Become aware of your stairs...and as you do... every step lets the heavy...heavy feeling...take you deeper and deeper. See the stairs as vividly as you can...take your time...and do as many steps as you like...so that you are calm...and focused...and when you are in your happy place...raise one of your fingers briefly...as every step guides you deeper and deeper...nice and heavy...sinking down...letting go...that’s right.”*

When I ask a client to raise a finger or nod the head, this is a way for me to pace myself so that I am not going too fast or too slow. When you do your self-hypnosis, of course, you don’t need to signal to anyone else in this way.

I allowed Gloria some quiet time and once I saw her finger lift up and settle back, I continued, *“settling into your happy place...indoors or outdoors...real...or*

*imagined...and as you find this place...your very comfortable chair... allows you to relax even deeper now.”*

As I checked in with her, I noticed that her breathing was regular and her head tilted slightly to one side.

*“As you do...you can keep your eyelids closed if you like...but let yourself look up again...as if you were looking out the top of your head...or your third eye...because each time you do this, you go deeper than the time before...and when you are ready...let your eyes relax...and go even deeper... perhaps twice as deep.”*

I could see her eyelids fluttering and then they softened.

*“You are doing very well,” I commented. “Now...allow your numbers to flow...every number takes you deeper and deeper. And if they jumble...or fade away, that’s perfect. Just tell yourself that every number takes you deeper and deeper...into calm...and focus. Take your time...and when the numbers have done this, raise a finger briefly.”*

I paused and checked the time. Sometimes when people do hypnosis, responses are quick, but for the most part, a general rule of thumb is that the deeper we go into hypnosis, the slower the response time becomes is. When I am with a client, I find it helpful to have a clock

with a second hand to pace me because I have to remind myself to slow down in order to match my client's pace.

I had omitted the part about the deep breath based on Gloria's feedback. If you are used to using your breath to calm yourself, it can be a great tool with your self-hypnosis. I usually give suggestions of going deeper when I see my client exhale.

When I do my own self-hypnosis, I mentally tell myself that as I exhale, I rest deeper into hypnosis.

Gloria's finger lifted more slowly and not as high compared to the time before, a sign that she was going deeper into hypnosis.

I waited a little and, following the same concepts, guided her.

*"If you would like, you can repeat this a third time. Every time you do this, you go deeper than the time before. So when you are ready...open your eyes...and on own time...close your eyelids...still looking up...and let all of you relax down and back even deeper...and do whatever you need to do...to take yourself deeper."*

Again I waited about a minute.

*"Very good. Now as you enjoy this wonderful feeling...your wise subconscious mind is more receptive to positive ideas, images and hypnotic suggestions."*

*You can tell yourself now: **Whenever I do self-hypnosis, I go faster and deeper into trance and my mind accepts the positive hypnosis commands that I give it...whenever I do self-hypnosis, I go faster and deeper into trance and my mind accepts the positive hypnosis commands I give it. Do that now and I will be quiet for a moment while you hypnotize yourself.***

### **Hypnosis: achieving the goal is the intent**

This time, I waited about one minute so that she could repeat her hypnotic command. The reason you do hypnosis is to program your subconscious mind with the specific goal that you want.

*“And now repeat your anchor...touch a thumb to your finger with your code word ‘Calm’...and whenever you wish to recall this good feeling...all you need to do is use your anchor...and the feeling inside of calm and peace is immediately available...it is always with you.*

Coming out of hypnosis is simple and easy – I tend to count out to emerge, but just as easily, setting the intent to emerge works well.

### **Emerging from hypnosis**

*And now as I count from five to one, you will come back into the room refreshed, feeling good, your*

*self-hypnosis working better and better each time...five...coming back...four... wiggle your fingers and toes...three... stretching... two...eyes starting to open and one...eyes wide open, back in the room.”*

Gloria stretched again and opened her eyes.

For an audio version of Self Hypnosis, Step Two, go to:

### **Hypnotize Yourself Step Two**

[www.mediafire.com/?x1q7h64apsxi0qp](http://www.mediafire.com/?x1q7h64apsxi0qp)

## **Chapter Three**

### **Personalizing Self-Hypnosis**

As Gloria and I chatted, we reviewed what worked. The idea is to use what she likes and even refine it to make it work even better. We created a plan for her to use the aspects of self-hypnosis that made the most sense to her.

I suggest that you follow a similar plan, but feel free to modify it to suit your preferences.

As I reminded Gloria that self-hypnosis is anywhere from one to five minutes in length, she agreed that she could do the following two to three times a day:

### **Getting into trance**

- focus on a spot above her sightline, close her eyelids, still look up, take a breath, count to three and relax her eyes and entire body

### **Deepening**

- climb stairs in her mind's eye with a focus on a heavy body sensation
- become aware of a place that encourages a good feeling or pleasant memories (i.e. her 'happy place' with the comfortable chair)
- utilize numbers to deepen the process; if she wants to experiment with something else (like the breath) she can try this out to see how it works

### **Optional**

- repeat the process of opening the eyes and focusing on a spot, or looking up

with eyelids closed – this helps to deepen the state and may be helpful if she has had a particularly busy day or has a lot on her mind<sup>3</sup>

### **Hypnotic Command**

- in the future, Gloria will use words and imagery that focus on her goal of being free of the nail biting habit, but for the next week, she will use the following for about one minute, and I recommend that you do the same:

*Whenever I do self-hypnosis, I go faster and deeper into trance and my mind accepts the positive hypnosis commands I give it...whenever I do self-hypnosis, I go faster and deeper into trance and my mind accepts the positive hypnosis commands I provide.*

### **Anchor**

- she then touches her index finger to her thumb on her dominant hand and repeats the word 'Calm' in her mind to lock in the good feeling (whenever she wants to remember this good feeling,

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<sup>3</sup> *Fractionation* is a concept whereby the process of going into, and emerging out of, hypnosis deepens your state.

she repeats her anchor as a quick and easy way shift her state when needed in her day – repetition of her anchor in self-hypnosis reinforces the strength of her anchor)

### **Emerge**

- she releases her index and thumb and then tells herself:

*Emerge now, feeling wonderful!*

- Or she can formally count herself out with numbers if she prefers - if she used 1 to 10 to go deeper, she can reverse this (10 to 1 or 5 to 1) to emerge.

I reviewed the steps until Gloria was clear on the process. She agreed to return the next week to work deeper on changing the actual habit. As I did with Gloria, I will teach some clients self-hypnosis on the first appointment. Sometimes, it is on the second or third appointment. I depend on what the client presents with and then I make a decision as to what would be the best approach, given the circumstances.

My thought with Gloria is that it was critically important for her to gain mastery of a process in which she could be in an altered state and in control at the same time. For most of us, this is an exceptionally helpful

thing to learn. Ideally, Gloria would be able to shift her state from nervous and reactive (sympathetic nervous system dominance) to allow for some moments of *rest and digest* (parasympathetic nervous system).<sup>4</sup>

For an audio version of this process that you can use, click here:

### **Hypnotize Yourself Step Three**

[www.mediafire.com/?v7ksyvaffbpx8r2](http://www.mediafire.com/?v7ksyvaffbpx8r2)

We had enough time left for us to do a longer process of guided hypnosis. I had gathered valuable information about what her preferences were, so I had a lot to work with to assist her. She had a quick bathroom break, and I double-checked my notes and when she returned and settled back in the chair, I turned down the lights, put on a relaxing piece of music and started:

*“Find a spot...and as you find a spot above your sightline...”*

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<sup>44</sup> The autonomic nervous system (ANS) is composed of three parts: sympathetic/SNS (fight or flight), parasympathetic/PSNS (rest and digest), and enteric/ENS (the gut or our “second brain”).

The ENS is sometimes considered part of the ANS and sometimes considered to be in independent system because it continues to operate even after the vagus nerve is not operational.

## **Chapter Four**

### **Of Two Minds:**

#### **Your Conscious and Subconscious**

As mentioned before, while it's not a fancy model, hypnotists find it helpful to think of the human mind like an iceberg. The conscious mind is the top part of the iceberg above the water line – the smaller mind, about 5 to 10 percent of the total mind.

The conscious can manage one task at a time and excels in rational, analytical, executive function tasks.

The deeper, bigger part of the mind below the water is the subconscious. It stores massive amounts of data, can accomplish many tasks simultaneously and has an incredibly fast processing speed. Creativity and imagination are some of the talents of this mind.

While there are numerous tasks that your subconscious mind accomplishes in a continual and automatic way, the primary function of this mind is:

*The Safety and Survival Programme.*

Everything handled in the subconscious mind is filtered through the perspective of: *Is it safe?...and...will this help my survival?*

Apparently we are born already hard-wired with two basic fears: falling and loud noises. Every other fear is learned.

We are also hard-wired for learning - you were learning even in the womb! Prior to your birth, your mind was completely open and receptive to learning – like a sponge, your mind absorbed everything because it was important to know what type of world you were being born into.

The DOHaD research Research in DOHaD (Developmental Origins of Health and Disease) shows that babies who were born in the Dutch Hunger Winter in 1944 during the Second World War learned *in utero* that their world was a place not only of hunger, but of starvation. The metabolism of these babies adjusted

unconsciously before birth to ensure that every calorie worked especially well so that they could survive. Once the six-month food blockade was over, Holland returned to caloric abundance, but once born, the cellular wisdom of the babies did not know this. Still programmed for scarcity, their metabolism continued to respond to food intake by over-using and hoarding calories.

As adults, those who were in the Dutch Hunger Winter went on to have extremely high rates of obesity, heart disease and diabetes as compared to others in their culture.

In fact, medicine currently believes that heart disease is a result of too many rich sauces and saturated fats. That heart disease may be more likely due to fetal malnutrition is a huge paradigm shift that is still not well known in medicine; most physicians remain unaware of the DOHaD research.

For those in the Dutch Hunger Winter, the body still treats each calorie as if it is a scarce commodity even though the adult is living in a world of more than enough calories.

Every cell of your body is capable of learning.

Every cell of your body is programmable; the first priority of every cell in your body is *The Safety and Survival Programme*.

This includes your subconscious mind.

As we discovered in the first chapter, Gloria's subconscious had a well-established habit with the nail biting. As she discovered, her conscious mind did not want to continue the habit and tried to stop it numerous times, but her subconscious would always over-ride her.

We use hypnosis to reprogramme the mind at the deeper level. Gloria's subconscious mind probably thinks that the nail biting helps her in some way. She mentioned in a subsequent appointment that she noticed that when she was nervous she had increased thoughts of nail biting. When she felt fine it never occurred to her to bite the nails.<sup>5</sup>

In fact, if the subconscious mind believes that a particular habit is essential for your safety and survival, it will not allow you to release the habit. When basic hypnosis (trance plus positive hypnotic commands) does not create the desired change, hypnotists then use more advanced strategies to change subconscious beliefs.

Hypnotic commands to the subconscious work best when they are specific, focus and targeted. One of Gloria's favourite commands to use with her self-hypnosis is: *It is safe for me to have long, strong, natural nails*. In our chats, she recounted a couple of experiences of being a frightened little girl and noted that her nail biting started soon after. It is possible that her

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<sup>5</sup> If the subconscious believes that a particular habit like nail biting is helpful (i.e. it reduces nervousness), then it will prompt the habit to help you feel better.

subconscious thought that bringing her hands to her face would alert her to potential 'danger' (for example, that her parents were fighting, or that someone was upset, or something else).

Assuming that this is true, this is a smart subconscious strategy!

What starts out as resourceful, helpful and/or protective, however, can become a problem in and of itself over time. It is important to note that your subconscious is always working FOR you. It wants to help you. Your subconscious does not like it when you are in pain, physically or emotionally.

Your subconscious mind is always working for you.

And your subconscious mind does not like it when you are in pain and actively looks for ways to help relieve that pain. Hypnosis can add to your 'toolkit' so that your subconscious has enhanced ways to help you.

One of my clients was ready to let go of her smoking habit and as we discussed using hypnosis to do this, she told me: "Cigarettes are my best friend!" When I asked her about this, I learned that her family had moved numerous times when she was a girl, and as she is naturally shy and reserved, this was highly upsetting to her. She had extraordinary difficulty making friends, and as a teenager, she took up cigarette smoking and

found it to be reassuring and comforting. Tobacco became a non-judging-always-there-for-her-friend.

Just like your computer's operating system receives frequent updates, and you need to empty the computer's recycle bin from time to time, you know that when you have difficulty changing a habit, there is a subconscious programme that needs revising.

If I approached her hypnosis with standard responses of "You are a non-smoker now," it might have worked. Instead, in hypnosis, we had her deeper mind agree that this 'friendship' had served its course and as an adult, she was capable of finding better friends.

### **Hypnosis Safety**

It is exceedingly important that your self-hypnosis be accomplished in the safest and most helpful ways. If you have not yet listened to the first audio in chapter one: **Introduction Hypnotize Yourself mp3** please do so now.

A key aspect of hypnosis is that it encourages trance, which, while natural, is an altered state. In this altered state, the conscious mind is encouraged to drift off so that the subconscious mind is listening more closely.

In trance, the conscious mind is encouraged to disengage (for example, it can drift away to a happy place) and as this happens, the subconscious mind is

more receptive to the positive suggestion that is typical of hypnosis.

The goal of hypnosis is to allow greater acceptance of the positive thoughts and ideas into the subconscious so that you can reprogramme the 'hard drive' of your mind to be more efficient and effective. While your subconscious mind works for you in many wonderful and helpful ways, we all have aspects of the mind that we would like to change, add to, or reinforce.

It stands to reason that during activities that require your full attention, you should not use your self-hypnosis or attempt to encourage a trance state. You should be alert and attentive while driving. Your conscious mind needs to be fully engaged to anticipate traffic and drive safely.

NEVER use hypnosis while driving or when you need to be alert.

Also, do not play a hypnosis recording out loud if the people around you can be affected. This is particularly important when women are using hypnosis during birth because her partner needs to be alert in order to contact the careprovider and drive her if she is birthing in a birth centre or the hospital. Also, those using a hypnosis recording for medical or dental procedures or surgery are advised to not play a recording out loud. Earbuds or headphones are safe ways to use your hypnosis recording.

Another time when it is very important to be aware of potential risks of self-hypnosis is in medical settings, especially if your care provider is attempting to diagnose a situation. Hypnosis can bring blood pressure down to normal levels in people with hypertension, but what if there is a medical condition that is the root cause? While rare, there are medical conditions that cause high blood pressure and need to be dealt with appropriately. A hypnosis 'band-aid' that covers up a symptom is neither helpful, nor is it appropriate. In general, medical symptoms are a sign of imbalance. Hypnosis should never be used to cover up or mask problems that should be assessed by a medical doctor or dentist.

In another example, pain is called the 'fifth vital sign' (temperature, blood pressure, heart rate and respiration are the first four) because it provides valuable information about what is happening in the body. The use of hypnosis to mask pain can result in a missed diagnosis or inaccurate diagnosis. For this reason, hypnotists require a letter from a medical doctor prior to doing hypnosis for medical pain relief. I also ensure that the midwife or physician attending at a client's childbirth is aware that women using hypnosis can appear to not be in labour, when she might actually be quite close to delivery.

Use common sense, and if in doubt, ask your doctor to confirm that hypnosis is appropriate for the reason that you wish to use it for.

## Chapter Five

### All About Relaxing

After Gloria left, I finished up my notes. She had responded well with the longer hypnosis section that we ended the appointment with. She said she was much calmer and felt very good – “Like I’ve had a refreshing nap,” she commented. I prepared for my next client.

Ava and I had met previously a few times and I always enjoyed my time with her. A passionate and fiery woman who had just turned 36, she and her husband had been trying for a baby for the past eighteen months. The diagnosis of ‘unexplained infertility’ resulted in a medical recommendation of *in vitro* fertilization (IVF); now that she and her husband were approaching their third round of IVF, she was in a state of profound distress.

A medical procedure that removes a woman's eggs for fertilization, IVF is performed in a fertility clinic. The fertilized egg/eggs are then transferred to her with the ideal result being pregnancy. Due to the highly stressful nature of this procedure, most women also access one or more of these complementary modalities: hypnosis (HypnoFertility®), acupuncture, Traditional Chinese Medicine, yoga, and mind-body meditation.

At our first appointment, I identified Ava's personal life strategy for dealing with problems: apply force, and if that didn't work, apply *more* force.

True to her dynamic nature, Ava would just push herself to work harder and longer to achieve her goals. Regardless if her goal was academic, career, weight maintenance or finances, she was capable of burning candles at both ends and still have extra energy to spare. In fact, this is how she met her husband – when her 32<sup>nd</sup> birthday passed and she was still single, she took matters into her own hands. Within six months, she had met her husband-to-be and they had agreed to commit to each other. Ava's husband, Phil, is a wonderful man with loads of patience and his calm demeanour keeps her naturally reactive nature in check. They clearly adore each other, but the stress of fertility clinics and the monthly despair that comes with negative pregnancy tests was starting to wear on both on them and their marriage.

To help improve her chances with the third IVF cycle, Ava started seeing Dr. Mary Wong, a fertility acupuncturist and TCM practitioner in downtown

Toronto. By checking Ava's pulse points, Mary could literally feel the effect of the ups and downs in Ava's life because Ava's *Qi* (life force energy) could alternately be strong and weak. Mary recommended that Ava see me for help with the emotional roller coaster.

Ava arrived a few minutes late, stressed about finding a parking spot. A natural beauty, Ava's body was tight and thin, like a big cat with every nerve alert and on edge. At times like these, I am especially grateful for the deep relaxation qualities that hypnosis offers, because I knew that Ava and I could talk solidly for over an hour, and while she would feel that someone else really understands her, an appointment of only talking barely budged her frustration. A busy executive, she likes quick results.

Ava gets frustrated about her frustration!

Her strategy of applying more pressure, working harder, and completing tasks in record time resulted in much success throughout her life. When it came to making babies, however, this strategy was not only ineffective, it made things worse. Applying more 'pressure' to the ovaries, tubes and uterus to jumpstart fertility results in poor success rates and is enormously taxing—physically, emotionally, and in relationships.

The reproductive system needs to feel safe in order to function properly. Anxiety, fear, disappointment, grief and pressure to perform results in

subtle changes that can effectively shut down the ability to allow pregnancy.

In fact, just walking into a fertility clinic is incredibly stress-inducing, not just consciously, but also unconsciously. The intelligence of the primitive reproductive system protects itself against stress by reducing overall fertility. A huge body of research demonstrates that even a little bit of help to relieve stress results in better reproductive outcomes.

On Ava's last IVF cycle, she was consuming over \$800 in medications a day (every day!) to stimulate as many eggs as possible...and to make a long story short, a pregnancy did not happen. That's when she decided to try a different approach and started acupuncture, yoga and hypnosis.

I was curious to hear how she was doing with her self-hypnosis. She had learned the basics at the last appointment and now should be ready to move to the next level.

"Oh for heaven's sake!" Ava blurted out. "That traffic out there is *insane*. It took me 40 minutes to move 5 blocks. I can't believe this stupid city! This day started out bad and it is going downhill from here!"

Normally, Ava's words would be more colourful and I thought she was doing well with editing her thoughts and words more carefully. It can take time to change thought patterns and one of the first steps is

choosing to speak in a more positive way. The next step is changing the thoughts internally, and it takes diligence to accomplish this. As hard as it was, Ava was really trying.

“Hello Ava. It is great to see you again. Come on in when you are ready.” I invited her in. “Other than terrible weather, a lousy day, horrific traffic, unrelenting misery and inhumane suffering...how are things?”

Ava burst out into a deep, full laugh. She and I could joke easily with each other, and even *she* could see that her day wasn't really all that bad in the scheme of things. She also knew that she would leave feeling much better. I acknowledged internally that, it was easier for her to vent her frustration at the traffic than consciously feel the pain of the fertility challenges. Of all the presenting issues I have helped clients overcome, infertility has to be the worst, in my opinion. Hearing the heart-wrenching stories of deep and profound suffering that it causes makes it almost unbearable to witness at times.

And then...the joy of seeing a client's pregnant belly and baby photos is beyond exquisite. The fertility journey is typically a dramatic and emotional roller coaster ride for everyone.

As Ava and I caught up, she filled me in on the latest round of disappointing information from her fertility clinic. She was impeccable with her diet, even giving up her beloved coffee. Every night, she drifted off

to sleep while listening to the personalized hypnosis recording that we had created together. She was doing acupuncture one to two times a week plus fertility yoga, and at the same time she was into the fertility clinic for 6 a.m. ultrasounds to measure her uterine lining and check the development of follicles in her ovaries. She vented for a few moments – the words rushed out, landing in a jumble, it seemed, on the floor between us.

Of course she knew that there were other women with fertility challenges and she wasn't alone in this problem, but still, the thought that her body was failing her felt like a terrible slap in the face. She had mentioned previously that she felt a sinking sensation in her gut as well as her heart feeling raw and throbbing. She was in a constant state of nervous system hyper-vigilance.

As we caught up on her self-hypnosis, Ava's chief complaint was that it did nothing for her level of relaxation. I double-checked that she was following the process that we had outlined for her and she was.

"While hypnosis is capable of creating deep states of relaxation, generally, self-hypnosis requires that a part of your mind remains as an observer to help guide you through the process," I explained. "You might notice that when I guide you in hypnosis, you are capable

of quite deep states of trance, isn't that right?" Ava nodded, remembering earlier experiences.<sup>6</sup>

"I have been doing self-hypnosis for a long time and I can take myself deep quickly. Plus, I am a kinaesthetic learner, so the feeling of relaxation is easier for me to recognize. You are a visual learner. You can see images and visuals easily in your mind's eye. All I ever see are shades of gray. Trust that it will happen, but it may take some time for you." I paused for her to digest this information.

"Don't expect relaxation as a result of hypnosis," I reminded her. "The goal of self-hypnosis is re-programming your subconscious mind. Think: rich uterine lining...lots of healthy eggs...a big pregnant belly...a happy baby..." I paused as Ava let this sink in.

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<sup>6</sup> Dr. Ernest Hilgard and his wife, Josephine Hilgard researched hypnosis at Stanford University from 1933 to 1989. The Hilgards discovered what they termed the "Observer Effect," whereby one's *Inner Observer* pays attention even during deep states of trance. This concept explains why we cannot be hypnotized to do anything against our will.

Self-hypnosis tends to be a lighter state because there is a part of you that observes the process in order to help guide you into trance, assist with your hypnotic commands and then assist you out of trance or into sleep. When someone else guides you in hypnosis or when you use a recording, all of you can be a part of the experience, making it feel more profound.

As mentioned before, relaxation is not, by definition, hypnosis. Relaxation, however, is a common side effect of hypnosis. While relaxation is pleasant, and there is some medical research to show that experiencing deeper states of relaxation have significant health benefits, the goal of hypnosis is making change at the deep subconscious level – in Ava’s case, a successful IVF cycle.

“Now, combine these images with a focused state, and these thoughts and feelings are then re-writing the fertility program in your subconscious. Relaxation is an added bonus.”

Predictably, Ava started in on a story about a friend’s experience of hypnosis. “That’s your friend, not you,” interrupting her. “What is important is what *specifically* works for you.”

I checked the notes in her file and noted that her anchor was a code word for a tropical beach that she and her husband had been to on their honeymoon.

“Ava, when you were at this beach, did you feel relaxed?” I asked her.

“Sure!” she replied. “We went surfing, scuba diving, snorkling and every morning, we had a great run together on the beach. It was awesome!” Her whole face lit up and her smile was radiant.

“That sounds so wonderful,” I responded, “and it may have been very relaxing. But it sounds like a very

active vacation, which is great. Active and relaxing are two different states, however. You probably felt tired at the end of the day and I bet you both slept well. When you relax, how do you *know* you are relaxed?"

She responded immediately. "Relaxed means that my mind is not focused on work or worries," she replied.

"That makes sense," I said. "You are a woman of action and you have a lot of 'push' and fire in your energy. An active vacation like you just described is a great choice for someone with your energy. Someone like yourself with a lot of fire in his or her energy needs to be physically active every day. At this moment, I think that it may be valuable to have greater clarity on what your body feels. Did you want to try a short exercise?" Ava nodded. "Ok, when you are ready, get comfortable and close your eyes. First we will start with your breath."

For the next minute, I guided her in the process of *Balanced Breathing*.

As noted previously, we have a number of nervous systems. The involuntary nervous system, also known as the autonomic nervous system (ANS), is composed of two very different 'arms' that alternate with each other. Like a teeter-totter, when one is up, the other is down, and vice versa. These arms of the autonomic nervous system are the *sympathetic* (SNS) and the *parasympathetic* (PSNS).

The sympathetic nervous system is energizing and gets us moving. When a person is in fight-or-flight mode, the body is in sympathetic dominance. This nervous system is subtly stimulated when we breathe in: the heart rate speeds up, the blood pressure rises and other body functions are affected in small but powerful ways. When your ancestors needed to run away from a sabre-toothed tiger, this nervous system came on-line instantly.

To recap: the sympathetic nervous system is energizing and also manages our fight-or-flight response. The sympathetic nervous system is stimulated with our breath when we inhale.

The parasympathetic response is the relaxation response where the body settles into rest-and-digest. This response happens with the exhale - the heart rate slows and blood pressure rests back. In primitive days, chasing after food was a very small part of one's day. Most of the day was spent in the rest-and-digest mode.

To recap: the parasympathetic response is calming. When we exhale our breath, we stimulate the parasympathetic response.

A balanced breath is one where the length of the inhale is balanced with the exhale, thereby allowing for balance of the sympathetic to the parasympathetic.

Opposite to how our ancestors spent their days, we spend most of our lives in fight-flight-freeze mode:

emails, commuting/traffic, information overload, work demands, and more. Because we have adjusted to fast-paced and demanding environments, most of us do not feel 'stressed.' When the body develops a condition (i.e. hypertension, weight gain, fatigue, infertility), our attention might then be drawn to the concept of 'I-am-stressed' but we should be able to recognize the warning signs *before* illness has a chance to develop.<sup>7</sup>

While both the sympathetic and parasympathetic nervous systems have unique strengths, the most important thing is balance. Resilience is a condition that our bodies thrive in. Chronic dominance of one nervous system over the other is not healthy, which is why I guided Ava on focusing her attention on a pattern of the same length of time for the breath in as for the breath out:

*"If your inhale is to a count of 4, breathe out for a count of 4. In for 8, out for 8.*

*The actual count isn't as important as making sure that the breaths are approximately even.*

*Slow, deep breaths into the base of the lungs are good, if you can. This is an excellent habit to touch base with throughout your day. You could do this while stuck*

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<sup>7</sup> An interesting note: the gut makes the majority of serotonin, the natural biochemical that helps us feel content and happy. Only one percent of the body's serotonin is made in the brain.

*in traffic, waiting on hold, or anytime it occurs to you. Frequent practice with this breathing will reap you huge rewards.*

*The reproductive system especially benefits from a balanced sympathetic-parasympathetic system. The people who say “just relax and you’ll get pregnant” are trying to be helpful in their own clumsy way. This breathing is your first step in healing the autonomic nervous system.”*

While the Balanced Breathing is not hypnosis, research shows that hypnosis and other modalities are more effective when the SNS and PSNS are balanced. Breathing through the nose is best, but if sinuses are blocked, the mouth can be used. Sometimes to slow my breath down, I exhale through my lips deliberately.

Once I could see that Ava’s breathing had settled, I suggested that she slowly scan her body from the top of her head to her toes. The goal here is to notice how tension and relaxation exist in the body. When we are in sympathetic dominance (Ava’s tendency), it is easy to over-ride conscious awareness of physical sensation. Ava’s chief complaint was that self-hypnosis was not relaxing...the first step for Ava, from my perspective, was to have her notice and become more conscious of what, specifically, relaxation means to her.

*“Sometimes relaxation feels like a heavy, settling down feeling,”* I continued in a steady low tone.

*“Or it could be a lighter, floating feeling...or even, just the absence of sensation. If there is a part that feels tense, notice what that is like. Maybe there is a colour, or an image or a sensation associated with it.”* I paused.

*“And if there is a relaxed awareness, notice it...the colour...the temperature...perhaps it is a shape ...the relative size...texture...tone...and...movement.”*

Another pause.

*“What are you aware of?”*

Ava took a moment and spoke with her eyes closed. *“There’s a heavy dark ball in my gut and my chest is tight and achy. My legs and hands feel tingly, like they are energized. My back seems quiet and calm...it reminds me of when I was a girl and summers were full of play and fun and there were no worries, it seemed.”*

Ah, she was already accessing the feelings that would be helpful for her, I realized.

*“Wonderful...sink into that feeling in your back and recall with as much detail as you can...the warmth of a summer day...the fun and excitement of playing with others...vivid colours and clear images...see it even more and let it get brighter...bold...and double that*

*feeling...and double it again...and again...and let me know when you have it.”*

It did not take long and Ava nodded.

*“Now breathe that in, full and deep and repeat your code word from your happy place, aloud or in your mind, and lock in the good feeling. That’s right. And when you are ready, open your eyes and come back into the room.”*

Ava smiled and looked my way. It was like a cloak of tightness had slid off her shoulders and drained away. Even her face looked brighter.

“As I said before, self-hypnosis is not necessarily a state of relaxation. But it can be very nice to combine the power of focused hypnotic intent with a really good feeling. Let’s try your self-hypnosis now with this good feeling, with your Balanced Breathing and see how that works. Are you ready?”

As I guided Ava into her self-hypnosis using her childhood memory of relaxation, I was grateful that this could be used as a bridge to remind her body how to balance itself again.

Not everyone has a memory like this to access, and for clients who have this challenge, I encourage them to make it up – *if you were to have a happy memory, what would it be?*

The subconscious does not really understand the difference between real and imagined, and when we make up a believable story, the body responds as if it were true. This is why we can scare the living daylights out of ourselves with just our thoughts...and conversely, we can calm ourselves with our thoughts. Like writing a document on paper or the computer, the paper/computer does not judge what we have written.

Similarly, the subconscious mind mostly accepts what we input into it. As you imagine being in a happy and relaxing place, your conscious mind knows you are imagining; your subconscious responds as if it is true. Your body creates the calming and natural biochemicals and hormones that happen when you are actually in your happy place.

For an audio version of this process that you can use, click here:

### **Hypnotize Yourself Balanced Breathing**

[www.mediafire.com/?d67p6hw0qw22344](http://www.mediafire.com/?d67p6hw0qw22344)

## Chapter Six

### Additional Mind Models

#### The Hypnotic Anchor

#### Special Place

##### Mind Models

A model that we have used previously is the mind-as-computer model. The conscious mind is the screen (limited memory and can do one thing at a time) that interfaces with the hard drive. Like the subconscious, the hard drive/CPU can store massive amounts of data, audio, video and more. While a computer's processing speed is incredibly fast, the human mind is much faster. The programmes are stored on the hard drive and follow the rules that are coded into them. Hypnosis is all about making changes at the deeper level inside the programme – the subconscious.

Another way that I like to think about how our minds work is the *Exclusive Club* model. Imagine that you have a wonderful place, like a high-end private club with your name on it. You can invite anyone in. The decor, food, music and fun are your choice.

At the door, your Security Guard has a list of who is allowed in and there is a line up at the door. One of those lined up is *Smoker*. *Smoker will try* to get in but can't, because it isn't on the list (because you are a non-smoker, of course).

If an idea, belief, or decision is not on the list, and as long as security is at the door, that idea/belief/decision does not get in to your subconscious mind.

Assuming that *Financial Abundance* wants in and is on your list, *Security* automatically allows this. The same for other sub-conscious programs such as *Health, Restful Sleep, Ideal Memory and Recall, Slim Fit Body, Loving Relationships*, and more.

*Security* resides in the place where the conscious and subconscious meet. The 'list' that *Security* uses is different from person to person and is based on your beliefs, experiences, cultural background, and more. One way that you can modify what is on the list is by using hypnosis. Reformed smokers, for example, used to have "I am a smoker" on the list, but then changed that to "I am a non-smoker."

Hypnosis is the process that sends *Security* on a break.

When *Security* is on a break, your mind is more receptive to the positive ideas and hypnotic commands that will reprogram your subconscious mind.

Upgrade the subconscious programs using hypnosis.

Self-hypnosis lets you be in command of this process.

Self-hypnosis is a tool to change the old hypnotic programs that have been holding you back or sabotaging your success.

If someone wants a healthy, slim and fit body, but the subconscious program has its 'thermostat' set to a level that is overweight, diets may work for a while, but eventually the thermostat kicks in and slows down the metabolism so that the body returns to overweight. Or, the subconscious over-rides the conscious and breaks down the will-power so that the person goes off the diet.

With hypnosis, you access the program in the subconscious mind and re-set the thermostat. For bigger changes, you may find it helpful to have a hypnotist guide you. In this case, your self-hypnosis will be a daily reinforcement of the work done in the appointments.

For smaller changes, self-hypnosis is safe, effective and powerful.

### **More on the mind model**

Prior to the age of seven, *Security* doesn't exist in any significant way.

In fact, it only fully comes 'on-line' at 25 years of age, when the frontal lobes (executive function) are completely formed. The young mind works like a sponge, constantly downloading. There is no 'firewall' or 'anti-virus' protection. We absorb everything when we are children so that we can fully learn about the world we have been born into.

For most of us, making changes requires fixing the faulty programs that we installed at an earlier age. Both my parents smoked when I was little, and I picked up the habit as a teenager. The 'smoking program' started when I was very young when my parents and the rest of society modelled cigarettes as 'glamorous' and 'freedom.' Once I was in high school, I had the money and independence to allow me to 'start' the smoking program, but in fact, it had been 'installed' as a program many years earlier. In my twenties, however, anti-smoking campaigns made it more difficult to find places to smoke indoors, cigarettes became more expensive, and the glamour angle was downplayed through public health advertising, so I quit.

Smoking wasn't glamorous any more and it was starting to restrict my freedom. I realize now that it also helped that my father had quit his smoking habit before I left for university – even though I didn't think much of it consciously then, it must have had a powerful impact on my subconscious, because it was very easy for me to release this habit once I decided that I was ready.

One of my clients told me his story: when he was quite young, he started smoking and quickly got himself up to three packs a day. "But I always told myself," he said "that when cigarettes reach a dollar a pack, that's it! I'm quitting!" (At today's prices, it is clear that he has been a non-smoker a long time ago.)

And the day came: \$1.00 a pack, three packs a day.

He quit.

"It was the easiest thing I've ever done," he told me. "But it really annoyed my buddy. He asked me: 'How did you do that so easily?'"

I knew why it was so easy for him and not for his buddy. He had hypnotized himself over and over - every time he bought a pack, every time he lit up, every time...*When cigarettes reach a dollar a pack, that's it, I'm quitting!*, he reminded himself again and again.

That's hypnosis.

He hypnotized himself in the waking state, so he needed lots of repetition. The repetition resulted in a layering of his hypnotic commands to himself.

When you combine repetition AND self-hypnosis, you have a winning combination.

## The Hypnotic Anchor

Psychologists talk about *conditioned response*: if  $x$ , then  $y$  and if  $y$ , then  $x$ . Pavlov trained dogs to salivate to food, while simultaneously ringing a bell. Soon, the dogs learned to salivate to just the bell. As humans, we have many conditioned responses, both positive and problematic.

Hypnotists call this an *anchor*.

Gloria's relaxation anchor is touching her index finger to her thumb and mentally repeating the word 'calm'. Ava's relaxation anchor is her breath and the code word for her vacation spot. Your anchor can be whatever you prefer.

Common anchors that hypnotists use include:

- touching a finger to the thumb
- the breath
- repeating a code word or code phrase
- music
- scent
- or something that you prefer
- a combination of any of the above.

As you reinforce your anchor when doing hypnosis or in a relaxed state (or both), you enhance your internal response; it becomes stronger.

Add to your hypnosis anchor 'library' by reinforcing it during the times:

- you use a hypnosis recording, especially when you notice you are feeling relaxed
- your partner or friend guides you in hypnosis with a script
- you feel good (happy, calm, peaceful, content, etc) outside of the formally induced state of hypnosis
- you have a hypnosis session with a hypnotist.

Whenever life becomes stressful you can elicit the relaxation response quickly and easily by repeating your anchor.

Do that now – take in a deep breath and repeat a code word that signals calm or relaxation.

Focus internally for a moment and identify what changes you notice.

### **Special Place**

Your Special Place can be anything that you want.

- real or imagined...
- indoors or outdoors...
- a place you have been to...or not...
- simple or fancy...
- a nature scene...or not...

Your Special Place can be a memory or a snapshot. Clients have told me about being in a bedroom, patting the dog, a vacation spot, or even a place that doesn't exist on earth. It doesn't matter.

This is virtual reality – you can make it however you want.

The goal with your Special Place is to feel good. For people who are very visual, this can be an easy process, by just visualizing a relaxing, calming, or happy place. We all have the ability to visualize in some way and we all have the ability to remember a good feeling. And if you can't do this, you can just make it up.

As we remember or create a pleasant feeling, the body literally creates the natural chemicals and responses that happened when we were first in this wonderful place. Every thought you think and every emotion you feel literally creates natural biochemicals that are felt by every cell in your body. The trick is to have more positive thoughts and feelings as compared to negative ones, because the chemicals created by negative thoughts and feelings are hard on the body and overall health.

You can anchor your Special Place to your favourite touch or code word like Ava did. The goal is to find very fast, easy ways to shift your state to one of calm, comfort and ease.

Do this now – repeat your anchor and find a Special Place and stay for a few moments. Identify what changes you notice in your body.

## Chapter Seven

### Hypnotic Commands

Hypnosis is...

...an altered state of focus where the subconscious mind is more receptive.

The subconscious mind works differently than the conscious mind. It is mostly digital in nature (i.e. black and white, zeros and ones) and simplistic.

It records and stores experiences and has a powerful search engine that works seemingly at the speed of light. For your safety and survival, your subconscious can go through all the data archives of every experience of your life. For example, as an adult, you know to not touch very hot surfaces because once you first learned about this, your subconscious retained the information (*Hot! Don't Touch!*). Your mind reminds you if for some reason you were to try to touch something hot again.

The subconscious mind understands positive concepts best. The request to not think about an elephant brings up a mental picture of elephants. Like

computer software, the subconscious has its own 'language': picture and metaphor. The picture for 'no' elephant does not exist. If you type 'no elephants' into an internet search engine, you get lots of hits for everything about elephants. If you want to avoid thinking about elephants focus on something else...perhaps hummingbirds, or sunsets.

Similarly, the slogan "Don't Drink and Drive" tends to be interpreted by the subconscious as "drink and drive."

The most important take-away when it comes to communicating with your subconscious mind is to focus on what you DO want.

### **Summary**

...hypnosis is an altered state...

...hypnosis works with the bigger mind, the subconscious mind...

...your subconscious is more receptive in hypnosis...

...input positive commands for what you DO want.

You want to direct your mind in clear and specific ways. This is why I like to use this phrase: *hypnotic command*. A hypnotic 'suggestion' or 'affirmation' can be just as effective, but your subconscious responds to the intent that comes with

words. You want to be the captain of your ship and be the leader of your mind.

### **Creating ideal hypnotic commands**

As discussed, hypnosis works best with clear and positive commands that are in the present tense. A clear intent is the best way to guide your subconscious mind.

A common formula to guide you is SMART:

- S – specific and simple
- M – measurable
- A – achievable
- R – relevant and realistic
- T – time-bound

**Specific:** Losing weight can be a good goal, but to the subconscious, a drop of one pound (or kilogram) is technically success – how much, specifically, do you want?

Remember, too, that the subconscious, while capable of very fast processing speeds, generally functions at the level of a toddler’s mind – clear and simple is best. Like the example about being a sober and alert driver, avoid these words: not, don’t, can’t, try, never.

**Measurable:** a vague intent to have ‘more sleep’ can’t be quantified in any significant way. Technically, one minute more of sleep IS more sleep.

When using self-hypnosis, you want to specify how many hours of sleep you prefer.

In terms of ‘better sleep,’ you can chart with a rating system (0 to 10) that puts numbers to the quality of your sleep. Or, you can specify with words that are meaningful for you, such as: deep, restorative, refreshing, and rejuvenating.

**Achievable:** the goal to slim down by 10 pounds may be ideal for you, but doing that in one week is not safe, healthy or realistic.

Really check in with yourself – on a zero to ten scale (with 10/10 = I am capable, this is totally do-able), do I really believe that this goal is achievable?

Set yourself up for success: anything less than 7/10 should be modified – perhaps chunk down the project and do it in smaller steps, and importantly, celebrate your wins!

**Relevant:** Is your goal important to you now? One of my clients decided as a teenager to go into medicine primarily because she wanted to be respected by others. She created a successful business in the renovations industry (not an easy task!) and put herself through university and graduated debt-free because of her part-time business. Years later as her medical career

was not satisfying to her in the way she had originally envisioned, she pushed herself harder using hypnosis to grow her business. She came to realize that her head was pushing the agenda and her heart wasn't in it. She still loved the work in renovations and left medicine to be a different type of 'doctor' – a house doctor.

Check with your head, heart and gut: is your goal a 'should' or something that excites and inspires you? If not, (i.e. corporate, getting taxes done, etc.) then use hypnosis to focus on the good feeling of achievement when you have completed your task.

**Time-bound:** the subconscious has a limited understanding of time. The future is a vague concept – it is always 'now' to this mind.

Setting clear dates gives your subconscious mind a target to aim for.

And, of course, smaller and achievable steps are easier to manage – “book the reception venue by January 10, 2016” will be more successful than “have a wonderful wedding.”

Another example is: “As of \_\_\_\_\_ [date - i.e. January 1, 2014], I am a non-smoker for life.” versus “Some day, one day, I will not smoke”.

Sometimes it is very difficult to figure out how to define your hypnosis command. You may find it helpful to first get clear about what you *don't want*.

From here, you can identify what you *do want*.

There is a file with this book that gives examples of hypnosis commands – some may be perfect and some may be close enough but need modifications. Ignore the statements that are clearly not a good fit and use the ones that you like.

### **Hypnotic Commands.pdf**

[www.mediafire.com/?2950b31bu5vpl57](http://www.mediafire.com/?2950b31bu5vpl57)

## Chapter Eight

### Enhanced Effectiveness

Bonnie was booked for the third appointment in my day. I smiled when I saw that her name on my day sheet. She and her partner had taken my prenatal classes for her first pregnancy. I checked the notes in her file so that I could refresh my memory – their baby girl was born quickly at home with midwives. Less than two years later, she had a refresher class to prepare for the birth of their second. Her life must have been pretty busy as we had not connected in the meantime.

Bonnie is a Registered Nurse at Toronto's largest children's health care facility – the Hospital for Sick Children, or SickKids as it is known. She did not talk to her colleagues about her birth plans in pregnancy because she knew that even highly skilled medical professionals can be emotionally reactive, even when the research demonstrates that in well-screened, low-risk women, homebirth is a safe and reasonable choice. She felt uncomfortable being less than forthright with them, but at the same time, she felt strongly that the decision of where to give birth is a personal one between her, her partner and her midwives. Ontario Midwives are

primary care practitioners who can admit and discharge from hospital, write prescriptions, order lab work and ultrasounds and deliver in home, hospital and birth centres. Prior to 1994 in Ontario, midwives practiced in an uncertain legal climate and parents had to pay significant fees out of pocket if they wanted a homebirth. Bonnie felt reassured that her midwives had university degrees in midwifery and interacted collegially with obstetricians, pediatricians and other health care providers.

As we met and hugged, it was wonderful to see her again and catch up. Her second natural homebirth – another girl – was faster than the first but her midwives made it in time. Her girls were now 2 ½ and almost 6 months. She was planning on returning to work full-time in just over five months when her year of maternity leave was up. In the meantime, she was having difficulty with sleep.

“My births were wonderful,” she said. “For the most part, I felt pressure, not pain in the contractions. Even when things got intense, I always felt that the contractions were manageable. I used my self-hypnosis to go deeper in the rest periods between the contractions. I really think that my speedy recovery is a direct result of using hypnosis in the birth. It certainly made those early weeks a smooth transition.”

Bonnie’s smile turned thoughtful. “That’s what puzzles me. Breastfeeding is going well and my baby sleeps well most nights. If she does wake, she settles

quickly. The problem is me – I can't get back to sleep! My mind races and I toss and turn. I'm not stressed, so I don't understand what is going on."

"That is interesting," I replied. "It sounds like this has been happening for a couple of months now. What have you done so far to turn this around?"

"The usual," and Bonnie listed everything from hot baths with epsom salts, aromatherapy, herbal teas and more. "None of it works, which is odd, because I was always able to get myself to sleep even with an unpredictable shifts as a nurse. I tried going to sleep to the recording from the prenatal class because that always worked like a charm. But I'm not pregnant now, so it didn't work the way I hoped it would." She laughed and threw up her hands.

"What about your Quick Self-Hypnosis?" I asked her.

"I tried that, too and all I could think of is if the other things didn't work, how would this?" Bonnie stared at a point in the distance, remembering everything that had let her down when it came to sleep. "I don't understand. I've always been able to sleep, and now it's all I focus on during the day: *Will I sleep? What if I don't sleep? I only had a few hours last night and I need to sleep tonight...* over and over, all day long it plays in my mind."

“For starters, it would be good to get your mind off that focus,” I said. “This is not like you. Normally you are positive with an optimistic outlook. That’s why your patients love you.” I knew the longer that Bonnie dug herself into a metaphorical *I-can’t-sleep* pit, the harder it would be for us to get her out of it, so I intentionally stopped her from continuing with these thoughts. I knew that Bonnie would understand that I was not being dismissive of her feelings and concerns.

Sometimes when a client reports an inability to sleep well, it is because of a previous experience that needs to be resolved. Even a simple event can result in an emotional upset that the subconscious then interprets as a command to stay awake. Remember, the safety-and-survival program is your subconscious mind’s primary task. If the subconscious believes it is safer to remain awake, it will disrupt sleep even in the most sleep-deprived.

Bigger upsets can have significant and long-lasting effects. For example, one of my clients had poor sleep since she was a girl. Growing up in war-time Europe, she vividly remembers the mad dash to shelters and the sound of the air raid sirens. It was not safe to sleep deeply then. She survived the war, but her subconscious believed that the war was still happening.

First, she needed to re-set the ‘alarm’ in her mind. Just like a home system that thinks that there is an intruder, the device needs to be reset to a quiet, but actively observing mode.

Second, because many years had passed, she had reinforced a habit of poor sleep and she needed to work on changing the habit. Just like a someone who has recently quit smoking, a conscious decision to not sit in the 'smoking chair' after dinner but to go for a brisk walk helps to break the old neural (brain) connections and create new, positive ones.

I had to use my best educated guess with Bonnie. Maybe she had an upsetting event that now needed processing so that she could return to deep and restful sleep. Sometimes an upsetting event can be a recent one, but as I've found with other clients, it is often an experience from a younger age.

Or maybe, Bonnie's sleep 'confidence' had been jarred and now instead of a 'good sleep habit,' she had a habit of poor sleep. The problems had only been a few months, so I theorized that it would be fairly easy to change her habit back to deep and restorative sleep. Assuming that this was the case, I knew that her Quick Self-Hypnosis would be an ideal way to get her to focus a few times in her day in a positive way.

Sometimes people work hard in appointments on their goals, only to walk out and re-hypnotize themselves back into the old problem. You can use Quick Self-Hypnosis to stop old negative habits from coming back. Like a muscle, thoughts tend to get stronger with practice.

You want to exercise the ‘muscle’ of positive, supportive and resourceful thoughts.

I checked with Bonnie’s preferred way of deepening her hypnotic state. Because she has natural talent for hypnosis, I never needed to teach her any advanced tools previously. I thought that she might benefit from playing with this and I mentioned it to her.

“That sounds like fun!” she said. “Let’s give it a whirl!”

She had a quick bathroom break and as she settled into the chair, I decided to not turn the lights down or put on music, as I usually do. I wanted her to be able to achieve a deep focused state regardless of circumstances and events. If we anchored dim lights, quiet and soft music to her deep state, it would be unlikely that she would be able to elicit this state with two noisy kids or in a busy hospital ward.

*“Focus on a spot,” I started, “and as you do...”* I continued in the same way that I had with Gloria.

Once she was well into the process, I asked her to nod her head or raise a finger when had arrived at her Special Place and was feeling quite relaxed. This helped me to pace myself so that I was not going too fast or too slow. Then I added the following:

*“Whenever a muscle is completely and utterly relaxed, it is tension-free. Muscles that are completely and utterly relaxed...that are tension-free cannot*

*move...because some tension is needed for movement. As long as your eyelids are completely...and utterly relaxed...they cannot open...at any point, you can reverse the relaxation and bring back the tension, because you are in control.*

*You are always in control.*

*It is just your eyelids that relax completely and utterly...your eyebrows can move up and down easily...while your eyelids are completely locked closed...like a wonderful kind of hypnosis super glue... or zipping them shut...*

*So, when you are ready...erase all tension from the biggest muscles around your eyes...all the way into the smallest muscles...so completely...so utterly...take all the time you need...and when your eyelids are locked shut...raise a finger briefly..."*

I paused and within a minute, she lifted her index finger a little.

*"That's right. You are doing very well...and now...you can test them. You may notice that the harder you try to open them, the tighter closed they become. The more they want to stay closed. So really try."*

I waited and her eyebrows wiggled up and down. Her eyelids remained closed.

For some people, the eyes open. If this happens, it is ok because as mentioned previously, you can always

reverse your relaxation and open the eyes. You are in control during the process. So, if this happens, just tell yourself that when you close your eyes you will go twice as deep and then repeat the process until they stay closed.

Many people respond to this part of the hypnosis with the awareness that they could open the eyelids if they wanted...they just don't want to. It is more a sense of the eyelids being so heavy, that it is just too much effort to open them.

People who are significantly talented at hypnosis will find that they actively try to open the eyelids and they cannot. While this may seem like a distressing concept, when you are in hypnosis, it actually feels quite good. If you prefer, you could mentally 'glue' your foot to the floor or your forearm to the chair instead.

The concept of eyelock is a central part of hypnosis. While we can be hypnotized without eyelock, you will want to become familiar with this process in order to facilitate the depth of hypnosis that you want. See Chapter Nine for more detail on this.

*"Wonderful,"* I encouraged her.

*"And this wonderful feeling can double...and double...again and again. So much so, that...in a moment...you can share this wonderful feeling with all of you. All of you can share...from the top of your head...to*

*your toes. So do that now...a wave of relaxation filling all your muscles and all of the parts of you with that wonderful relaxation that your eyes just learned.*

*And now that your eyes are so relaxed, your mind is more open, more receptive to the commands you prefer. Do that now. Tell your mind what you want for sleep. Be clear and certain. See it as vividly as you can in your mind's eye. Take your time; when you are done, raise a finger briefly."*

I sat back and waited and in a few moments, her finger lifted.

I continued. *"And as you do, move to the mornings...waking up with your girls, refreshed and ready for your day. Lots of energy, feeling well rested. See the clock in your mind's eye and lock in the ideal time for waking in the morning. You find it easy to wake naturally a few minutes before the alarm. You are rested, refreshed and pleased at your night's sleep.*

*And IF you wake in the night, you attend to whatever needs to be dealt with and you return to sleep quickly and easily. Quickly and easily. Your breath is steady and even all night long. Your mouth and jaw remain relaxed all night long and your lower jaw rests down and there is a small space between your upper and lower teeth throughout the night. You are comfortable and your body rejuvenates with your deep and restful sleep."*

I repeated these as well as other commands that Bonnie preferred. There are many different approaches and scripts that can be used for reinforcing good sleep - the most important thing is to tailor the hypnosis to the needs of the individual.

*“And when you are ready, you can bring yourself out of trance...take the time you need. Feeling alert, awake and energized.”*

I waited for her to emerge from self-hypnosis.

### **Hypnotize Yourself Eyelock**

[www.mediafire.com/?vk9mrjm75tpsyl1](http://www.mediafire.com/?vk9mrjm75tpsyl1)

## **Chapter Nine**

## Explaining Eyelock

Bonnie took a moment to open her eyes and look around. “That was cool!” she exclaimed. “I could not open my eyes at all. Wow.”

“I knew that you would be good at this,” I said. “Your homework is to do this process two to three times a day with your hypnotic commands for better sleep. As you get better at this, it will be faster and easier. Plus, it feels good, doesn’t it?”

“I could do this,” she replied. “It might be tricky at times with the kids, but assuming it only takes a few minutes, I can talk to my partner and work something out. When I sleep well, I am a better mother and spouse, so I know that he will be on board with it.”

I wanted to ensure that she understood the process. “We added a piece that hypnotists call ‘Eye Lock’,” I explained. “There are a few reasons for why we do this, but before I go further, did you have anything to add to what it was like for you?”

“Yes,” she said slowly. “Mostly, I kept thinking ‘of course, I can open my eyes,’ but when you said to test them, they felt so heavy and glued shut, I couldn’t.”

Normally, this would probably flip me out, but I was so calm, it was ok. I guess I knew somehow that I would be able to open them later,” she laughed.

I laughed, too. “Absolutely! All my clients walk out of here with their eyes wide open – a good thing in a business that depends upon referrals.”

I thought I would explain the process a bit more so that she could use this to her benefit.

### **Explaining Eyelock**

“Eyelock is a standard part of hypnosis when the hypnotist guides the client,” I explained to Bonnie. “It isn’t usually part of self-hypnosis, but I have added it here to help enhance the effectiveness of what you are doing.

As you said, you knew you could if you wanted to, and of course, this is true. At any point, you can open your eyelids, because you are in control. You are *always* in control.

Personally, I like the deeper feeling that comes with eyelock. Sometimes I imagine that my eyelids are one continuous membrane. I also like to imagine the heavy feeling from the times I have been so tired that I simply could not open my eyelids.

You can do this exercise with other parts – for example, as mentioned previously, you can tell yourself that your feet are glued to the floor. Or that your arms are duct-taped to the chair. You can have some fun with it.

And you are probably wondering if there is a specific reason for doing eyelock. There are two reasons, actually:

- 1) it convinces your conscious mind that what you are doing is more than a simple visualization exercise, thereby helping your mind buy into your hypnosis commands, and...
- 2) it locks up your conscious mind (*'I can't open my eyes...of course, I can...no I can't'...*etc) and whenever this happens, the 'door' to your exclusive club is open and the hypnotic commands are more easily accepted. Essentially, *Security* goes on a break.

Eyelock is a powerful way to turbo-charge your hypnotic commands to yourself. Once you have achieved eyelock, you can even command your commands: in your hypnosis commands, tell your subconscious mind to access all the files and all the parts of you and install the *Ideal Sleep* programme."

It was a long-winded explanation, and Bonnie took it in. It made sense to her, but more importantly, she just wanted to get back to sleep at night quickly and

easily. I had her repeat the process herself without me guiding her, just so that she was completely comfortable with all the steps. She knew that she could purchase the a recording that guides her through the process if she wanted, but because she was so familiar with hypnosis we both knew that she would do fine without, too.

## Chapter Ten

## Other Modalities

After Bonnie left and I finished my notes, I called a client who had left a message for me earlier in the day. As we spoke, it became clear that my client was to have a medical procedure in a couple of hours and was feeling quite nervous about it. She did not have the availability to come into the office but wanted some reassurance.

In a previous appointment, I had guided her through *Tapping* to help shift her emotional state. Tapping is remarkably simple and easy to use and she found that she was much better able to cope.

We spent an hour talking and tapping on the phone. Also called *EFT*, or *Emotional Freedom Technique*, Tapping is a modality that many hypnotists use because these modalities compliment each other so well. There are times that a client is so full of anxious feelings that it would be a challenge to do hypnosis. I have found that once we do the Tapping, we create a calmer state, and then the hypnosis is much easier to achieve.

At the start of the call, I asked my client specific questions on how she felt emotionally and physically and had her rate these states on a zero to ten scale.

Once the call was nearing the end, I asked her again to rate the intensity. It had dropped considerably.

In fact, she and I were joking with each other about the upcoming procedure and she was able to take herself into a light state of trance, and imagine the procedure from start to finish. She was calm throughout. I could hear that her breathing was regular and deep.

I guided her through the Quick Self-Hypnosis with her preferred Deepening and Special Place. I reinforced her anchor a number of times so that it would work well when she wanted it. As she imagined being especially calm walking into the procedure room, she also visualized feeling amazing when leaving the building after the medical procedure was completed. She was able to do this successfully on the call and told me that she would let me know how it went.

Athletes use ‘mental rehearsal’ to focus on the goal of achieving a personal best. When we imagine an event unfolding, the subconscious mind does not distinguish between real and imagination. To the subconscious, it is all the same.

## **Chapter Eleven**

## Mental Relaxation

After I completed the phone call, my last client of the day was about to arrive. I usually leave some time minutes between appointments, and as I book two hour blocks for clients, four clients is a full day for me. Sometimes a sixty minute, or ninety minute appointment meets a client's needs better, but generally, I work better when I have more flexibility, time-wise. My last client of the day always arrived early, so I grabbed a hot drink and snack during the short break.

Gary is in his mid-sixties and while he intended to retire in a few years, he was recently downsized at work. To add to his stress, his wife, Adelaide, was recently diagnosed with a degenerative condition. The prognosis was such that it was likely that it would be a very long time before any serious illness set in. Adelaide was coping well and generally in good spirits. Gary, however, did not feel even remotely prepared to cope with his wife's illness. As she found it difficult some days to complete her usual household chores, Gary found his time filled more and more with mundane activities. He was feeling increasingly 'depressed' (his word) as his mind went to bleak and dismal thoughts. On the advice of his doctor, Gary had started seeing a psychotherapist recently, so I knew he was in good care.

It was not the happy picture that Gary and Adelaide had both painted of their retirement years. He was feeling overwhelmed and powerless – difficult enough for anyone, but especially challenging for Gary.

He and I had met for the first time last week, and as I did as thorough an Intake with him as I could in order to identify his goals for hypnosis, it became clear that his sharp intellect combined with an even sharper critical nature resulted in a constant inner dialogue that was quite unpleasant for him at the best of times. He admitted that he was very hard on himself, but he didn't know any other way.

He explained that his wife has an upbeat and positive nature, which is what attracted him to her in the first place. She liked his structured and organized nature and together they had raised three children into successful adulthood. They already had two grandchildren, and another was on the way in a few months.

Gary meticulously placed his overboots in the plastic tray in the waiting room. He wore shoes inside the weatherproof overboots; his polished brogues remained firmly on his feet during appointments. He brought his coat into the room instead of leaving it in the waiting room. I almost felt that he was missing a briefcase and tie; he seemed a bit lost somehow. Today there was no tie, but his shirt was buttoned fully. With his silver hair and careful demeanour, his classic features set off his distinguished look. He settled carefully into the client chair and carefully removed an elegant watch

from his wrist and placed it on the small table beside him, noting the time as he did.

On a second or subsequent appointment, I usually start with checking in with how my client is currently doing and how the intervening time has been. I also ask if there is a specific goal, such as: “Leaving here today, how would you like to feel? What, specifically, would you like to accomplish?”

Sometimes, people are very clear: “my anxious feelings are a seven out of ten and I would like it to be a three or lower.”

Or a client may state a specific goal to quit nail biting, like Gloria wanted, or to sleep better, like Bonnie requested.

Not uncommonly, bigger goals such as a term pregnancy, or feeling more confident, need to be chunked down so that we work on smaller pieces all with an eye to the bigger picture.

Gary hates the feeling of powerlessness and he just wanted to feel better, but had no clue how to do this. Gary’s son-in-law, a criminal lawyer, had recently seen me for help with public speaking and had transformed his sometimes wavering voice into an impressively commanding presence during an important court case. At a family gathering, Gary’s son-in-law pulled him aside and explained how he found hypnosis to be hugely beneficial. It must have planted a seed,

because a few weeks after that, Gary booked an appointment to try out hypnosis.

As I got to know Gary's personality, I imagined that either his son-in-law was highly persuasive, or Gary was feeling at the end of his rope, or both. While he did not say anything to me, I imagined that, in Gary's mind, going to a hypnotist was the last thing he would ever do. He was a serious and careful individual and it would not suit him if I tried to be light and breezy. I matched his restrained and business-like manner in our interactions.

What I heard - loud and clear - in last week's appointment, was a resounding need for a rest from his internal critical nature. His mind constantly bombarded him with unrelenting negative and catastrophic thoughts. He was a man with a mind of his own and in a battle of intellect, he would always outsmart me if I only worked with his conscious mind. It was obvious that I would have to find a way to get his mind to work *for* him, not *against*.

### **Strategies to encourage mental focus**

As I worked with Gary on his Quick Self-Hypnosis, it became apparent that his conscious, rational critical mind kept interrupting the process. This made it difficult for him to focus in the way that he wanted. For this reason, strategies to encourage his conscious mind to

find ways to rest were needed. I decided to focus on three tools:

- Deepening
- the Busy Thought Box
- Mental Relaxation

### **Deepening**

Gary found that stairs, the breath and numbers all worked well to deepen his self-hypnosis.

But what worked best for him was visualizing being on the golf course. The smell of the fresh morning air coupled with wet grass and the crisp ‘whack’ of his club hitting the ball was heaven to him.

He was able to focus intently on his game, and even if he wasn’t perfect, it didn’t matter because golf was one of the rare times that his critical mind would stop nagging him. Gary was quite capable of recalling a golf game vividly in the chair in front of me. Within minutes, he could feel his body relaxing substantially. When he realized that his favourite place in the world could be recreated even during a cold Canadian winter, he was quite pleased.

He told himself that every sound deepened his hypnosis; every step on the green meant he went deeper; every image that he saw took him deeper into the experience of golfing. He worked to make it as vivid

as he could, as well as enhancing the smell of freshly-mown grass and the gentle feeling of the ground beneath his feet.

It was easy enough for me to guide Gary into this process and then I waited until he signalled me that he was ready to continue.

### **The Busy Thought Box**

Once Gary had deepened his process enough, he would visualize his *Busy Thought Box*. This ‘box’ is designed to take all the stray thoughts of the day, plus any ‘pop-ups’ that might jump in. He would mentally direct the thoughts into the box with the knowledge that he could come back to them at a later time.

Some clients design an elaborate box in their minds. Others find that something simple works best. For effective hypnosis, it doesn’t really matter – what is important is that you create something that you like that works for you.

Personally, I like the idea of going into the ‘office’ in the back of my mind. Ideas can get put into folders and then they are filed away. You can automate this process to make it easier. Or, taking a page from the movie *Fantasia*, I wave a magic wand so that the folders sort themselves into the cabinets.

A computer model may be a better fit for you – putting the thoughts into a file on the desktop, or into the hard drive.

Alternates to the box concept include putting each thought on a leaf and letting it float down a gentle river. Or thoughts can go into a blue box (recycling), shredder or a compost pile. Or put them into a sink of water and pull the plug and watch them swirl down the drain.

### **Cancel/Delete and Replace With and other ideas...**

Another helpful strategy when negative thoughts show up is to acknowledge them in as neutral a manner as possible. Then, mentally use a rubber stamp with the word 'Cancel,' or 'Delete,' or 'Void' on the thought. You can then send the thought to the 'shredder' in the office of your mind, or a recycle bin.

Once you have done this, replace the old thought with something more positive. It is very important that you go with thoughts that are more believable.

I often ask clients to take the positive thought into the heart area and intensify it and once this is done, radiate it out to every cell of the body and even into the energy field around them. It is like being surrounded by an energy bubble of positive protection.

In addition, there are numerous exercises that you can do to identify the location of the thought. For example, is the thought in the front of your mind? If so, try moving it to the back of your mind and see how that feels. Or, you could turn down the volume of the

thought. Or, you could make the 'voice' into a funny cartoon sound. Even if the negative thought is talking about being unworthy, undeserving and never being successful, it is hard to take seriously when it sounds like Donald Duck! <sup>8</sup>

### **Mental Relaxation**

This is a concept that is usually added into a hypnosis session after eyelock has been done. Eyelock creates a deeper physical relaxation and once this is done, it becomes easier to relax the mind.

Once the mind is relaxed, the subconscious is more open to receive the hypnosis commands.

There are many different ways to create Mental Relaxation...the following is a variation on the classic approach that the hypnotist Dave Elman used:

- start with 100
- with each number that you count down and dissolve, tell yourself: *Every number doubles my Mental Relaxation*
- it is important to count slowly and deliberately

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<sup>8</sup> An excellent resource is *Transforming Negative Self-Talk: Practical, Effective Exercises*, by Steve Andreas (W.W. Norton and Company, Inc; 2012)

- the goal is to make the numbers disappear – once they are gone, you have Mental Relaxation
- it is helpful to exaggerate the faint, fuzzy, unclear nature of the numbers – the more you do this, the faster the numbers disappear
- you will be able to recall numbers after you have emerged from hypnosis
- most people find that the numbers have disappeared somewhere in the 90s – if you are counting into the 80s, stop the process, return to 100 and firmly deepen your mental faculties with each number – you could experiment with:  
*Every number triples my Mental Relaxation.*

Another option is to imagine a beach with some sand at the water's edge. As you write your name in the sand, tell yourself that every letter doubles your mental relaxation. Then, once completed, let the water gently erase the letters and tell yourself that the letters erasing also doubles your mental relaxation. Then try to redo your name in the sand. Your goal is that as you try to write your name, it just dissolves and fades away.

To recap, the point at which the numbers or letters dissolve and fade away is when Mental Relaxation is achieved.

Once you have eyelock and Mental Relaxation, you are at a baseline level of hypnosis. You can take yourself to deeper levels quickly and easily.

Using hypnosis for an invasive surgical or dental procedure requires deep levels of hypnosis. Childbirth also benefits from deep levels. Other uses of hypnosis such as habit change (e.g. smoking cessation), goal setting, shifting emotional states and more will benefit from depth, but for some people, it isn't essential.

Once you have Mental Relaxation, you have a nice state of hypnosis happening. At this point, your mind is more receptive than it was before, so it is time to repeat the self-hypnosis command that you prefer, and, of course, you have many options about what exactly you can tell yourself in the way of hypnotic commands.

To review, it is especially helpful make your hypnotic commands (hypnosis suggestions):

- visually clear
- worded appropriately
- feeling as fully as you can that you have achieved the success of your goal

### **Future Pace**

A helpful strategy is to mentally move into your future where your hypnotic command is already working. If you are quitting smoking, create a clear awareness of comfortably socializing without tobacco.

If you are pregnant, move forward to your baby's due date and see yourself holding your baby in your arms, looking into your baby's eyes and feeling amazing.

As mentioned previously, Gloria moved forward to having beautiful nails, Ava to a healthy pregnancy, Bonnie to a waking up refreshed after a great night's sleep, and Gary created inner movies where he was gentle and compassionate with himself in a variety of life circumstances.

Common hypnosis commands include:

- As of \_\_\_\_\_ (date), I am a non-smoker for life.
- I am calm and confident during my baby's birth near the due date of \_\_\_\_\_.
- As I walk through the doors of \_\_\_\_\_ (my doctor's office, XYZ Hospital, workplace, etc.) I am twice as calm and confident.

More examples of hypnotic commands have been provided with this ebook (see Chapter Seven).

### **Mental Rehearsal**

Can you feel calm and confident prior to a presentation? When you remind yourself to speak clearly and slowly, you help programme your subconscious mind for success. (When people are nervous, they tend to speak too quickly.)

Combining the visual, auditory (or focusing on the words) plus the good feeling of the success that you want will turbo-charge your hypnosis.

For enhanced success, one minute is good; more is fine if you have the time. Most importantly, repetition works best. Repeating your Quick Self-Hypnosis two to three times a day, if only for a few moments, reinforces more effectively on the subconscious level.

As I guided Gary through the process, I used the following:

- Quick Self-Hypnosis
- his Special Place (golf game) also acted as a Deepener
- Eyelock
- Mental Relaxation

I waited until he raised a finger to indicate that he was focused, deep, and ready to move on.

Then, I painted verbal pictures for his mind's eye. I reminded him that he could be calm and at peace on the golf course, and also in the chair, and he could have this inner serenity at other times, as well. The feelings of 'calm' and 'inner peace' are feelings inside. They have always been there...Gary could remind himself that he could access this state whenever he wanted.

I also reminded him that negative 'what if' thoughts could be replaced with positive 'what if'

thoughts and that he is free to be curious about other thoughts that are supportive to feeling hopeful and capable.

I highlighted vivid images for him of being emotionally connected to his wife in ways that are more loving and more compassionate.

I took the opportunity when Gary was deep in trance to provide the positive thoughts and images that he had already told me that he wanted. Sometimes it is easier to hear different ideas like this when they come from someone else. Getting Gary into a deep state was the only way that I would ever be able to bypass his critical conscious mind and plant the seeds of success.

Once he emerged from trance, we discussed what he liked about the process and what he would want different. Just to be sure that he understood the process, I asked him to do the Quick Self-Hypnosis by himself while I sat quietly in the room. He wasn't sure that this would work, but he tried it and it went well by both our standards.

He left the appointment with a clear path for homework over the next week: Quick Self-Hypnosis one to three times a day, using the hypnotic commands that he preferred. He knew he could contact me if he had any questions or comments.

For the audio that supports this chapter, go to:

## **Hypnotize Yourself Mental Relaxation**

[www.mediafire.com/?7qq12oz9umxawx3](http://www.mediafire.com/?7qq12oz9umxawx3)

For another version of the Quick Self-Hypnosis, use this audio:

### **Quick Self-Hypnosis**

[www.mediafire.com/?t34idoaf66fwhpb](http://www.mediafire.com/?t34idoaf66fwhpb)

## **Chapter Twelve**

### **Your Quick Self-Hypnosis**

We've seen four different people use self-hypnosis in ways that suit them best. I urge you to be creative and play with what works.

The goal of self-hypnosis is to allow your deeper subconscious mind to accept the commands that you give it.

You might feel relaxed, and if you do, that's wonderful. Just remember that relaxation is not an essential component of hypnosis.

You can use all the techniques that have been covered in this book...or only some of them.

### **Quick Self-Hypnosis: Full Version**

The full version of Quick Self-Hypnosis may seem like a lot of different parts, but once you get the hang of it, it becomes fast and easy.

*Length of time:* approximately 5 to 15 minutes, but you can stretch it out into 30 minutes if you have the time and the interest

#### **Get into trance**

- 1) find a spot to focus on (ideally above your sightline) and when you are ready, close your eyelids
- 2) while still looking up, take a breath, count to three and let your eyes and body relax

#### **Deepen**

Your choices include:

- 1) numbers (e.g. 1 to 10)
- 2) breath
- 3) stairs, elevator, or escalator
- 4) a combination of any of these
- 5) or, something else

### **Optional**

To enhance a positive feeling, you could visualize or imagine:

- 1) a Special Place
- 2) a happy (or calm, or satisfied/content, or confident, or accomplished) memory
- 3) feeling 100% loved (recall a memory or create a memory)
- 4) or, another strategy that you prefer

Once you have the good feeling, make more by doubling and doubling it again as many times as you need. As this happens, radiate the good feeling to every cell in your body.

### **Eyelock**

- 1) lock your eyelids together
- 2) test them
- 3) double the feeling in your eyelids as many times as you wish
- 4) share with all of you in a wave of deep physical calm, peace and relaxation

## **Mental Relaxation**

- 1) count down mentally from 100 slowly and tell yourself that every number doubles your mental relaxation, with the understanding that you want the numbers to disappear
  
- 2) or, write your name on the sand so that every letter doubles your mental relaxation and then let the water wash the name away with the understanding that once the sand is smooth, your mind relaxes again even deeper
  
- 3) or, another strategy to create something and then dissolve it with the intent that creating doubles your mental relaxation and dissolving also does this

Once your numbers or letters have erased, it is like shaking the Etch-A-Sketch of your mind. You want the blank space to open up in your mind so that it is receptive to your hypnotic commands.

### **Deepen again (optional)**

If you wish, a simple and easy way to deepen at this point is to take a deep breath and then tell yourself: “On the exhale, I relax twice as deep.”

### **Anchor**

You can repeat your anchor at any point where you deem you have accessed the state and the feeling that you want. Most people reinforce the anchor at this point. Your choices include:

- 1) touching a thumb to a finger (similar to the 'ok' signal) on one hand or both hands
- 2) your breath
- 3) a code word (e.g.: 'calm,' or 'relax,' or 'deeper')
- 4) a scent
- 5) a combination of some of the above
- 6) something else that works for you

### **Hypnotic Commands**

Repeat the commands that support your goal. To enhance the impact on your subconscious mind:

- 1) use sentences that are positive, believable in the present tense
- 2) create visual images of your goal already achieved
- 3) turbo-charge the emotionally positive feelings

Repeat your hypnotic commands for about one minute (or approximately ten times) to reinforce the effect.

### **Future Pace**

Move forward to the moment of success (your baby is born, or the habit is changed, or you have achieved your ideal weight, etc). You may have already incorporated this with your hypnotic command.

### **Completion**

You have a choice of ending your Quick Self-Hypnosis with either:

- 1) emerging back to the alert state – you can easily count yourself out (I tend to use the numbers 5 to 1)
- 2) drift off to sleep (ideal when you are in bed at night).

### **Quick Self-Hypnosis: Other Versions**

As long as it works for you and you like the process, there is no right, or wrong, way to do your Quick Self-Hypnosis.

You can mix and match any of the above steps in the order that you prefer.

The basic elements that are essential, however, are:

- 1) Get into trance
- 2) Use hypnotic commands
- 3) Complete the process by either emerging or drifting into sleep.

Use what works for you and be creative!

### **Thank You**

I appreciate your interest and practice with self-hypnosis.

Please feel free to contact me with any questions or comments that you might have.

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