

Conquer

Anything With

Self Hypnosis

**A Complete Guide To Self Hypnosis
With Easy To Follow, Step-By-Step Instructions**

Dennis K. Thomas, CHP, CI

2nd Edition

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Acknowledgements

First and foremost I would like to give thanks to God: In the process of putting this book together I realized how passionate this gift of wanting to help people is for me. He has given me the power to believe in my abilities and pursue my dreams, and that one person can make a difference. I could never have done this without the faith I have in the Almighty. **Glory Be To God...**

To My Mother, Elizabeth B. Thomas: Even though you have passed on, your presence is still strongly felt. I can barely find the words to express my gratitude for all of the wisdom, love and support you've given me. You remain my constant reminder, of the need to continue to learn and grow in knowledge each and every day, and for that I am eternally grateful. It is because of you that I have a thirst and love of learning that never ends and partly provides my zest for life. **Thank You Mom!**

To My Children: What can I say? You all are a main reason that I am the person that I am today. That may sound strange to most people but it's because of my children that I continue to strive for goodness and reach for the stars. I have learned so much from them and their spouses. I am so thankful that I have each of you in my corner pushing me and lifting me up when I am ready to give up. All the blessings that come from this book I look forward to sharing with each of you. You guys are my rock, my inspiration and my heroes. Thanks for not only

believing, but knowing that I can do and obtain whatever it is that I am pursuing! **Love You All Always & Forever...**

To My Wife, Darci: It is because of you that I am here today. Not only did you save my life many years ago but you have given me the inspiration to seek and discover unconventional tools and knowledge as well as “out of the box” methods to help people become the best that they want to be. You have taught me that a person’s happiness and success comes from within one’s self and not from outside forces and for that I am truly grateful. It has been quite a journey to say the least. **Thank You & May God Bless You!**

I also want to thank a select number of other people that have played an important part in my life, whom I will not name so as to protect their innocence, how grateful I am of your friendship and good will on my behalf over the years despite perhaps, not deserving it. It is mainly because of each of you that I have pursued positive solutions for myself and able to provide avenues of helpful tips and tools for the people and agents that I have coached in the past 25 plus years. I thank each of you from the bottom of my heart and I am eternally grateful!

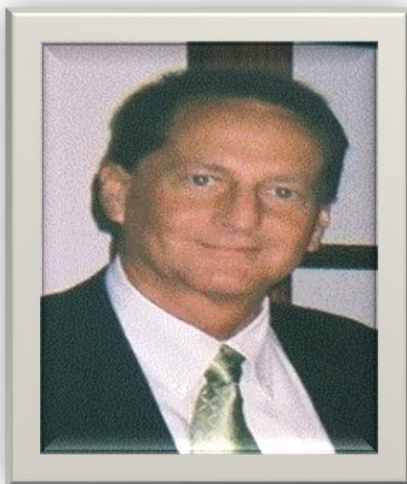
One’s life is truly made up like a village of various degrees of relationships... I value each one and realize the importance of each in this adventure we call life.

And not to forget in this acknowledgement, I want to thank the proof readers that help me make this a readable book. Please excuse any grammar or spelling errors that are spotted throughout this book, it is not their fault but

mine as I like to write, like I talk. Needless to say, my major was not English but Political Science... **Empathy Appreciated!**

And Finally... I appreciate and would like to thank the readers of this book for giving up your valuable time to make a positive change in your life. It is because of your efforts that future generations will live a better life than they would have if it had not been, for you reading this powerful book, to increase and / or gain whatever help you seek for yourself. I thank each of you and am sincerely excited for the upcoming changes coming in your life and therefore; in the lives of your families.

May Your Best Days Be In Front Of You and please remember; **You Too** can make a real difference in people's lives each and every day... **God Bless Each Of You!**



Forward

We all like to think that our actions and reactions are a result of logical thought processes, but the fact is that suggestions influences our thinking a great deal more than logic. Consciously or unconsciously, our feelings about almost everything are largely molded by ready-made opinions and attitudes fostered by our mass methods of communication.

We cannot buy a can of soda, a shirt or a car without paying tribute to the impact of suggestion. Right or wrong, most of us place more confidence in what "they" say than we do in our own powers of reason. This is the basic reason why Psychiatrists are in short supply. We distrust our own mental processes and want an expert to tell us what to think and feel.

The American Medical Association, the American Psychiatric Association, Medicare... and... hundreds of studies from Yale University, Stanford University and other top academic and health institutions all agree SELF HYPNOSIS WORKS!

Hypnosis was first officially recognized as a viable therapeutic tool by the British Government through the

Hypnotism Act in 1952. Then, in 1958 both the British and the American Medical Associations (AMA) sanctioned the official use of Hypnosis by Physicians. In 1958, the American Psychiatric Association (APA) also approved hypnotherapy for use by professionally responsible individuals.

Prestigious hospitals in the U.S. now use and teach Hypnosis, such as Stanford University School of Medicine in San Francisco, the Beth Israel Medical Center in Boston, and University of Texas Southwestern Medical Center in Dallas. Since the AMA sanctioned the use of Hypnosis, many insurance companies cover Hypnosis for medical and dental uses, including major surgeries. Now, more and more people are choosing Hypnosis over anaesthesia for surgery. Some choose Hypnosis simply because they fear not waking up from anaesthesia. The fear-factor aside, however, there are definite medical advantages offered by Hypnosis; less bleeding, faster recovery time, and the need for fewer post-operative medications.

Can Hypnosis / Self Hypnosis Really Help Me? What Are The Benefits Of Going To A Hypnotherapist? These are the most common questions asked when people consider going to see a Hypnotherapist. Some people are understandably a little apprehensive about considering hypnotherapy as a treatment, usually because of

misconceptions by what they have seen on the television or in films. **Worst yet, is comedy shows or stage shows concerning Hypnosis** – you must realize that these are for entertainment purposes only and people cannot and will not do anything under Hypnosis that they don't want to do. Despite Hollywood movies, etc. a **person under Hypnosis cannot be made to do anything against their will – PERIOD.**

Finally, when you have the knowledge about the powerful benefits that can come from Hypnosis, you'll see its true value. Remember, changes will only happen if a person has a real desire for that change. **Desire is the key for any sort of Successful Hypnosis** and for any issue that a person wants to change, in order for it to take place!

The Reasons People Don't Go To A Hypnotist Are Often These: You don't have the time to go to the Hypnotist's office, You don't have - or don't want - to spend the money, You are too timid. **Is Hypnosis safe?** Are your issues just too personal to discuss with a Hypnotist.... or anyone?

Now You Don't Need To Go To A Hypnotist... The good news is now you don't need to go to a Professional Hypnotist. This book, *“Conquer Anything With Self Hypnosis”* brought to you by the Founder of the

International Hypnosis Institute will teach you how to hypnotize yourself to accomplish virtually any goals that you may desire without ever stepping foot into the Hypnotist's Office.

You will be learning all of the concepts of Self Hypnosis as well as tips and techniques not found anywhere else, so you can be successful in Self Hypnosis **AND** if in the future, you decide that you want to become a Certified Hypnotist and help others, you may want to enroll in our Certified Hypnotist Training Program found on the International Hypnosis Institute Corporate Website.

The Good News Is: You don't need to know anything about Hypnosis **Today, Right This Minute,** in order to learn Self Hypnosis and for it to work on you. We will teach you basic knowledge about the power of your subconscious mind and how it relates to Hypnosis. Tapping into your unconscious mind is the key to a great life. Without access to the unconscious mind, life is often an unbearable struggle for survival and often times, you won't even know why.

This book is written in terms that are comprehensible to the layman. The step-by-step instructions should afford the reader a means of acquiring Self Hypnosis. The

necessary material is here. The reader need only follow the instructions as they are given.

It is the author's hope that you will, through the selective use of Self Hypnosis, arrive at a more rewarding, well-adjusted and fuller life. You **CAN** “*Conquer Anything With Self Hypnosis*”.

Dennis K. Thomas, CHP, CI

Founder & Instructor, Self Hypnosis Learning Center

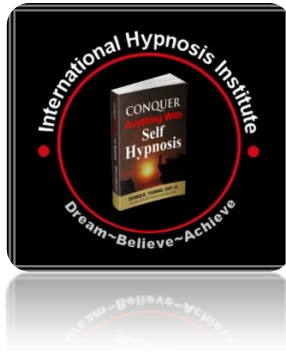
Founder & President, International Hypnosis Institute



NOW AVAILABLE: If you would like to take the Self Hypnosis Learning Center’s **21 Day TeleSessions Program** where we use this book and a workbook, to teach you Self Hypnosis in 21 Days by TeleSessions, please visit our website at **www.SelfHypnosisLearningCenter.com**

LIVE EVENTS: Attend a **LIVE** Self Hypnosis Boot Camp in your local area **OR** if you would like a Self Hypnosis Boot Camp **EXCLUSIVELY** for your Group / Organization / Business to increase happiness, productivity and sales **OR** to stop smoking, lose weight, relieve pain, anxiety, stress, depression, insomnia, fears, break bad habits, play better golf, etc. **It’s a Fun & Exciting Time & Always A Win Win Event For All Attendees...** Please visit **www.SelfHypnosisBootCamp.com** for awesome details.

Introduction



Dennis K Thomas, Founder of the International Wellness Institute which is the Parent Company of the International Hypnosis Institute is a Certified Hypnotist, a Certified Hypnotist Trainer / Instructor and is trained in Hypnotherapy and Mental, Emotional, Physical & Spiritual Psychology and Energy Psychology. Thomas is also an EFT Specialist & EFT Instructor, a Reiki & NLP Practitioner, a Mind Body Energy Specialist & Instructor, a Chromo Therapy (Color Therapy) Practitioner, a Wellness & Life Coach and a Certified IREP Coach. For over 25 years he has had a private practice helping thousands of Real Estate / Insurance Professionals through life's many transitions, in the field of presentations and sales. He founded the Agent's Outreach Center and still serves as its CEO.

Dennis K. Thomas is a Son, Brother, Husband, Father, Grandfather, Ordained Minister (01.12.2006) and the Minister of Record, for the Magical Miracles Ministries. At Magical Miracles Ministries (Non-Denominational) the main emphasis is on the Magical Miracles Ministries

Outreach Programs that offer Encouragement and Hope to people, anywhere and everywhere to achieve their highest potential using knowledge gained through Positive Teachings and for them to use in their personal lives to help enrich others, so that all may receive the gifts and blessings that each of us richly deserves.



A former Small Town City Councilman & Vice-Mayor, Radio Talk Show Host - "The Boomer's Show", Little League Baseball Coach, PTA Vice-President, Girl Scout & Boy Scout Parent Volunteer, Coach / Mentor to Real Estate & Insurance Professionals Nationwide, Chamber of Commerce President and numerous other Community Service Committees, Boards, Foundations, Institutes and Various Activities that he has served on or taken part in over the last 40 years. Thomas says, "It has been an exciting life and he looks forward to each and every day and to the new challenges that they bring"! Thomas believes that, "life is an ongoing learning experience and each day we must continue to grow our "awareness" to fully enjoy our life on this great earth".

He has trained thousands of Professionals in working with prospects / clients and how to be more effective and successful as a Person & Business Professional. He brings

a wealth of experience to your Hypnotherapy training experience if you decide to seek getting Certified as a Hypnotist or in Hypnotherapy. Thomas offers a holistic approach to his teachings. His students are taught to be aware of the whole person (including body, mind and spirit) when they are helping / coaching and hypnotizing their clients to make long lasting life changes.



Thomas notes that, "I have learned that I can never stop growing personally. The day that I stop reading and learning from the experiences of those who have gone before me is the day that I start dying intellectually and emotionally. I read and learn every day, a trait that I proudly inherited from my dear Mom. Aristotle said, **"We are what we repeatedly do. Excellence, then, is not an act, but a habit"**, I firmly believe that! "

As a side note, Thomas loves what he does and loves helping others live the kind of life that they want. As a matter of fact, he is very bold with his beliefs. He has heard so many clients say, "that's a miracle" after attending a Breakthrough Coaching Session, a Hypnosis TeleSession or an EFT TeleSession or what some have nicknamed the *"Miracle TeleSession"* that he has taken on the title, *Miracle Specialist* and if you look online:

www.MiracleSpecialist.com you will end up on an About Us Page on the International Hypnosis Institute Corporate Website... Folks that is believing in what you do without a shadow of a doubt. If you can **Dream It**, and **Believe It**, then Self Hypnosis can help you **Achieve It!**



Informally, the word "miracle" is often used to characterize any beneficial event that is statistically unlikely but not contrary to the laws of nature, such as surviving a natural disaster, or simply a "wonderful" occurrence, regardless of likelihood, such as a birth. Other such miracles might be: survival of an illness diagnosed as terminal, escaping a life-threatening situation or "beating the odds", Some coincidences may be seen as miracles. So... with that in mind Thomas said, "that he is happy to take on the title of *Miracles Specialist*, providing a "Miracle TeleSession", if it helps people learn about how easy it can be, to help them achieve their "impossible dream".

Thomas states, "I can tell you that without a doubt, one of the most rewarding parts of my life has been giving back and serving my fellow citizens by helping make a difference, in their lives and in the lives of their families." Thomas added, "that just seeing changes in people from

doing the different programs that the International Wellness Institute (Parent Company of IHI) offers and experiencing spectacular results has been amazing to watch and to be a part of." When asked his favorite IWI Program in addition to the Self Hypnosis Learning Center, he said, "without a doubt the EFT Program, it is just mind boggling that such a simple, easy to teach technique can be such a life altering tool, for so many people, in all areas of their lives and now with EFT TeleSessions working just as well as face-to-face sessions, there is no reason not to get the help and tools that you want, need and deserve".

When asked his favorite quote, Thomas responded with this one by Albert Einstein: "**Insanity: doing the same thing over and over again and expecting different results**". Thomas said, "In part, that is why I founded the International Wellness Institute to spread the word about how easy it really can be to change the personal issues that you want to change and find personal peace. Life is full of bumps, bruises and sometimes complete run over's and it doesn't seem fair or fun. At the International Wellness Institute, we even the playing field by providing a way to stop reliving all the bad stuff and getting a fresh start.

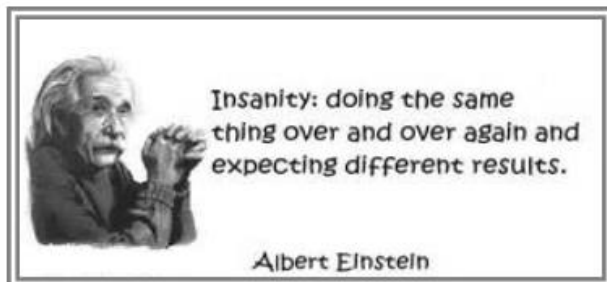


Table of Contents

<i>ACKNOWLEDGEMENTS</i>	<i>III</i>
<i>FORWARD</i>	<i>VI</i>
<i>INTRODUCTION</i>	<i>XI</i>
<i>CHAPTER 1:</i>	<i>4</i>
<i>STARTING ON YOUR HYPNOSIS ADVENTURE</i>	<i>4</i>
<i>CHAPTER 2:.....</i>	<i>18</i>
<i>WHY HYPNOSIS.....</i>	<i>18</i>
<i>CHAPTER 3:.....</i>	<i>34</i>
<i>MYTHS OF HYPNOSIS.....</i>	<i>34</i>
<i>CHAPTER 4:.....</i>	<i>48</i>
<i>FASCINATING HISTORY OF HYPNOSIS.....</i>	<i>48</i>
<i>CHAPTER 5:.....</i>	<i>62</i>
<i>YOUR BRAIN AND HOW IT IMPACTS YOUR LIFE.. ..</i>	<i>62</i>
<i>CHAPTER 6:.....</i>	<i>67</i>
<i>HOW DOES HYPNOSIS WORK... ..</i>	<i>72</i>
<i>CHAPTER 7:.....</i>	<i>76</i>
<i>KEYS TO SUCCESSFUL HYPNOSIS SESSIONS... ..</i>	<i>76</i>
<i>CHAPTER 8:.....</i>	<i>86</i>
<i>TROUBLESHOOTING AND FINE TUNING HYPNOSIS SESSION</i>	<i>86</i>
<i>CHAPTER 9:.....</i>	<i>94</i>
<i>WHAT IS SELF HYPNOSIS.....</i>	<i>87</i>
<i>CHAPTER 10:</i>	<i>98</i>
<i>HOW DOES SELF HYPNOSIS WORK.....</i>	<i>98</i>
<i>CHAPTER 11:</i>	<i>102</i>
<i>HOW TO OBTAIN THE SELF HYPNOSIS STATE.....</i>	<i>102</i>

CHAPTER 12:	107
HOW TO OBTAIN A DEEPER HYPNOTIC STATE...	107
CHAPTER 13:	131
HOW TO END EACH SELF HYPNOSIS SESSION...	131
CHAPTER 14:	137
OBTAINING SELF HYPNOSIS WHEN ALL ELSE FAILS...	137
CHAPTER 15:	142
NUTS AND BOLTS - HOW SELF HYPNOSIS WORKS BEST.....	142
CHAPTER 16:	144
DEVELOPING A SELF HYPNOSIS ROUTINE THAT WORKS.....	144
CHAPTER 17:	150
COMMON SELF HYPNOSIS ROADBLOCKS AND SIDE EFFECTS...	150
CHAPTER 18:	152
JUST DO IT, DISCIPLINE, PLANNING FOR SELF HYPNOSIS... ..	153
CHAPTER 19:	158
KEY PARTS OF A SELF HYPNOSIS SESSION.....	158
CHAPTER 20:	162
SELF HYPNOSIS SAMPLE SCRIPT.....	163
CHAPTER 21:	170
AUTO SUGGESTION SAMPLE SCRIPT... ..	170
CHAPTER 22:	180
SELF SUGGESTION SAMPLE SCRIPT.....	180
CHAPTER 23:	200
CUSTOMIZED SUGGESTION WORKSHEET.....	200
CHAPTER 24:	202
TIPS AND TOOLS FOR SELF HYPNOSIS SUCCESS.....	202
CHAPTER 25:	208
TEN COMMONLY ASKED QUESTIONS ABOUT HYPNOSIS.....	208
CHAPTER 26:	204

RESOURCES AND OTHER AVENUES OF SELF HELP TECHNIQUES...
.....216

*SELF HYPNOSIS LINKS.....*236

Conquer Anything With Self Hypnosis



Getting Started With Hypnosis...

Dennis K. Thomas, CHP, CI

Chapter 1:

Starting on Your Hypnosis Adventure

HYPNOSIS (hyp-no-sis / hip-noses)

Most people think of Hypnosis as being in a trance like state, but that's not really an accurate description. When you're in a hypnotic state you are really in a super-relaxed state of mind where your conscious mind is so relaxed that you're not thinking at all about normal everyday things. Being hypnotized allows you to connect with your subconscious mind and pull up memories, experiences, and other events that played a significant role in your life or in your development.

Hypnosis can be described as an altered state of consciousness. Hypnotherapy is the use of Hypnosis for a beneficial purpose. Being in Hypnosis is a natural state not

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unlike a daydream, it is a super relaxed state of mind and you remain in control the whole time. You would never do or say anything you don't want to, you are just so relaxed you can just cut off from normal everyday things that clutter your mind and cloud your thinking. Being hypnotized allows you to connect with your subconscious mind, this is where you store your memories, experiences and past events.

Our brain is unique and by far the most complex organ in the body. Its 100 billion nerve cells connect to shape our thoughts, memories and aspirations. We all want to reach our true potential so many people are turning to Hypnosis and hypnotherapy to help their brains find that extra gear.

Some Of The People Turning To Hypnosis Are:



Matt Damon (actor): Matt proclaimed his love for Hypnosis live on TV, stating that it was the greatest decision I ever made in my life. Just a couple of other names that may be familiar to you, that have use(d)

Dennis K. Thomas, CHP, CI

Hypnosis are: Mary Lou Ratton, Tiger Woods, Jimmy Connors, Jack Nicklaus, Bruce Willis, Julie Roberts, Ellen, Kevin Costner, Ben Affleck, Jackie Kennedy, David Beckham and so many, many others. It's also a common fact that Sport Teams use Hypnotists for better performance, like driving the ball further in golf, making more free throws in basketball, higher batting average in baseball, and better focus in my life, etc.

Brilliant minds from the past and of today use(d) Hypnosis for business and the betterment of the World.

Jack Dorsey of Twitter and Square sets a focused "theme" for each day of the week. Alfred Lord Tennyson used a hypnotic mantra to access different states of consciousness in which whole poems came to him. Winston Churchill used Hypnosis to stay awake all night and avoid tiredness during World War II. Mozart composed the opera, *Così fan tutte*, while in trance. Albert Einstein used Hypnosis to formulate his incredible theories! Carl Jung and Sigmund Freud developed modern psychiatry as a result of learning Hypnosis. Henry Ford was a devoted client of Hypnosis and the list goes on and on...

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Can Hypnosis / Self Hypnosis Really Help Us Build and Keep Our Winning Mindset?

The ANSWER IS A RESOUNDING YES...

Hypnosis / Self Hypnosis can help you quickly develop the winning mindset! Are you ready and hungry to be a winner? Do you know how to give yourself that extra edge that makes a real difference? You're already pretty good. You've done your homework. You've put in the time. You know **Your Business** inside and out. You look after yourself physically and mentally. You've listened to your managers / coaches and integrated their input. You've done well and you're expecting (and they're expecting you) to do even better.

BUT...

Something seems to be in the way. It's hard to put into words. It doesn't seem to be anything specific that you're doing, but more like a sort of feeling, a sense that "I'm not quite good enough...", a sense that "I ought to be able to do better than this..." A feeling that drives you to analyze your every move to see how you could do more or be

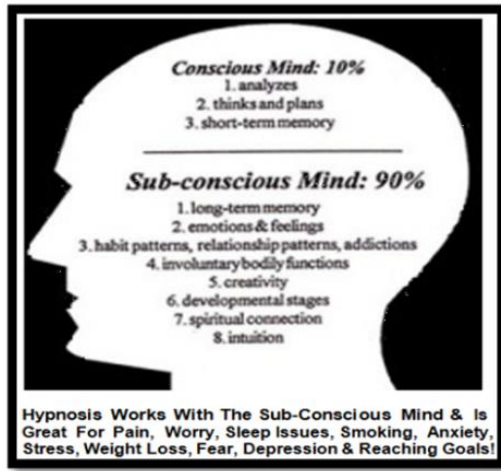
Dennis K. Thomas, CHP, CI

better.

What's going on here? Timing is everything if you want to be a winner. If winning is in question, it means that the game is on. This is NOT practice time. This is NOT training time. This is NOT coaching time. This is NOT "getting better at it" time. This is Winning Time. That means that all other considerations, including how to do even better at what you do, are simply, and totally, irrelevant. **Your focus MUST be exclusively on your certainty of and commitment to success. Your Success!**

The Question Is, how do you switch off that inner analyst (who's only trying to help you) and get them to be quiet while you concentrate? **Hypnosis / Self Hypnosis can help you develop the true winner mindset...**

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The Conscious and the Sub-Conscious (Unconscious) Mind. The conscious part of your brain is the analytical and logical factors, it is also where your willpower is housed (Willpower is a conscious decision, that is why the same thing can be or mean something so different for different people). Everything you see, hear or feel is analyzed and turned into 'your' logic before being stored into your subconscious memory where it resides until recalled or needed. The problem with this is you apply your analysis of the information with what could be wrong or faulty (not by choice but by past experiences) logic and so the information received by the unconscious is corrupted (much like a virus in a computer) by your preconceived fears, doubts and learned thinking. This

Dennis K. Thomas, CHP, CI

conscious part of the brain can be measured in brainwaves and they range in consciousness order:

Beta - Beta is our 'normal' waking state. You are alert in this state or could be tense or afraid. This is the state a client will be in when they first walk through a practicing Hypnotherapist's door. If the electrical activity in your brain were measured they would be in the range of 13-60 pulses per second on the Hertz Scale.

Alpha - Alpha is a relaxed state most associated with Hypnosis. Your mind is in a physical and mental state of relaxation and ready to learn. In this state your conscious mind (the analytical factor talked about above) has slowed down and a hypnotherapist has the opportunity to talk directly to your subconscious. In this state you are suggestible but still aware of what is going on around you and remain in control if you needed to deal with a situation. The electrical activity in your brain has now slowed down to 7-13 pulses per second on the Hertz Scale.

Theta - In Theta your brain is very deeply relaxed and also associated with light sleep and deep meditation. In this state bursts of inspiration and creative thinking which

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appear to come from an outside source are likely. A trained and skilled Hypnotherapist can help guide you to this state with a little training. Some people report a buzz being in this state and enjoy the amazing stress relief this state allows you to have. Direct suggestion to you in this state is very powerful. Your brain electrical activity will now be down to 4-7 pulses per second on the Hertz Scale.

Delta - Delta is a state of unconsciousness, very deep sleep or catalepsy. In this state you would have very little or no recollection of what was going on around you. It's estimated that only around 20% of people could enter this state during an Hypnosis session and it would take quite some time and training to reach this level. Your brain electrical activity is now down to just 0.1 and 4 cycles per second.

Usually a hypnotic state is induced by a trained therapist or medical professional. If you are going to try Hypnosis for medical treatment (child birth, dental procedures, operations) you might want to get a professional to start the treatment and then if they work for you learn how to hypnotize yourself so that you can continue the treatment on your own whenever your condition flares up. While

Dennis K. Thomas, CHP, CI

you are in a hypnotic state the therapist or medical professional will create what is called a hypnotic suggestion. **The hypnotic suggestion is what tells your subconscious what to change.** So for example if you are being hypnotized to help you deal with a alcohol addiction a hypnotic suggestion telling your brain that you no longer need alcohol to function combined with physical treatment for the withdrawal symptoms that you'll experience when you stop drinking should make you entirely free of alcohol dependency.

Your body will no longer crave it once you have detoxed and after a hypnotic suggestion telling you that you don't need the alcohol, your mind will be convinced that you can function without it. Doctors aren't entirely sure how the brain creates a hypnotic state only that a hypnotic state exists and can be induced in most people. Hypnotic suggestions aren't an easy fix to medical problems, and many times using Hypnosis for medical treatments requires several sessions in order to be fully effective.

But there is a growing amount of evidence that using Hypnosis to treat hard to treat conditions, especially the kind of medical conditions that have psychological

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components, can be a very effective way to help an individual create lasting changes in his or her life that will improve health and wellness. **Conditions that don't seem to respond to other treatments usually respond well to hypnotic treatment.** If you don't really approve of Western medicine or if you just prefer a more holistic approach to your health care you can try using Hypnosis / Self Hypnosis to treat everything from Asthma to pain caused by medical procedures like bone marrow biopsies, Breast Cancer treatment and wound cleaning and stitching. Sometimes **Hypnosis can even replace anesthesia that would typically knock a patient out during surgery.** It's not common practice yet to hypnotize someone before surgery but for people that have had bad reactions to anesthesia medications Hypnosis is one option.

Hypnosis / Self Hypnosis has come a long way in the past fifty years. Instead of just being viewed as a stage trick like magic, Hypnosis has been found to have real medical and life changing benefits. There are many physical problems that have psychological connections that can be cured or at least managed by using Hypnosis / Self Hypnosis. As Western medicine started to embrace

Dennis K. Thomas, CHP, CI

the idea that Eastern medicine has embraced for a long time, the idea that the mind and body are connected and that what effects the mind also effects the body Western doctors are embracing Hypnosis as a very effective type of treatment.

Hypnosis / Self Hypnosis can be used to cure or manage everything from a smoking addiction to the pain of childbirth to the discomfort of chemotherapy. Hypnosis can even be used to control pain during surgery or medical procedures instead of drugs, it's that powerful.

Hypnosis / Self Hypnosis can also be used to manage psychological conditions like depression, and can provide relief from anxiety and phobias. Hypnosis / Self Hypnosis can cure childhood traumas and help you change the unhealthy behavior patterns that you might have learned a child in order to survive in less than ideal circumstances. Hypnosis / Self Hypnosis can be the key to moving ahead with your life and living a healthy, productive life on your own terms.

Weight Loss Hypnosis Hypnotherapy is particularly effective with weight loss, obesity and other eating

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disorders. Clients find weight loss hypnotherapy can provide extra motivation and techniques taught during the hypnosis session will help you make the changes you want quickly and easily without the hunger pangs associated with dieting alone.

Stop Smoking Hypnotherapy Hypnosis is well known for helping people to stop smoking. It is probably one of the most effective ways to help people stop smoking. Smoking cessation hypnotherapy is a powerful intervention for people who really want to break this habit. If you are looking to stop smoking and are serious about giving up your addiction then your goal to stop smoking becomes a reality by using Hypnosis / Self Hypnosis.

Overcome Unwanted Habits Hypnotherapy is one of the most successful ways to treat nail biting, sucking thumbs and other unwanted habits.

Stress Management Techniques Hypnotherapy teaches you to learn how to relax deeply, how to get rid of tension and how to control your emotions.

Dennis K. Thomas, CHP, CI

Build Confidence and Overcome Fears and Phobias
Hypnotherapy is exceptionally effective at helping people develop their confidence and overcome fears. Most phobias can be helped in just a few hypnotherapy sessions – people may have held onto their phobias for years and been held back in their lives as a result. Through Hypnosis / Self Hypnosis Sessions a new deep confidence can be developed.

Insomnia and Sleep Better: Many people suffer from insomnia or broken sleep. Hypnosis can help you sleep well and wake up feeling refreshed and ready to face the day ahead. Hypnotherapy Sessions or Self Hypnosis can be an incredibly effective way to help you get to to sleep and get a good nights rest.

Lots of people use Self Hypnosis to help with their other medical treatment and also just to improve their daily lives. Self Hypnosis, if done properly, can help you become more confident, make you more comfortable speaking in public, and help you make better decisions. Self Hypnosis can also be used for deep relaxation to help you get rid of the stress of your busy life.

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Now that you know just some of the benefits that can come from Hypnosis and Self Hypnosis, are you excited? You can start changing your life, and yourself, for the better today!



**You Don't Have To See The
WHOLE Staircase,
Just Take The First Step**

Chapter 2:

Why Hypnosis...

Hypnosis Is Your Birthright. It's nature's optimum learning tool. In fact to learn and perform anything well you need to experience a natural focusing of attention, a natural kind of Hypnosis. To be successful Hypnosis needs to be your companion and friend.

Successful people use it naturally all the time because Hypnosis is natural. It's the way we learn new responses. Unlike medications its side effects are purely positive.

Hypnosis / Self Hypnosis is easy to learn and every body can benefit. Hypnosis / Self Hypnosis is a safe environment to 'try out' new behaviors and emotional patterns before you experience them for real. So a sales person can practice successful sales situations many times in calm relaxed Hypnosis so that by the time they do it for real it feels real and natural and relaxed. Sports people

Conquer Anything With Self Hypnosis

who use Hypnosis learn new quicker and more accurately. So Hypnosis gives you more control of yourself and your life, it's natural and gives you instant benefits and it's a way of 'trying on' and establishing new patterns of emotional response and behavior, Hypnosis / Self Hypnosis enables you to develop yourself as a human being. Below are common questions asked of Hypnotist!

Can Hypnosis / Self Hypnosis really help me? What are the benefits of going to a Hypnotherapist? These are the most common questions asked when people consider going to see a Hypnotherapist. Some people are understandably a little apprehensive about considering hypnotherapy as a treatment, usually because of misconceptions by what they have seen on stage, the television or in films. But when you understand the benefits that can come from Self Hypnosis your life will never be the same and can help with the following:

1) Can Self Hypnosis help treat addictions? An addiction builds up over time, people are born with certain temperaments, certain predispositions and certain behaviors. Genes, environment, upbringing and childhood experiences can combine to make certain people more

Dennis K. Thomas, CHP, CI

prone to addiction than others. Treating someone with an addiction should never be taken lightly by a Hypnotherapist as so many different factors come into play. Whether you're addicted to food, alcohol, drugs, smoking or gambling Hypnosis can help you kick these habits. Many different hypnotherapy styles and teachings come into use during these often complex sessions including regression, Ericksonian therapy and Neuro-Linguistic Programming. Hypnosis / **Self Hypnosis can help you regain control of your thoughts and actions ensuring you make the right choices**, it also helps alleviate the physical symptoms of addiction. Hypnotherapy is proven to help break addictions for good so that you don't relapse and become addicted again within a short time.

2) Can Self Hypnosis help you lose weight and keep it off? One of the key benefits of Hypnotherapy is to help people lose weight but as you can imagine many factors have to be accounted for. Weight loss can be one of the easiest and most rewarding sessions a hypnotherapist can do but can also be one of the hardest. Hypnotherapy is proven to be 30% more effective than just dieting alone when it comes to weight loss. For most people who need

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the extra motivation to lose weight for an event or to kick start a diet the simple to use suggestion therapy Self Hypnosis is a great start and had hundreds of successes using this technique. Use this method for at least a month to give yourself the best chance of successful weight loss. A small proportion of people may require a more in-depth program to explore if they are holding on to their weight for psychological reasons.

Hypnotherapy is also an effective tool to help people that overeate for psychological reasons eliminate their need for the extra food they crave. Think how much better you will feel as you look in a mirror and see a slimmer, fitter more vibrant more energetic you and how great you feel with the positive changes you have made.

3) Can Self Hypnosis help manage chronic pain? If you have a disease or ailment that leaves you in frequent pain like Fibromyalgia, Arthritis or Migraines then you already know that sometimes it feels like nothing will stop the pain. You can use Self Hypnosis and meditation techniques when drugs and diet have not helped you manage your condition. Very often intense pain can be brought under quick effective control using Self Hypnosis,

Dennis K. Thomas, CHP, CI

in many different scientific studies Hypnosis and hypnotherapy has been proven to be an effective pain management technique. If nothing else is working for you when it comes to controlling your pain, or if you don't want to take prescription pain killers, you should try Hypnosis / Self Hypnosis. Pain management is taught only after a diagnosis of your ailment from a doctor.

Hypnotherapy is particularly effective in the management of pain in cluster headaches and sinus problems. If you suffer from chronic pain then the guided relaxation and simple meditation techniques found later in this book will be very helpful. The techniques will give you a massive head start in helping you to control and manage your pain quickly when you feel an attack coming on. Hypnosis / Self Hypnosis can also greatly reduce the length of the episode as well as extending the time between attacks ensuring you are comfortable and pain free for as long as possible.

4) Can Self Hypnosis help reduce stress? Stress can cause serious illness in people like heart disease, high blood pressure, obesity, diabetes, and sleep disorders. If you have a lot of stress in your life and your body is

Conquer Anything With Self Hypnosis

constantly in a high alert state then one of the benefits of hypnotherapy would be learning some simple relaxation, Hypnosis and meditation techniques that can change your life. **If you feel like you can't get your stress levels under control by using diet, exercise and medicine then it's time to think about what hypnotherapy and Self Hypnosis can do for you.** Because Hypnosis involves putting you in a deep state of relaxation it gives your mind and body a chance to recuperate, repair and heal itself by experiencing the relaxation that it desperately needs. Again later in this book the Self Hypnosis techniques will give you an excellent introduction into learning the basics of relaxation and de-stressing techniques.

5) Can Self Hypnosis help deal with childhood issues?

Childhood issues, almost everyone has them. From serious abuse or other problems in the home to lack of self esteem or a need to be successful at all costs the issues and problems that you experienced as a child may still be impacting you today and causing you to make bad decisions or to not take very good care of yourself. Hypnosis is a great way to work through childhood issues and replace those negative messages about yourself with positive ones.

6) Can Self Hypnosis help cure sleep disorders?

Millions of people suffer from sleep disorders that range from full insomnia to night terrors, wakeful sleep, sleepwalking, and the inability to fall into the REM sleep which your body and mind needs. Sleep disorders can cause a wide range of other problems like obesity and addiction to either sleeping medications or to caffeine or other stimulants in an effort to keep the body going even though it's exhausted. Sleep disorders are notoriously hard to treat. Many sleep disorders have an associated psychological condition that makes it necessary for people to get both psychological and physical treatment in order to be able to get some sleep. Hypnosis / Self Hypnosis can help treat the psychological problem that is causing the sleep disturbance while at the same time it puts the body in a deeply relaxed state that helps the body and mind become rejuvenated.

7) Can Self Hypnosis promote deep relaxation? If you have ever tried meditation you know already the great things that relaxation does for the mind and body. You can become more creative, better at problem solving, less irritable, and you can reduce your risk of health problems

Conquer Anything With Self Hypnosis

like heart disease or high blood pressure significantly if you meditate or relax regularly. But if you have trouble relaxing, or if you never seem to be able to relax deeply enough to really feel refreshed, then you should try Hypnosis. Hypnosis / Self Hypnosis is a wonderful way to experience truly deep relaxation that will make you feel much healthier and alert.

8) Can Self Hypnosis help you change your behavior?

Are you the kind of person that is always snapping at others? Do you get irritated and angry often? Do you have trouble managing your anger? Hypnosis / Self Hypnosis can help you change your behavior patterns so that you can be healthier and happier. **Often behavioral patterns are learned in childhood, but a hypnotic suggestion given while you're in a deep hypnotic state can help you get rid of those old messages** telling you to behave in certain ways and replace with messages to act in new, more appropriate ways. If you are the type of person who has a short fuse and quick temper then you should already realize that what you are creating about in that moment is nothing to do with the real reason for the anger. If you are trying to recover from the effects of a dysfunctional family or an abusive childhood using

Dennis K. Thomas, CHP, CI

Hypnosis to help eliminate the unhealthy patterns that you learned to survive can be very therapeutic. Hypnosis / Self Hypnosis can help you identify with the real underlying issues in your life that make you react to things the way you do. Of course this not only benefits you the client; but your family, friends and work colleagues who have close contact with you.

9) Can Self Hypnosis help recover buried memories. All of the experiences that you've had throughout your life are buried in your brain somewhere. If you have lost touch with the parts of your brain that hold memories of your childhood Hypnosis can help you go back and remember the things that you need to remember in order to know why you act the way you act now. Typically this is used to help people that were abused as children understand their behavioral patterns but there can also be happy memories that you have forgotten as a result of an injury or accident that can be recovered with Hypnosis / Self Hypnosis.

10) Can Self Hypnosis help treat Anxiety and Depression? Many people are reluctant to take medication to treat anxiety and depression because they

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don't want to become dependent on these notoriously addictive medicines. Other people just can't seem to find a medication that works for them. **Enjoy the benefits of hypnotherapy using this drug free and effective way to calm anxiety and to treat the symptoms of depression.** By using hypnotic suggestions to eliminate the triggers of anxiety and depression people that suffer from depression and anxiety can sometimes find 100% relief from these conditions by using Hypnosis / Self Hypnosis.

More Reasons To Choose Hypnosis / Self Hypnosis:

- **It's highly effective and transformative.**

Many of us know exactly what we should be doing to address the situations we're uncomfortable with. When we want to lose weight we know we shouldn't eat emotionally, and that we should finally get around to joining that Zumba class or hiking group. We understand that logically, it's extremely unlikely that we'll be involved in a plane crash, so we should just book that long-awaited holiday. And when we're ready to quit smoking we know that we simply shouldn't light up that cigarette!

And yet...

Sometimes those shoulds and shouldn'ts seem to only take us so far, before we reach a seemingly insurmountable hurdle that even the strongest willpower just can't quite conquer. This is because we're trying to address these issues on a purely conscious level, which is similar to applying a bandaid over an internal wound. Sooner or later, we need to deal with the root cause.

While other talking therapies deal with the conscious mind — the part you're using right now to read this — hypnotherapy engages your subconscious. This is where all your experiences, knowledge, memories and habits are stored, even when you're unaware of them from a conscious point of view.

A phobia for example, may have been triggered by an event during childhood, perhaps seemingly innocuous at the time. The sufferer is usually unable to recall this trigger with the conscious mind. **Hypnotherapy helps us to confront these memories and reprocess them, allowing phobias to be left behind for good.**

Conquer Anything With Self Hypnosis

- **It's faster and more affordable than conventional therapy.**

"How long will I spend in therapy?", is like asking, "How long does it take to grow hair?" Everyone is different and everyone's individual needs and circumstances vary. There is no definitive answer. However, while some talking therapies can require commitments of a year or more, hypnotherapy tends to be a much faster solution.

So, not only will a course of hypnotherapy not take up too much of your time, it also works out to be much more affordable. It would be nice if we all had unlimited time and resources to spend on ourselves but the fact is, most of us don't. Juggling family, friends, work and other commitments (never mind trying to squeeze in that precious "Me Time"), is difficult enough without adding a weekly therapy session for goodness knows how long.

- **It's versatile and applicable to many different ailments.**

It's difficult to think of an issue that hypnotherapy couldn't help with. You may be familiar with hypnotherapy being used for weight loss or smoking cessation, but did you know that it's also used before and

Dennis K. Thomas, CHP, CI

during childbirth and increase self-esteem?

As Well As; Chronic Pain, Chronic Fatigue Syndrome, Tinnitus, and IBS, are all issues on a regular basis. **Moreover, a legitimate boost in academic performance has also been proven.** Students have found that a course of hypnotherapy increases their information retention for exams and assignments.

Hypnotherapy teaches you how to relax and stay cool and confident under pressure, while also improving your communication skills. So if you've got an important interview coming up and you're worried that you'll forget what you wanted to say, hypnotherapy can give you the confidence boost you'll need to land the job.

Is insomnia keeping you up all night? Hypnotherapy helps find the cause of your sleeplessness, while giving you strategies to calm and quieten your busy mind, making it easier to drift off into restful slumber.

Does anxiety prevent you from living the full life you long to lead? Hypnotherapy helps change the way you perceive stressful situations, and provides you with a

Conquer Anything With Self Hypnosis

toolkit to help you manage and prevent anxiety.

It doesn't matter whether your concern is about decision making, bereavement, obsessive compulsive disorder, addictions, relationship troubles or just about anything else – hypnotherapy could be just the cure you've been searching for.

How many times have you woken in the morning and an answer to something upon which you have been pondering just "pops" into your head? This is an example of how your mind automatically sifts through problems when your brain has shifted into that alpha-theta state and finds the best solutions.

With Hypnosis / Self Hypnosis you are intentionally accessing this state of mind. **Thus Hypnosis / Self Hypnosis is an incredibly powerful tool, allowing access to unconscious thought processes, patterns of behavior and emotions, thereby bringing them within your control.** Hypnosis / Self Hypnosis can be used as a powerful and effective therapeutic aid in any area of your life which has a psychological dimension... which, basically, is everything.

Dennis K. Thomas, CHP, CI

When you think of Hypnosis / Self Hypnosis in this way, and see it for what it really is, it is clear that it does not contradict your morals or faith. **It is simply a tool which enables you to use your mind in an optimal manner.**

Results of Comparative Study

by American Health Magazine:

Psychoanalysis:

38% recovery after 600 sessions

Behavior Therapy:

72% recovery after 22 sessions

Hypnotherapy:

93% recovery after 6 sessions

Chapter 3:

Myths of Hypnosis...

There are many misconceptions about Hypnosis portrayed by the cinema and the media which has people scared to even consider Hypnosis as a means to self improvement. Although studies show **Hypnosis helps millions of people each day** there are still skeptics who believe his or her willpower will cease to exist in the state of Hypnosis, which is simply not true. This book is meant to get rid of any negative beliefs that you may have on the subject.

In simpler terms, Hypnosis is a heightened state of mind and suggestibility or the ability to accept new information into the subconscious mind.

The Mind can be divided into four parts shown below:

- Conscious Mind
- Critical Factor

Dennis K. Thomas, CHP, CI

- Subconscious Mind
- Unconscious Mind

Conscious Mind is our point of focus or what we are attending to at any particular moment. As you read this you are using your Conscious Mind to read and retain information. Sadly enough this part of our mind can only hold 7-9 bits of information at any given time. **Many people rely too much on the Conscious Mind to change and that is why most people fail.**

Critical Factor acts as a filter between our **Conscious Mind** and our **Subconscious Mind** and decides whether the information entering our Subconscious Minds is true or not true. When information is untrue this new information still enters into a database into our subconscious minds but is given little or no credibility which in turn is unlikely to ever change existing beliefs or habits. The Critical Factor is responsible to keep what is in the Subconscious Mind consistent.

Subconscious Mind is the part of our consciousness that defines who we are and what we do on a consistent basis. The subconscious mind is unlimited in capacity and retains information throughout our lives. The

Conquer Anything With Self Hypnosis

information retained in the subconscious mind is turned into habits and beliefs. The subconscious mind resists change which ultimately helps us maintain our personalities.

Unconscious Mind is fully developed before birth and helps keep the body running smoothly. Some examples of our unconscious mind in use are how we breathe, digest food, defend from infection, etc. The unconscious mind can learn to generate symptoms such as the child who becomes sick when he or she does not want to go to school. Since the mission of the unconscious mind is to help us it can cause us to desire unhealthy substances if it believes they can help us relax or cope with stress.

Now that we have divided and defined the important parts of the mind how does Hypnosis help us make lasting change? When in a heightened state of mind / suggestibility the critical factor which acts as a filter between the conscious and subconscious mind will slowly lower and allow suggestions to travel into the subconscious mind as long as the suggestions given are not going to endanger the individual. The critical factor will still protect the individual in a state of Hypnosis and

Dennis K. Thomas, CHP, CI

if a suggestion given is unethical or against the persons will, he or she will instantly emerge. **When in a state of Hypnosis the subconscious mind will accept this new information and neutralize old behavior patterns and beliefs.**

Many of the common misconceptions about Hypnosis have originated in the minds of Hollywood writers. Hypnosis and NLP are typically portrayed in a fantastic and sensationalistic manner.

The idea that you are under someone else's control is one of the most common misconceptions. Murder mystery writers love this one since it gives them a new angle for a story. This myth has been disproved over and over again but still persists.

A second misconception is that the person in Hypnosis is going to be talking. This is also not true! In Hypnosis you are aware of what is happening around you and if you wanted to you could get up and walk out of the room. Hypnosis actually increases focus. You will simply feel relaxed and comfortable.

Conquer Anything With Self Hypnosis

Another common misconception is that Hypnosis is somehow against religion. This could not be further from the truth. Why shouldn't we use our minds to the best of our abilities? This one is promoted by the fearful and ignorant. God wants us to be the best that we can be!

The misconception that if you can be hypnotized it means you are not as intelligent as those who cannot. Again a misconception. **Anyone who wants to be hypnotized and has at least an average level of intelligence can be hypnotized.** Those who are the most intelligent, educated and have the ability to focus are the easiest to hypnotize.

The truth about Hypnosis is that it is an altered state of mind which we all visit from time to time. It is simply a state of focused concentration most easily accessible when one is completely relaxed. **The mind learns quickly in this focused state and that is why changes to feelings, behaviors and habits can take place in much less time when using Hypnosis.** When someone is in Hypnosis they feel relaxed and comfortable. When they come back to their conscious mind after a session they typically feel relaxed and more positive and confident than they have in some time. After the session they may also notice changes

Dennis K. Thomas, CHP, CI

in a habit, new positive healthy self talk or simply an overall feeling of well being depending on the focus of the session. They will also sleep better than they can remember sleeping in a long time.

Why does Hypnosis scare some people? There are many myths about Hypnosis and these myths are being challenged every day. Even though Stage Hypnotists and TV shows have damaged the public image of Hypnosis, a growing body of scientific research supports its benefits in treating a wide range of conditions, including pain, stress management, depression, anxiety and phobias, as well as behavior modifications!

"Hypnosis works and the empirical support is unequivocal in that regard. It really does help people," says Michael Yapko, PhD, a psychologist and member of the American Society of Clinical Hypnosis. **Hypnosis has been used for centuries for pain control, including during the Civil War when Army surgeons hypnotized injured soldiers before amputations.**

Hypnosis helps to facilitate a highly relaxed state of inner

Conquer Anything With Self Hypnosis

concentration and focused attention for the individual seeking relief in various areas of their lives. **Hypnotherapy Practitioners can best serve their clients by also teaching them to Hypnotize themselves at home to reduce chronic pain, improve sleep, or alleviate some symptoms of depression or anxiety.** This is commonly referred to as Self Hypnosis. Many practitioners of Hypnosis will educate their clients on the concept and theory that **"ALL Hypnosis Is Self Hypnosis."** What is meant by this is that the client is in complete control of their experience of the hypnotic state.

One of the most common myths about Hypnosis is that the client is under the control of the Hypnotherapist and they can make you do things you may not want to do. **Actually the complete opposite is true, the client is in the drivers seat.**

During a Hypnosis session the Hypnotherapist is offering a variety of suggestions to the client and the **client has the complete freedom to either accept or reject the suggestion that is being offered.** If a suggestion goes against the clients moral or ethical beliefs, or is in conflict with the clients goals than the client will easily refused the

Dennis K. Thomas, CHP, CI

specific suggestion.

Because of myths many people have declined the opportunity to experience the benefits of a formal hypnotherapy session and what is surprising is that in reality we all experience various forms of Self Hypnosis on a daily basis. **It is similar to day dreaming or being so completely engrossed in a book or TV program that you may ignore someone speaking in the same room.** That is basically what Hypnosis is. Here is another example: Just before falling asleep every night, we pass through a phase that is very similar to Hypnosis. In general, Therapeutic Hypnosis is a pleasant feeling of relaxation.

Clinical or Medical Hypnosis has been recognized by the American Medical Association since 1958, especially as a pain management tool. Medical Hypnosis is gaining popularity as a method for combating a host of problems, from nicotine addiction to chronic pain. **Over the past few years, consumers have spent more money on alternative or integrative medicine, including Hypnosis, than on conventional therapies,** Dr. Thomas Nagy, a staff psychologist at the Center for

Conquer Anything With Self Hypnosis

Integrative Medicine at Stanford said. Why not give Hypnosis a try? It's safe and can be a very rewarding experience and make very positive changes in your life.

Particular Myths About Hypnosis

Am I Being Brainwashed?

What is so bad about having a clean brain? Being serious though, some people are concerned that someone is controlling their mind. The truth is that the whole process is about you, and you remain in control. A Hypnotist may help you get into a relaxed state and feed your subconscious mind with positive statements, but this is all for your benefit.

Am I Unconscious During Hypnosis?

You are in a trance-like state of deep relaxation where your subconscious mind is sensitive, alert, focused and receptive to positive suggestion. You are not unconscious at any point through the process.

Is Hypnosis A Quick Fix?

No it certainly is not, and it is not an instant cure for your problems. If you were using Hypnosis to lose weight, you would still have to exercise and eat a healthy diet. Hypnosis needs to be used consistently over a period of time in order to see results, you also have to go into it with an open mind.

Is Hypnosis Costly?

As a cheaper option to having hypnotherapy sessions with a Hypnotist, you could also practice Self Hypnosis at home. There are some excellent products (like this book and our online course at International Hypnosis Institute) that can help you in whatever area of your life that you desire. If you do have a serious disorder or phobia, then visiting a professional should be your first move.

Open up your mind to the possibilities that Hypnosis offers, it could change your life forever.

Can Hypnosis Make You Do Things Against Your Will?

Conquer Anything With Self Hypnosis

In stage hypnosis shows, it may look like people are made to do things against their will, but this is really not the case at all. Participants in these shows are willing volunteers. In the hands of a Professional Stage Hypnotist, participating in one of these shows can be interesting and fun. The same is true for Professional Hypnosis Sessions for personal change. **Because Hypnosis is not mind control, you will never do anything against your will.** Instead, in Hypnosis you are moving toward your goal with the guidance of the Hypnotist. And keep this in mind: **ALL Hypnosis Is Actually Self Hypnosis.**

Hypnosis Does Not Exist; It's Not Real?

This myth says there is no such thing as Hypnosis, and people in Hypnosis were "play-acting", in spite of powerful positive results many people were getting from the purposeful use of the trance state. **In the last few years, scientists have carried out PET and MRI brain scans of subjects before and while in Hypnosis.** These studies show different areas of the brain are activated when an individual is hypnotized. The hypnotic state is actually a measurably different state of mind.

Dennis K. Thomas, CHP, CI

Hypnosis Only Works for Weak-Minded or Unintelligent People?

This is completely untrue. Everyone of normal IQ or higher is capable of being hypnotized, if they are willing to be. Actually, the more intelligent a person is, the greater their capacity to utilize Hypnosis, because they are capable of greater concentration.

Can Hypnosis Make You Reveal Your Deepest Secrets?

This is another misconception. You will not reveal anything you do not want to, because you are actually in control while in Hypnosis, just as you are in everyday life.

Is Hypnosis Only Useful for Entertainment?

While the hypnosis done on stage and television shows can be entertaining, it also has a range of uses for helping people solve problems, change habits and improve lives. It is being successfully used to help with phobias, fears, anxiety, negative habits, stress management, pain control, and more.

Conquer Anything With Self Hypnosis

Is Hypnosis New Age?

Hypnosis has nothing to do with New Age practices, instead it is a set of skills and techniques developed and refined by practitioners in many countries over the last 150+ years.

Can A Person Get Stuck in Hypnosis?

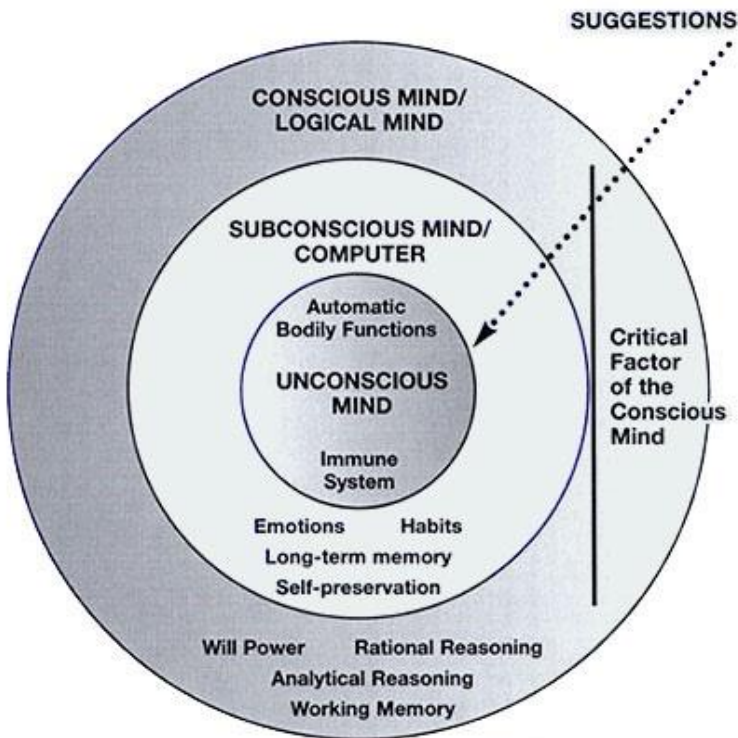
It is impossible to be "stuck" in Hypnosis. But what if you are in Hypnosis and something happens to the Hypnotist, how then can you get out of trance? If you were left in trance, you would emerge naturally from this state of mind when ready, feeling refreshed, just as a person who goes to sleep naturally awakens when they are ready.

Is Hypnosis Unconsciousness or Sleep?

Hypnosis is not sleep or loss of consciousness. During Hypnosis sessions, most people are aware of everything, though the mind may wander or drift at times. So while you are in Hypnosis you should not expect to lose consciousness.

Hypnosis is a Powerful Tool for Positive Change!

Hypnosis is being used around the world as a powerful tool for positive change for trauma, phobias, fears, anxiety, negative habits, stress management, pain control, and many other uses.



Chapter 4:

Fascinating History of Hypnosis...

The American Medical Association, the American Psychiatric Association, Medicare... and... hundreds of studies from Yale University, Stanford University and other top academic and health institutions all agree SELF HYPNOSIS WORKS!

Hypnosis was first officially recognized as a viable therapeutic tool by the British Government through the Hypnotism Act in 1952. Then, in 1958 both the British and the American Medical Associations (AMA) sanctioned the official use of hypnosis by physicians. In 1958, the American Psychiatric Association (APA) also approved hypnotherapy for use by professionally responsible individuals.

Brilliant minds from the past and of today use(d)

Dennis K. Thomas, CHP, CI

Hypnosis for business and the betterment of the World. **Jack Dorsey of Twitter and Square sets a focused "theme" for each day of the week.** Alfred Lord Tennyson used a hypnotic mantra to access different states of consciousness in which whole poems came to him. **Winston Churchill** used hypnosis to stay awake all night and avoid tiredness during World War II. **Mozart** composed the opera, *Così fan tutte*, while in trance. **Albert Einstein** used hypnosis to formulate his incredible theories! **Carl Jung and Sigmund Freud** developed modern psychiatry as a result of learning hypnosis. **Henry Ford** was a devoted client of hypnosis and the list goes on and on...

Prestigious hospitals in the U.S. now use and teach Hypnosis, such as Stanford University School of Medicine in San Francisco, the Beth Israel Medical Center in Boston, and University of Texas Southwestern Medical Center in Dallas. Since the AMA sanctioned the use of Hypnosis, many insurance companies cover Hypnosis for medical and dental uses, including major surgeries. Now, more and more people are choosing Hypnosis over anesthesia for surgery. Some choose Hypnosis simply because they fear not waking up from anesthesia. The fear-factor aside,

Conquer Anything With Self Hypnosis

however, there are definite medical advantages offered by Hypnosis; less bleeding, faster recovery time, and the need for fewer post-operative medications.

A Short History of Hypnosis

Modern Hypnosis is credited as having begun with Austrian Franz Anton Mesmer (1734-1815). But Hypnosis is truly an ancient practice. The oldest reference to Hypnosis dates back 3,000 years to the Ebers Papyrus of Egypt. **Other examples of early Hypnosis come from the sleep temples of the Babylonians and ancient Greeks where healing was practiced.** Many cultures have traditions of entering into altered states through such varying techniques as dancing to rhythmic drums, ingesting mind altering drugs, and various forms of meditation. **But to get a real understanding of how modern Hypnosis evolved, we must go back to the 18th century and Franz Anton Mesmer.**

Mesmer received his medical qualification at age 32 and wrote his dissertation on the influence of heavenly bodies on people's health; he imagined this influence to be the result of "animal gravity." This was the grounding on

Dennis K. Thomas, CHP, CI

which his philosophy of mesmerism would be founded. One day, Mesmer observed a street magician perform an act in which the magician used magnets and claimed he could make people do his bidding through the power of the magnets. The magician demonstrated his skill to the crowd. Of course, the power the magician demonstrated was the power of suggestion. But Mesmer attributed the magician's success to what he believed was the power inherent in the magnets. And from this belief in the power of the magnets, Mesmer developed his theory of magnetism. He claimed that a person's health depended on the direction of the magnetic flow which could be easily manipulated.

After having some success with patients using his new magnetism techniques, Mesmer moved to Paris when he was 43. Paris would be the scene of his greatest fame. **At the height of his popularity, 3,000 patients a day sought treatment from him.** To accommodate this great number of patients, Mesmer had to change his techniques. At first Mesmer created a magnetic baquet, a wooden tub with iron rods, in which people would sit in a foot of water and hold onto the iron rods believing the magnetic flow within their bodies would be corrected. But the tubs weren't

Conquer Anything With Self Hypnosis

enough to handle all the patients, so Mesmer touched a tree with his magnetic rod and declared the tree to be magnetized. Mesmer flourished till 1782 when a group which included Benjamin Franklin investigated Mesmer's practice. **They decided those people who were cured, were cured by the power of their own imagination.** Mesmerism suffered ridicule from the medical and scientific community and lost its great following. Mesmer eventually moved back near his birthplace of Lake Constance and stayed there till his death in 1815.

But mesmerism would be back; this time in the form of Hypnosis. In 1841 Dr. James Braid coined the term Hypnosis from the Latin word Hypnos, the Greek god of sleep. Dr. Braid, of the School of the Salpetriere in Paris, discovered a fixed gaze technique which could induce a sleep like state. Others would follow, people like Professor James Charcot, Dr. James Esdaile, and many others. Then in the twentieth century, Milton Erickson began to utilize Hypnosis in his psychiatric practice and for the first time hypnotherapy became a legitimate therapeutic technique. And then in 1958, **the American Medical Association accepted Hypnosis as a legitimate form of treatment.**

Dennis K. Thomas, CHP, CI

David Elman brought some measure of acceptance to Hypnosis from the medical profession, when the Council on Medical Health of the American Medical Association accepted the use of hypnotherapy in 1958.

Probably the most important contributor to the practice of hypnotherapy was Dr. Milton Erikson. Dr. Erikson was a Psychiatrist and Hypnotherapist, with outstanding professional credentials. Because of his solid medical background, he had credibility within the medical profession. Others worthy of note for their contribution to the advancement of hypnotherapy are: Menninger, Rosen, Abramson, Shenek, Bordeaux, Magonet, Wolberg, LeCron, Wetzenhoffer, Erwin and Simonton, who continues to do amazing work with cancer patients, using mental imagery, and focusing on belief systems.

Today, Hypnosis has come a long way from Mesmer's time. Hypnotherapists are plentiful around the globe. There are many Hypnosis Organizations with thousands of members. **More and more medical doctors and psychotherapists use Hypnosis in their practices.** And there is great interest from people who want to learn Self Hypnosis as a powerful self-help tool.

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The Facts About Hypnosis

Mind controlling techniques have been around in human history since centuries. The depths and abilities of the human brain and also the hidden powers that it possesses always fascinated man. For this purpose or rather the study of it, the **Science of Hypnosis** came into being. The origins of this science can be dated back to hundreds of years in recorded history but it was only over the course of the last century or a little earlier that it had been established as a regular field of study. **It was slowly introduced into the field of therapy and became a tool of healing the pains and also getting rid of dysfunctional problems in the mind.**

But with the advent of modern technology the task of studying and researching on the brain was taken over and performed with better outcome by the brainwave techniques.

It was then that the drawbacks of Hypnosis were revealed. Unlike the Hypnosis system brainwave does not have side effect or after effects of any kind. The Hypnosis system also requires external assistance such as a therapist who

Dennis K. Thomas, CHP, CI

does his work by way of a mental manipulation or a trance. There are no such hazards with brainwave techniques. Through years, the technique is met with much speculation as well as for people who didn't understand called that magic and sorcery as it labelled anything didn't understand at these times.

As misunderstanding continued, healer priests began practicing technique in the secret that gave rise to speculation and uneducated guesses.

Eventually, technique was then passed down by centuries that are increasing the mysteries. Also, it gained a lot of popularity in days when Mesmer Anton studied that and abused technique for the financial gain. This just gave rise to two things: new name of the Mesmerism and the fall from grace becoming the technique, which was been used by practitioners to make fools out of victims. It is how brain learns conducting appropriate behavior. The treatment is effective, but it is costly and lots of Insurance Companies don't cover that and other choice is Outpatient version of the brain wave therapy. With the therapy people will listen to the specific sounds as well as frequencies, which trigger various types of the brain

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waves. It makes the brainwave technology supreme at other methods of the Hypnosis therapy.

Types of Hypnosis

In general there are **Three Types of Hypnosis** that are used by Hypnotherapists. Some people respond better to a particular type of Hypnosis, or a therapist might specialize in one type of Hypnosis. If you start seeing a Hypnotherapist and you don't get the kind of results that you wanted it could be that you need to try treatment with a therapist that does a different kind of Hypnosis and uses different hypnotic techniques in order to get results. The three types of Hypnosis are:

Traditional Suggestion Hypnosis

In the **Traditional Suggestion Hypnosis** method a therapist puts you into a deeply relaxed state and then puts hypnotic suggestions directly into your subconscious mind to achieve the results that you desire. This is the easiest type of Hypnosis for a therapist to perform and doesn't require a lot of training which is why it's so commonly used. If you are the kind of person that is very

analytic and very logical this type of Hypnosis may not work as well for you as one of the other two types of Hypnosis. Studies have shown that **Traditional Hypnosis** is less effective on highly analytical people than it is on critical types of people.

Ericksonian Hypnosis

In this type of Hypnosis instead of placing direct suggestions or commands into your subconscious mind while you are in a relaxed state the Hypnotherapist **uses metaphors to get the desired result.** The principle of this method is the subconscious brain will instantly make the connection between the metaphor and the desired behavior but the metaphor itself will act as a distraction to the conscious brain. So while your conscious brain is trying to figure out the metaphor the meaning of the metaphor goes directly into your subconscious.

Ericksonian Hypnosis is particularly effective on people that are highly logical or critical and are resistant to the idea of Hypnosis because usually people with a resistance to Hypnosis tend to have trouble reaching a deep enough state of relaxation to really absorb

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the hypnotic suggestions that are being made. Ericksonian Hypnosis cuts through the objections and skepticism of the conscious mind to reach the subconscious mind where it can take effect.

Neuro-Linguistic Programming (NLP)

NLP is the most advanced type of Hypnosis and should only be performed by a well trained Hypnotherapist. NLP is used to treat severe problems or severe addictions by reprogramming the brain. So for example, if you always have a cigarette with your morning cup of coffee your mind will begin to pair the two activities and every time that you have a cup of coffee you will want to have a cigarette. A therapist that is trained to use NLP will use Hypnosis to disassociate those two activities so that you can have a cup of coffee without thinking about having a cigarette.

Or, if you want to lose weight, a therapist trained in NLP can help you create an image of yourself at the weight that you want to be and can plant that image directly into your subconscious. Then the therapist will use NLP techniques to flip the script in your brain so that every time you think

Dennis K. Thomas, CHP, CI

about how unhappy you are with the way you look instead of seeing yourself as being overweight you'll see yourself as thin and beautiful the way you want to be.

What you think,
you become.

What you feel,
you attract.

What you imagine,
you create.

- BUDDHA

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Why Hypnosis Works...

Chapter 5:

Your Brain and How It Impacts Your Life...

Your brain is the most complex organ in your body. **It's the master control center, responsible for everything your body does, from breathing to thinking.** At any given second, the human brain is handling thousands of simultaneous tasks, allowing you to stay alive and experience the world around you.

Scientists, doctors, and researchers throughout history have dedicated their lives to the study of the human brain, yet they've only begin to scratch the surface when it comes to truly understanding how this amazing organ operates. **The study of the brain is called neuroscience or neurobiology.**

Conquer Anything With Self Hypnosis

To become a creative thinker and master the art of **brainstorming**, you don't really need a thorough understanding of how each of the more than 100 billion nerve cells (neurons) in your brain work, but knowing the basics can help you better tap into the lesser-used areas of your brain in order to achieve success in whatever you set out to accomplish.

There's a widely accepted theory that the human brain can be divided into two primary areas, or hemispheres. This left brain / right brain theory was developed in the early 1970s by Dr. Roger Sperry from the University of California.

According to the left brain / right brain theory, the right side of the brain controls creativity. It's more active than the left side when a human is involved in such creative activities as listening to music, drawing, daydreaming, and absorbing color, graphics, movement, and rhythm.

While the right brain is good for being creative, **the left brain comes in handy when you're thinking logically, rationally, objectively, or analytically.** The left brain is used more when you use language, write, read, solve

Dennis K. Thomas, CHP, CI

math problems, or process information. Thus, human thought can be divided into two distinct modes. **Right now, as you read this book, you're using your left brain** more than your right brain, because you're reading the words and processing their meanings.

Now, take a moment and close your eyes. With your eyes closed, think about your favorite vacation destination, such as a beautiful tropical beach on a warm and sunny day. **Can you picture the sand, ocean, warm breeze, and seashells in your mind? If so, you just used the right side of your brain!** Congratulations, you have the ability to be creative!

As you master the ability to brainstorm and become a creative thinker in all aspects of your life, you'll ultimately want to use your right brain in conjunction with your left brain, so as you develop awesome ideas, you can later analyze and implement them.

Based upon Dr. Sperry's research, it's believed that most people focus more on using one side of their brain than the other. This could account for why some people are good at math, for example, while others are more creative

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and artistic, relying on their feelings and emotions to drive their actions.

Everyone uses both sides of their brain on an ongoing basis. Ideally, you want to discover how to use both sides of your brain equally in order to tap into your brain's true potential. Those who use both sides of their brain, without a subconscious emphasis on utilizing their left brain or right brain together, are called "whole brained." This is ultimately what you'd like to achieve as you begin tapping into your creativity and begin developing creative thinking skills to be used in all aspects of your life.

The human mind / brain is the most powerful instrument that we know of in the entire universe. In fact, quantum mechanics seems to indicate that the entire universe may be within the mind.

We use more than 10% of our brain's capacity.

The notion that we are only capable of using up to 10% of our brain's capacity is a common misconception. Scientific studies show that various parts of the brain are active and utilized at various different times with activity in various

Dennis K. Thomas, CHP, CI

parts of the brain sometimes overlapping with each other. Such studies have shown that we may actually be capable of using up to 30% of our brain's true capacity at one time.

Our external reality is a representation of our internal thoughts processes.

You may have heard or read before that the clothes people wear, the way they dress, the way they act and even the way they decorate their houses are all representations of what goes on in their minds and this is true. A Schizotypal personality, for example, may wear unusual clothes with patterns or colors that don't go together. Additionally, the state of a person's house (or bedroom, if young) is an external representation of how organized their minds are.

We see, hear, smell, feel and taste with our brains.

When we see an image, hear a sound, smell a scent, taste food / drink or reach out and touch something to find out what it feels like, we do not do so with our eyes, ears, noses, mouths or bodies. Rather, these are just the external parts of our bodies which absorbs the information and sends it to the brain for decoding. Our mental map of the

Conquer Anything With Self Hypnosis

exterior world, including all visual, auditory, kinaesthetic, gustatory and olfactory stimuli, is created inside of our minds.

The human brain has 100,000 miles of blood vessels and 100-billion neurons.

Yes, It's True! If you took all of the blood vessels out of the human brain and straightened them out into one length of blood vessels, those blood vessels would go on for 100,000 miles. Additionally, the human brain contains as many as 100-billion neurons which fire away at various different times depending on our experience.

The subconscious cannot differentiate between reality and imagination.

The subconscious mind is unable to determine the difference between what's real and what's imagination. A perfect example of this is dreaming. **Most of the time, our dreams may appear to be completely random** and often seem to make no sense. **However, our subconscious mind knows exactly what those metaphorical representations mean.** For this reason, it is

Dennis K. Thomas, CHP, CI

possible to understand what such dreams actually mean when we are under Hypnosis.

The subconscious mind is one million times more powerful than the conscious mind.

Whilst, technically, the conscious mind and the subconscious mind are not actually separate from each other and are both a part of the same system, the subconscious is where the real processing power lies. According to Dr. Bruce Lipton, the subconscious is 1-million times more powerful than the conscious mind. Tapping into the power of the subconscious mind should never ever be underestimated.

The human mind can perform 10 quadrillion operations per second.

The human brain is the universe's most powerful quantum processing super computer. The brain is capable of performing all sorts of complex simultaneous processes, even when (or especially when) we are asleep. Although we may sometimes feel 'switched off' or not quite 'with it', the brains processes never stop and are

Conquer Anything With Self Hypnosis

firing away 24-hours a day, 7-days a week.

Brainwaves travel at the speed of light.

Unbeknownst to many people, brain waves do travel and there is such a thing as the ether. According to MIT School of Engineering, brain waves travel at the speed of light. Some experts on the human mind have proposed that brain waves may actually travel faster than the speed of light. Instead of trying to figure out how to travel at the speed of light, maybe scientists should be working on how to travel at the speed of thought.

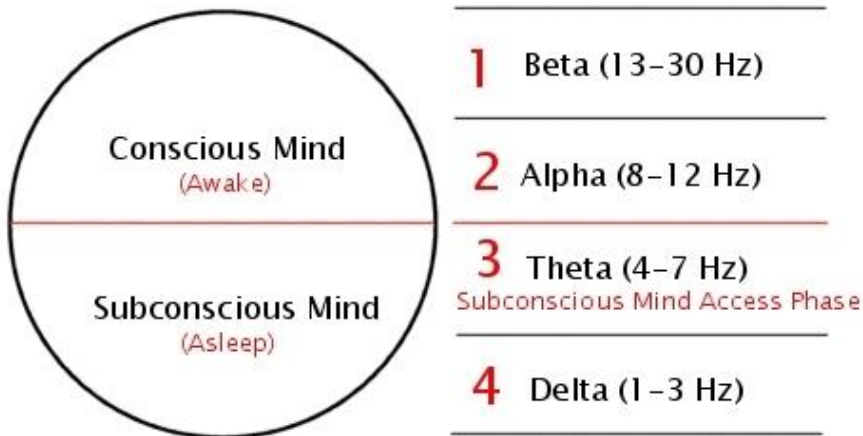
The human mind can be programmed (i.e. mind control).

Seeing as the human brain is so comparable to a computer, it can also be programmed just like a computer and this can be done using linguistics. Words are known to program the human mind and vice versa and the human mind can therefore be controlled by using words. Hypnosis, NLP (Neuro Linguistic Programming) and other similar models are perfect examples of how this can be done effectively.

The brain is just a receiver, amplifier and transmitter.

As explained above, all information processed by the brain is absorbed via our five main senses (sight, sound, touch, smell and taste). The brain receives this information, decodes and amplifies it and tells us what to experience based on those external stimuli. In other words, as described in NLP, the map is not the territory. It is only an internal representation of the exterior world and therefore is inaccurate. The brain is a receiver, amplifier and transmitter intrinsic to the fabric of spacetime.

Brain Waves



Chapter 6:

How Does Hypnosis Work...

Hypnosis according to *Funk & Wagnall's New World Encyclopedia*: **An altered state of the consciousness and heightened responsiveness to suggestion**: it may be induced in normal persons by a variety of methods and has been used occasionally in medical and psychiatric treatment.

Most frequently Hypnosis is brought about through the actions of an operator, the Hypnotist, who engages the attention of a subject and assigns certain tasks to him or her while uttering monotonous, repetitive verbal commands: such tasks may include muscle relaxation, eye fixation, and arm levitation.

Dennis K. Thomas, CHP, CI

Hypnosis also may be self-induced (Self Hypnosis) by trained relaxation, concentration on one's own breathing, or by a variety of monotonous practices and rituals that found in many mystical, philosophical, and religious systems.

In truth, Hypnosis is something most of us have experienced in our everyday lives. If you've ever been driving and lost track of time and wondered how you got to where you were going or totally engrossed in a book or movie and lost all track of time or didn't hear someone calling your name, you were experiencing a state similar to a hypnotic one.

Hypnosis is simply being open to suggestion(s) and a willingness not to fight the process!

The hypnotized person is not sleeping or unconscious—quite the contrary. Hypnosis (most often induced by a hypnotherapist's verbal guidance) creates a hyper-attentive and hyper-responsive mental state, in which the subject's subconscious mind is highly open to suggestion.

Conquer Anything With Self Hypnosis

Hypnotherapy — or Medical Hypnosis — has a long history as a controversial treatment for physical and psychiatric ailments. Many leading medical figures since the 18th century (including Austrian physician Franz Mesmer, for whom the verb "mesmerize" was coined) experimented with putting patients into trance states for healing purposes. Determined to know whether this new medical treatment was genuine or a hoax, King Louis XVI of France commissioned a panel of experts, including Ambassador Benjamin Franklin, to investigate Mesmer's claims. In 1784, the "Franklin commission" released its report, which found "mesmerism" to be "utterly fallacious" and without merit.

"It has taken centuries for Medical Hypnosis to regain credibility," says Penn State psychology professor William Ray. "In the 1950s, reliable measures of hypnotizability were developed, which allowed this research field to gain validity. We've seen more than 12,000 articles on Hypnosis published since then in medical and psychological journals. **Today, there's general agreement that Hypnosis can be an important part of treatment for some**

Dennis K. Thomas, CHP, CI

conditions, including phobias, addictions and chronic pain."

Ray's own research uses Hypnosis as a tool to better understand the brain, including its response to pain. "We have done a variety of EEG studies," says Ray, "one of which **suggests that Hypnosis removes the emotional experience of pain while allowing the sensory sensation to remain.** Thus, you notice you were touched but not that it hurt."

More recent research using modern brain imaging techniques show that the connections in the brain are different during Hypnosis. In particular, those areas of the brain involved in making decisions and monitoring the environment show strong connections. What this means is that under Hypnosis the person is able to focus on what they are doing without asking why they are doing it or checking the environment for changes.

"This doesn't mean you become a submissive robot when hypnotized," Ray asserts. "Studies have shown us that

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good hypnotic subjects are active problem solvers. While it's true that the subconscious mind is more open to suggestion during Hypnosis, that doesn't mean that the subject's free will or moral judgment is turned off."

Are some people more easily hypnotized than others?

"Yes, although the reason is not clearly understood," explains Ray. "Hypnotic responsiveness doesn't seem to correlate in expected ways with personality traits, such as gullibility, imagery ability or submissiveness. One link we've found is that people who become very engrossed in day-to-day activities—reading or music, for example—may be more easily hypnotized."

In the late 1950s, Stanford University was the first to establish a reliable "yardstick" of susceptibility (aptly called the Stanford Hypnotic Susceptibility Scales). Through subsequent studies, **researchers learned that 95 percent of people can be hypnotized to some extent** (with most scoring in the midrange on the Stanford Scale) and that "an individual's score—reflecting the ability to

Dennis K. Thomas, CHP, CI

respond to Hypnosis—remains remarkably stable over time. Even twenty-five years after their initial Stanford Scale tests, retested subjects were getting almost the same scores, the same level of hypnotic responsiveness."

Understanding the exact mechanism behind Hypnosis may require decoding the workings of the unconscious mind. While it may be near-impossible to arrive at that knowledge, Hypnosis has come a long way since it was debunked by The Sun King's commission.

Decades of research and clinical trials have shown that Hypnosis can be remarkably effective for a wide variety of conditions. To take a clinical example, a study published in the June 2007 *Journal of Pediatrics* showed that **Hypnosis produced** a significant drop in the severity and duration of headaches in children, and even a **drop in the frequency of the headaches themselves - something like 75%**.

In the non-clinical field, a University of Iowa meta-analysis by Frank Schmidt showed that Hypnosis was three times more effective than nicotine replacement when it came to giving up smoking.

Conquer Anything With Self Hypnosis

Theories as to how these results are achieved range from the idea that Hypnosis produces changes in brain activity, to the idea that the subject is "method acting" the role of a hypnotized person, to the skeptical point of view that it's all down to the placebo effect (which, of course, raises the awkward question "how does the placebo effect work?").

All of these theories, however, are essentially saying the same thing - *Hypnosis works by communicating with the unconscious mind.*

The "conscious mind" is the part that takes care of where we tend to "live" - the part that you might think of as "you". If you are reading these words out loud in your head, that's the conscious mind talking. The unconscious mind is everything else!

The unconscious controls all of the autonomic processes that you don't have to think about - the heart rate, the blood pressure, tissue growth, cell regeneration, the immune system and so on. It's where our thoughts, memories and accumulated experience reside. It controls our emotions, our habits and our responses to the world.

The unconscious mind handles about two million bits of sensory information every single second. The conscious mind deals with about seven. That means that the reality you're actually aware of from moment to moment has

Dennis K. Thomas, CHP, CI

been brought to your conscious attention by the unconscious, choosing seven bits which it thinks are important from the two million it's just processed.

The conscious mind is more logical, critical and analytical - it's constantly making value judgments. The unconscious part of the mind is much more accepting. It's also quite literal and tends to take things personally, relating any information it receives to you as an individual. **Hypnosis works by bypassing the critical conscious mind (usually through relaxation or linguistic techniques), and speaking directly to the unconscious in a language which it understands - pattern, association and metaphor.**

The unconscious mind is basically in charge. The vast majority of things that we do are unconscious. However, it can lead us to trouble. Most problems are things that we've learned how to do at an unconscious level - we've just learned how to do them in an unhelpful way.

Problems are often an attempt at a solution. This is true even for such apparently self-destructive habits as smoking, drinking and gambling.

Hypnosis works by updating the unconscious mind with new and more helpful information, like reprogramming a computer. It can be used to change associations, so that

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cigarettes, for instance, are no longer seen as "being cool", and are more realistically regarded as "death sticks". It can also be used to mentally rehearse better ways of going about things, such as being able to deal with stressful situations without having to smoke a cigarette.

Since the unconscious mind controls our autonomic bodily processes, physical change can also be achieved through Hypnosis. Pain control is a very good example: Child Birth, Dental Procedures, Surgeries, etc. The mind alters our awareness of pain all the time - professional athletes, for instance, get hurt on a regular basis, but rarely notice it unless it's particularly severe. You'll have experienced this yourself if you've ever discovered a cut or a bruise and wondered how it got there. Physical events are still occurring, but the unconscious has relegated them to the 1,999,993 bits of sensory information you're not aware of every single second. Hypnosis can therefore be used to amplify that same response and apply it to a specific situation, such as the control of headaches.

Hypnosis works, then, by shaping our perception of reality by dealing directly with the unconscious mind, the root of most of our problems. With Hypnosis / Self Hypnosis we can create a new reality and perception in order to achieve a positive and healthy solution.

Chapter 7:

Keys To Successful Hypnosis Sessions...

Below Are The Stages Of A Hypnosis Session:

1) Preparation Stage - try ensuring that you are sitting in a recliner or some other comfortable platform. As this is an eyes closed technique you can not expect to drive or operate machinery or any kind.

2) Induction Stage - you will go from a sense of normal awareness into a state of comfort and relaxation

3) Deepening Stage - at this point your conscious mind will drift of and have a far less influence on your consciousness

4) Purpose Stage - this is where you begin to implant those thoughts into the subconscious mind. The thought

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patterns that will cause you to act in a particular positive way

5) Wakening Stage - You will journey from the hypnotic state into full awareness, with a sense of vigour and alertness that you will program during the Purpose Stage.

Tips For A Successful Session:

Find a quiet place where you won't be distracted or disturbed. Make sure you're free from all beeps, alerts and pings of modern technology. If you need to keep track of the time, set an alarm. If you prefer listening to guided Self Hypnosis audios or music, shut down all other programs if you're using your computer.

- Be sure to go to the bathroom, if needed, before you start, and put any pets out of the room as they will jump in your lap during the Session – guaranteed! Pick a time of the day or week where the chances of being disturbed are minimal – and you'll find it easy to relax. **Some people prefer mornings, before they get started with their day. Others prefer doing it before they go to bed.** Choose what works best for you. Once you've trained yourself to

Dennis K. Thomas, CHP, CI

go into trance easily, you'll find it easier to do the same during the more challenging times of the day – which can be the exact moments you need Self Hypnosis the most.

For Example: Taking time out to mentally prepare yourself before a meeting you feel anxious about. But to begin with, put the odds in your favor by choosing a time or a routine that sets you up for success.

- Before you start, take a few minutes to become aware of what you're feeling and what you want to achieve while practicing Self Hypnosis. Are you feeling stressed or worried about the time? Are you tired? Are you feeling relaxed? And what do you want to achieve? Clarity, relaxation, focus? Becoming aware of these things before you start will not only help you to acknowledge any potential roadblocks, but will set a clear intention for your practice.

Once you've created the right mental and physical space for your Self Hypnosis practice, you're ready to experiment with the induction methods, visualization techniques and mindfulness exercises listed below.

Conquer Anything With Self Hypnosis

The room in which you practice Self Hypnosis should be subdued in lighting and a few degrees warmer than room temperature, with no drafts. The walls, floors, drapes, and rugs should not be distracting. Make sure the room is quiet and free from offending odors. If you are sitting, make sure that your back is supported against the back of the chair. Your feet should be flat on the floor or on a foot rest. Knees and ankles should not be crossed. Hands should rest on the arms of the chair, on your thighs, or loosely in your lap. Your head should be in a comfortable position.

To practice Self Hypnosis, it is preferable to use a recliner rather than a bed or couch, which are associated with sleep. If you are reclining, your arms should be alongside your body and your head should be slightly elevated.

Feet should be separated with toes turned outward. Use headphones to listen to your tapes, and keep a blanket by your side. A tape of metronome beats is ideal for pacing your voice and inducing Hypnosis. Loosen clothing and remove shoes. Turn off all cell phones, radios, tv's, etc.

Dennis K. Thomas, CHP, CI

Allow 30 minutes to 45 minutes for each practice session. It is beneficial to add brief, hypnotic experiences spaced throughout the day. This is called fractionation, and it is a powerful relaxation technique. The deeper your level of relaxation, the deeper the trance.

Be sure to use an Awakener at the end of your Self Hypnosis Session – found later in this book.

At the beginning you will want to write out each of the 5 steps for a successful Self Hypnosis Session.

Any self-improvement requires disciplined practice. **The more you practice, the easier Self Hypnosis becomes.** The more practiced and highly skilled you become, the greater the benefits. By using Self Hypnosis regularly, you can bring forward inner resources with greater ease. When the mind and body work together, both consciously and unconsciously, you are on the road to health, success, and personal empowerment.

Remember the 5 Steps of Self Hypnosis and as you go through the book, write down your favorites for each.

Chapter 8:

Troubleshooting and Fine-Tuning Hypnosis Session...

In order to have a productive session and avoid unnecessary problems, the following is a good rule of thumb to go by. This is for a typical Hypnosis Session...

1. PRE-INDUCTION INTERVIEW

Normally the intake paperwork will have been e-mailed to you in advance of our hypnosis session. We will discuss the contents of this at the beginning of the session. The purpose of this interview is to gather general lifestyle information as well as information about the nature of the issue you would like to address - when is it at it's worst? When is it better? How does it effect you? How would you like it to be? We will also discuss your motivation for

Dennis K. Thomas, CHP, CI

change, as it is very important to understand, that for Hypnosis to be truly effective and result in long lasting change, you must truly want the changes we are working on. We will also conduct some suggestibility tests during this part of the session.

If you are consulting a Hypnotist for the first time, you are probably not sure about what to expect. The experience of a Hypnosis session is often much different than people expect. Your body may feel very relaxed while your mind is fully aware, leading you to question whether you are actually experiencing hypnosis. You remain fully alert, present and in control during Hypnosis. You do not surrender your will or control to the Hypnotist at any time. That is very important to understand, as Hypnosis is often incorrectly believed to be mind control.

Hypnosis is an interactive and cooperative experience. In this first session I will determine which type of induction and suggestions would be most beneficial to you. We will establish trust, build rapport and build your sense of belief and positive expectation while correcting any misconceptions that you may have. In each subsequent Hypnosis session we will begin with an interview to determine your progress since the previous session as well as reviewing your current goals.

Conquer Anything With Self Hypnosis

2. SETTING POSITIVE, REALISTIC GOALS

Together we will work on setting goals that are positive, realistic and most importantly - believable. These will be phrased in a positive manner that does not focus on the apparent negative aspect of the issue in question. An example could be: "I don't want to feel nervous while performing on stage" would become "I am fully calm and confident while performing on stage".

3. THE INDUCTION

This is where the hypnotic state is induced. There are a variety of different inductions that can be used, depending on the client and their specific needs. Inductions can range from near instantaneous all the way up to 10 - 20 minutes during a session.

4. GIVING SUGGESTIONS / ANCHORING

Once Hypnosis has been induced in the client, I would then progress with speaking direct suggestions to the client. This would be customized for the client with their specific goals in mind. This method (direction suggestion) required very little (if any) verbal interaction from the client, although the client remains fully aware throughout

Dennis K. Thomas, CHP, CI

and is fully able to move and speak freely, should they wish.

The client will also be encouraged to visualize their goals and to imagine the experience of them during this portion of the session. A technique called Anchoring can be used here in order to equip the client with a means to re-connect to those feelings after the session, especially when exposed to situations that disempower them around their stated goals.

5. EMERGING

This is where the Hypnosis part of the session ends. This will be directed by the Hypnotist. It is worth noting that Hypnosis would end naturally should the Hypnotist stop talking, as the Hypnosis only endures provided that the client has a point of focus - such as the voice of the hypnotist. Without that the client would naturally open their eyes and emerge.

6. POST-HYPNOSIS INTERVIEW

Here we will discuss your experience. I will take notes for future reference to ensure that your experience is further

Conquer Anything With Self Hypnosis

customized for future sessions to ensure the greatest level of effectiveness.



Dennis K. Thomas, CHP, CI

**Self Hypnosis Is
Your Key To
Conquer Anything**

Chapter 9:

What Is Self Hypnosis...

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

Through Self Hypnosis you can change those qualities or habits that you no longer want or desire. Moreover, you can train yourself to have a more relaxed and positive outlook so that you feel less stressed and more in control.

You are constantly exposed to your environment, which

Dennis K. Thomas, CHP, CI

may at times be quite negative. This negativity can affect your behavior, thoughts and actions. **Through Self Hypnosis you can learn to reprogram your subconscious mind to exclude those negative thoughts and to achieve the greatest success in your life.**

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

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

Conquer Anything With Self Hypnosis

Did you know you already use Self Hypnosis intuitively?

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

Here are some examples of Self Hypnosis in your day-to-day life...

- ~ *Day Dreaming.*
- ~ *Driving a car for a long period.*
- ~ *When reading an interesting book.*
- ~ *When playing sports*
- ~ *While watching a movie or television*
- ~ *When listening to music*

Common Fallacies:

Many works of fiction, such as movies, television programs, and comic books portray Hypnosis as a form of total mind control; however, most would agree that this is

Dennis K. Thomas, CHP, CI

more Hollywood than reality.

The way Hypnosis is portrayed in the media fosters a number of popular misconceptions which without greater understanding are often taken to be true by the public at large, adding to the controversy surrounding Hypnosis.



Chapter 10:

How Does Self Hypnosis Work...

Self Hypnosis works because we are able to condition ourselves to various stimuli. We condition ourselves consciously and unconsciously to many activities. When we experience anxiety, it stems from a conditioning process which could have been conscious or unconscious. In Self Hypnosis, the individual consciously works toward implementing and strengthening his own inherent strength and resources. These objectives, when attained, result in feelings of confidence, relaxation, self-mastery and well-being.

Furthermore, Hypnosis utilizes a natural mental process. We all know that placebos work admirably in numerous cases. The dictionary defines the word placebo as, "an inactive substance or preparation, administered to

Dennis K. Thomas, CHP, CI

please or gratify a patient, also used in controlled studies to determine the efficiency of medicinal substances." Many controlled experiments have shown that people achieve similar results whether they take a placebo (which they think is the real medication) or real medication that was prescribed. Several years ago many such tests were carried out with antihistamines to prevent colds. The results were always the same.

We are interested in what makes the placebo act as effectively as the true medication. It stands to reason that a chain reaction is set up, actually causing a physiological result from a psychological reaction.

The unsuspecting patient declares, "I've never felt so good in my life."

Yet, this would never have happened if he didn't think he was taking the marvelous new medicine. A recent scientific study by one of the leading pharmaceutical houses concluded that one third of the effectiveness of any medication depends upon the faith and trust that the patient has in the prescribing physician.

Conquer Anything With Self Hypnosis

The placebo results and the patient's faith in the physician as contributing factors to the effectiveness of medications do not come as a revelation. We are all aware of such information. Our problem is how to harness this unconscious process for constructive goals. **The answer is through Self Hypnosis.**

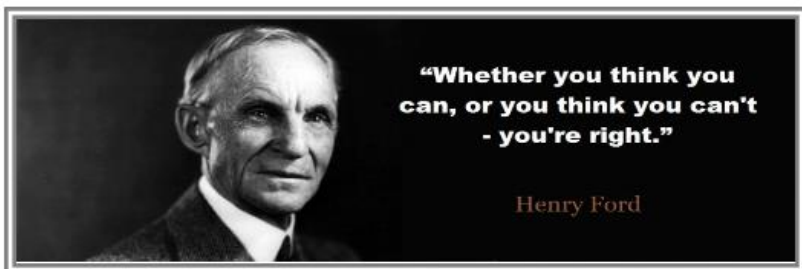
Self Hypnosis, as we have explained it, uses a technique called visual-imagery. This has been referred to by many different names, but for our purposes we'll call it visual-imagery. Within this technique lies one of the keys for achieving the goals that you want. There have been many famous books written incorporating this technique as a basis for achievement. Perhaps the most famous of all is called "*Think and Grow Rich*", by Napoleon Hill. In recent years, "*The Magic of Believing*", by Claude M. Bristol and "*The Power of Positive Thinking*", already mentioned, have become well-known. The book which gives direction to most of the books in this field is called "*Self-Mastery Through Conscious Auto-Suggestion*", by Dr. Emile Coue. You have heard of his famous saying, phrase. **"Day by day, in every way, I am getting better and better."**

Invariably, in all these books, there is reference to the

Dennis K. Thomas, CHP, CI

Biblical quotation, "As a man thinketh in his heart, so is he."

As the reader can deduce, no one is theorizing about a startling new discovery. The technique is as ancient as man himself and his dream of a better tomorrow. All books using the visual-imagery technique tell you to paint a vivid, mental picture of the material things you wish to acquire, if it is a case of material wealth. For personal improvement, they tell you to paint a vivid picture of the individual you want to be. In most cases, you are told to do this in a relaxed or meditative state with as few distractions as possible. **The next two requirements are constant repetition (conditioning) and a "burning desire" (motivation) to achieve what you set out to do.**



Chapter 11:

How To Obtain The Self Hypnosis State

Hypnosis is a natural state of relaxation, albeit a degree deeper than one would normally experience but essentially we all go into trance like states each and every day. **Daydreaming is a fair example** of a trance type experience. Whenever you find yourself engrossed and slightly unaware of the things going on around you are probably in a trance state. **Activities such as reading a novel or gazing silently up at a starry sky, a sense of entering in, while watching a movie**, these activities can cause a deepening sense of relaxation that can lead to a trance experience.

The object of Self Hypnosis is to implant positive life enhancing thoughts into the sub conscious mind. These thoughts will then act on our behalf during our lives. The

Dennis K. Thomas, CHP, CI

benefits of this mind programming technique are enormous and allow us to live our lives to our full potential.

It is also possible to purposely enter into a hypnotic state and it's my intention to teach you a simple but effective technique for Self Hypnosis. Let's just go over the stages that you can expect to traverse as you enter into your hypnotic trance:

1) Preparation Stage - try ensuring that you are sitting in a recliner or some other comfortable platform. As this is an eyes closed technique you can not expect to drive or operate machinery or any kind.

2) Induction Stage - you will go from a sense of normal awareness into a state of comfort and relaxation

3) Deepening Stage - at this point your conscious mind will drift off and have a far less influence on your consciousness

4) Purpose Stage - this is where you begin to implant those thoughts into the subconscious mind. The thought

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patterns that will cause you to act in a particular positive way

5) Wakening Stage - You will journey from the hypnotic state into full awareness, with a sense of vigour and alertness that you will program during the Purpose Stage. Sometimes this stage can be deferred and you can purposely use the hypnotic trance to enter into normal sleep. This is a great technique if you suffer from insomnia.

A Modest Self Hypnosis Technique For You to Try:

Betty Erickson's Self Hypnosis technique is a fantastically simple technique for the novice to try at home. Just as a bit of background on the lady, she was the wife of the great Hypnotherapist, Dr. Milton Erickson, who had an enormous impact on the field of hypnotherapy.

Essentially it follows the pattern we have already discussed. Firstly, ensure that you are in a comfortable position, lying prone is best. Relax and breath deeply, taking a count of two for breathing in, a count of two for the hold and a count of two for releasing the breath.

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Announce your objective and speak it out quietly to yourself, something like "I am entering into a state of trance for the purpose of _____." This stages implies the purpose to your unconscious mind and the conditioning will begin to have an immediate impact on your thought patterns.

Also tell yourself how you are going to be when you wake up from the trance a little later. Say something such as "in 15 minutes, I will be able to, _____." "When I wake I am going to _____." Focus on those things you want to be, or feel, or think. Tell your mind how things are going to be from now on but do it in a gentle affirming way. In a manner that supports the things that you have already done. You will not pull yourself down and deride what you have done previously.

Next let your mind wander gently off and do not hold onto it as it softly drifts wherever it wills. You will also pay less attention to the bodily sensations that you would normally be taken with. Close your eyes and visualize an image or sound; become aware of your feelings and sense that you are in a restful place, hear the sounds and smell

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the fragrances of that location. Make the colors there as vivid as possible. Do this with about two or three different locations or visions or sounds.

Finally, after about 20 minutes or so it will be time to wake from the trance state that you have placed yourself in. Gently become aware of where you are and tell yourself that you are going to wake up after a count of 10 or so. Affirm to yourself that you will wake up invigorated and completely aware with a deep sense of restfulness and peace.

Helping Yourself For Ultimate Self Hypnosis

Despite common misconceptions, a Hypnotist cannot make you go into a hypnotic trance. It's more a case of them guiding you into this state of mind. So really it is up to the subject to allow themselves to go into a trance – it actually has very little to do with force or will power, or any sort of 'power' for that matter.

In fact it is testament to a subject if they are able to go into a hypnotic trance. It is very easy to resist, but not quite as straight forward to go into a trance. Allowing your mind

Dennis K. Thomas, CHP, CI

to go into a deep state of relaxation takes some skill on the part of the subject.

It is true that almost everyone can go into a hypnotic trance. However it is usually the more intelligent and creative people who find it the easiest to allow themselves to go into a nice calming and deeply relaxing trance state. So those people who say things like "I bet you can't hypnotize me" are missing the point. I cannot guide anyone into a hypnotic trance who doesn't want to be in one. It is up to them to follow if they want to.

Since it is a skill on the part of the subject to allow themselves to go into a hypnotic state, it is perfectly possible for a person to hypnotize themselves without the need of a guide, or a Hypnotherapist. This is known as Self Hypnosis. There are many ways to do this, but here is one method.

Get yourself comfortable, either seated or laid down, whichever you prefer. Close your eyes and take 3 slow deep breaths.

Count yourself down from 10 to 1 while you relax your

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entire body. Start from your head and slowly make your way down through the different body parts until you reach your feet. Focus on each area for a few moments and concentrate on that area relaxing, before moving slowly down to the next area. So spend a few moments focusing on relaxing your head, before moving down to your neck, then shoulders, and so on.

Once you have relaxed all your body, imagine a door in front of you and mentally walk through it. This door leads to a relaxing, calming place. It can be anywhere you choose, such as a secluded beach or an enchanted forest. Try and use as many senses as you can. Smell the air, listen to any background sounds, and even feel the ground beneath your feet.

You Will Now Be In A Hypnotic State.

During a hypnotic state you can recite some personal affirmations, or visualize yourself achieving your goals. These act as commands to the subconscious mind which it will strive to achieve, so always be positive. For instance if you want to be more confident, then simply visualize yourself in different situations being the confident person

Dennis K. Thomas, CHP, CI

you want to be. If you want to excel at a particular sport, then visualize yourself doing just that – perhaps even winning an award.

Enjoy this state for as long as you wish, and try to see things as vividly as you can.

When you have finished you can count yourself out of trance. You can do this by telling yourself that you will feel more and more awake with each number you count from 1 to 10, until you are fully awake at the count of 10.

Then slowly count to 10.

When you open your eyes, notice how so calm and relaxed you now feel. You will feel a little different, in a good way. The experience varies from person to person, but with regular practice you should find yourself making strong self improvements. You should also find it become easier over time to get into deeper levels of trance as you become more experienced. Like most skills practice will only improve your ability to perform Self Hypnosis.

If for some reason you are struggling with this method

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then it may be worth you either visiting a Hypnotherapist or buying a Hypnosis audio session. Once you have experienced a guided Hypnosis session a few times, you will be in a better position to guide yourself as you will now know what the state of mind you are seeking feels like.

For starters, do not force the results of Self Hypnosis. Trying to make things happen will only hurt your chance of success. Just think of Self Hypnosis as a tool for removing obstacles you have built against the result you want. And when the obstacles are gone, the desired result will flow to you naturally. In reality, this is what is actually happening anyway.

Do not over analyze any event that happens in your life. Although you will probably do this in the beginning, that is only human, but after the novelty wears off you will learn to let things happen naturally.

Just remember that you may or may not know that you have reached a hypnotic state. No two people experience Self Hypnosis in exactly the same way. Keep in mind that the hypnotic state is always a pleasant experience.

Dennis K. Thomas, CHP, CI

More so, be aware that Self Hypnosis is a skill and that you will get better with each session and that will give you results in the long run. The way effective approach is to set up a regular schedule and allow about thirty minutes.

The first step in Self Hypnosis is to slow down your thoughts and get relaxed. While it is virtually impossible to force your mind to relax, you can always work on getting relaxed physically and then let the mind will follow. Relaxation is something that certain people are naturally better at than others, but the skill can be learned over time.

A common technique is to concentrate on relaxing each body part and work the entire body from top to bottom or vice versa. It is important thing that you take your time and not rush this step. Relaxation can take anywhere from a half hour to just a few seconds.

After feeling relaxed, the next step is to deepen the state of relaxation. One of the more popular techniques of deepening is to use the count down technique. You simply count down from 20 or 100, and allow yourself to going

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deeper and deeper into the relaxed state. Do not count out loud when doing this procedure as you want as little physical involvement as possible. This is the actual step where hypnotic states occur. You most likely will not be aware of this as a beginner, but it will eventually happen.

After reaching a deep state of relaxation, the next step is to use suggestions. Bear in mind that the relaxation and deepening steps have prepared your mind to be more receptive to suggestions. Thus, your subconscious mind can now start to become influenced by your suggestions. It is more effective to apply suggestions that have been worked out ahead of time. They should be short and brief and you should have them memorized so that you can think them to yourself.

The last step is to end your session. A person could always just open their eyes and get up, but this is not a good idea at all. You should always identify the end of each session to provide a formal division between the hypnotic state and ordinary consciousness. This accomplishes two things. It tells your subconscious that the session is finished, and it prevents your Self Hypnosis practice session from turning into a nap.

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Will it take weeks or even months to get into a good hypnotic state? Probably not. Some people have an amazing experience on their very first try. Others might practice for several days before they notice something good happened. Just keep practicing and you will eventually get there.



Chapter 12:

How To Obtain A Deeper Hypnotic State...

When it comes to inducing a deep, self-hypnotic state, a common misconception is that there is a magical, fool-proof method.

There Is Not!

The secret sauce is actually much more localized, specific to each individual's practice.

If you haven't guessed, it all boils down to you.

To what your mindset is, and your willingness to persevere if you hit a brick wall.

Dennis K. Thomas, CHP, CI

One reason many people fail at Self Hypnosis is because they tend to focus on the method first, and when this doesn't work, there is a strong temptation to give up and let out an exasperated exhale.

Needless to say, this is not a very effective approach. Which is exactly why we encourage the opposite.

In order to master Self Hypnosis, you need to first focus on mastering yourself, and only then use an induction method to get you into a trance.

A little like how if you're a Hypnotist, you need to set a positive intention before putting a subject into trance.

If you rock up to the session in a grumpy mood feeling distracted, no matter which techniques you use, they're not going to work.

Your mood will rub off on your subject. If you have trouble going into a trance first (going first), and setting the tone you want your subject to experience, how do expect them to reach the desired state?

Conquer Anything With Self Hypnosis

The same is true when you practice Self Hypnosis. You need to set your mental state first, and only then use your desired induction method.

Set Yourself Up

Having a go-to induction method can be useful as it helps your brain get into sync and quickly get down to business. But of course, no two days are the same. What works for you one day may be less powerful on another, depending on your state of mind.

So mixing things up by using different techniques can be a useful way to keep the conscious mind stimulated and focused before you sink into a deep trance.

But before starting with an induction method, it is important to remind yourself of why you want to get into a trance.

The reason Self Hypnosis is so powerful is because of how it gives you the ability to gain access to the unconscious, which is why it's a fantastic tool for tapping into creativity, abundant mindsets, problem solving – among

Dennis K. Thomas, CHP, CI

many other things.

So having a clear idea in advance of what you want to achieve during Self Hypnosis will set you off on the right foot.

By tapping into your unconscious, you can find the information you need to learn, grow, and become a better human being.

However, it is the gaining access to your unconscious that often poses the greatest challenge. If you're having trouble inducing yourself into a hypnotic state, do not get frustrated.

What may appear to be a problem is a learning opportunity for improving your ability to go under.

The unconscious is an aspect of awareness that records every experience you've ever had, even those that we are not aware of.

Forgotten memories, gut feelings about a situation and even information that is beyond your direct experience

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can be found there.

It is your unconscious that orchestrates most of your waking life. But it is more than that. The unconscious has an intelligence of its own, and one of its major functions is to keep you safe.

What's more, your conscious and unconscious minds are constantly communicating with one another. So by preparing yourself mentally, you'll find that gaining access to your unconscious can be easily achieved.

That said, you don't have to do much work; your unconscious will do most of it for you.

What preparing yourself entails is learning to get out of your way so you stop blocking yourself from going into a trance. Preparing yourself to go into a deep trance simply involves learning to let go.

That said, there are some exercises you can do to help with this, which will also increase your conscious awareness. And because people tend to exert a lot of energy towards suppressing problems and negative emotions – these

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exercises may become a very important part of your practice.

Through Self Hypnosis, you can redirect your energy towards increasing your awareness and exploring deeper levels of consciousness.

To increase your awareness is to strengthen your mental architecture, which is accomplished by increasing the number of brain connections, also known as neural connections.

One of the most effective ways of increasing the number of brain connections is through emotions.

Emotions, in particular positive emotions, build brain connections. Additionally, emotions tell you if things are going right or wrong: they will tell you if you should go further within.

Mindfulness exercises are ideal for building a stable mental platform by cultivating positive emotions, strengthening your awareness and increasing brain connections.

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We'll be explaining what some of these exercises are shortly, but before we jump in, here are a few practical tips on how to prime yourself for a focused and effective session:

Self Hypnosis Techniques To Go Deeper

It is important to keep in mind that success has less to do with the method than it has to do with you!

The different exercises listed below are just tools to exercise your awareness. You can use any induction method you like for Self Hypnosis, as long as it helps your brain to get into sync and down to business.

And the best way to tell which techniques are best for you is to practice and experiment.

TIP: It's useful to have a few go-to techniques to match your varying mental states.

Get creative. Be inventive. And most of all – be patient. Never under any circumstances judge yourself!

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The reason Self Hypnosis (and meditation) poses so many challenges is because in essence, you're trying to change how your conscious mind operates. You're up against a lifetime of conditioning where it likes to roam around at free will. So cut yourself some slack!

That said, just like any habit, anyone is able to learn (and master) Self Hypnosis if they continue to practice. While it does take some time, you'll get better at it quicker than you think.

And what might also surprise you is how once you've got the hang of it; your mind starts to crave the trance state more and more.

Just like how when you've got into a good exercise routine, your body wants to exercise more because it desires the feel-good benefits.

So if you're looking for some inspiration to get started, or want to add another technique to your repertoire, you might find the techniques below incredibly useful.

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Hypnotic Induction Techniques

1. Magnetic Hands

Aside from being an interesting exercise to try, the purpose of this technique is to direct your attention towards feeling the energy between your hands – and away from your thoughts.

- 1) Start by rubbing your hands together to develop heat.
- 2) After you feel the heat, pull your hands apart until they're about 4 inches from one another.
- 3) Now move the hands very slightly in and out, so you can feel the natural magnetic pull. It will feel like a magnet. Focus on those sensations until they get stronger and stronger.
- 4) Play around with the energy until you feel that your hands want to come together. At this point, just close your eyes, and deepen the trance from there.
- 5) It doesn't matter if your hands touch or if they're 10

Dennis K. Thomas, CHP, CI

inches apart, what you're looking for here is a strong magnetic pull. If your hands aren't touching, focus on the space between them to intensify the experience.

Playing around with energy like this is a great way of keeping the conscious mind distracted so your unconscious can take over – allowing you to relax and sink into a deep trance.

2. Arm Levitation Method

Like the exercise above, this technique is designed to direct your attention towards movements and sensations in your body – and away from your thoughts. And given how attention grabbing this technique is, it's a really effective induction method when you want to quickly get down to business and let the unconscious takeover.

- 1) Begin by lifting your right arm up and down so you get used to the physical sensation and the movement.
- 2) Pay close attention to all those micro-muscular movements that occur as your arm is moving up and down.

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3) Once you have done this a few times, repeat the following affirmation: “Unconscious mind, I want you to lift my right arm. Lift that arm. Lift that arm. I feel my arm getting light, lifting, lifting and lifting.”

4) You might be surprised at how quickly this happens. It works whether or not your arm is lifting very slowly or twitching as it lifts.

5) Continue the process and allow your arm to come all the way up to touch your face. Pay attention to all those tiny movements as your arm is lifting because this is an important part of the process.

6) You can also try focusing on your fingers, your wrist, the muscles that are working inside your wrists, and even the connection between your hands and your arms.

3. The Betty Erickson 3-2-1 Technique

Betty Erickson, Milton Erickson’s wife, was an accomplished hypnotist in her own right.

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She used Self Hypnosis throughout her life, one method, in particular, was the 3-2-1 Technique, which involved going through things you see, hear and feel 3 different times. This technique can be used to strengthen your visualization skills and redirect your attention away from your thoughts.

1) Start by noticing 3 things you can see, such as the wall in the room, the picture on the wall, or the sunlight beaming through the windows.

2) Next focus on 3 things you can hear, for example, the sound of your breathing, a bird outside the window, or the TV that's on in the background.

3) You would then focus on 3 things you can feel such as the pressure of the chair at your back, the warmth of the room, or your clothes touching your skin.

4) On the next round, you repeat the same cycle, except this time you only notice two things you see, hear and feel. These could be the same or different things.

5) During the last cycle, only focus on one thing you see,

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hear and feel.

6) Now repeat steps 1-5 with your eyes closed. Notice 3 things you can see (in your mind) hear and feel.

7) Repeat by noticing two things, and then one thing, like you did when you had your eyes open.

8) When you complete the final cycle, you'll be in a trance, and continue with your Self Hypnosis practice.

4. The Power Pendulum

A pendulum is a powerful way to communicate with the unconscious mind and to induce trance. You can purchase a simple pendulum at any new age store, or you can make your own.

If you have a pendant, you can easily transform it into a power pendant. Any chain with a stone or anything else hanging on it can be used as a pendulum. You can also use a piece of string by tying it on a bolt or a nut from your toolbox.

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- 1) Begin by finding a comfortable position. Hold the pendulum between your thumb and index finger, holding it loosely without the chain or the thread slipping out of your fingers.
- 2) Make sure your elbow is free floating, and not resting on a table or locked in place. Stay relaxed and loose, and start familiarizing yourself with the feel of your pendulum.
- 3) Instruct or “will” the pendulum to move by focusing on moving it forward and backward. You can simply tell your pendulum to start moving, and it will.
- 4) Make sure and keep your mind clear. Don’t try too hard, because your conscious mind will get in the way.
- 5) Just approach this in an easy going and relaxed manner.
- 6) Once it starts moving, close your eyes and allow the pendulum to fall to the floor, and then start your practice as you usually would, for example, start using visualizations or affirmations.

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Visualization Techniques

Note: In the following exercises, the words visualizations and mentalization are used interchangeably. The term mentalization was developed because some people feel that they can imagine an object in their mind, but they're unable to visualize it. Additionally, the next 4 visualizing exercises build on each other, so it is important to do them in sequence.

5. Visualization A Room

- 1) Close your eyes and visualize a room that you are familiar with.

- 2) In visualizing the room, try to see it in as much detail as possible.

- 3) In your mind, scan the room to view its different features, such as furniture, pictures, doorways, and other features.

- 4) Now repeat steps 1-3, except this time, visualize a room that you're less familiar with.

5) Do you notice any difference in the clarity of your mentalization when viewing the two rooms?

Your mentalization of the unfamiliar room was most likely less detailed than the familiar room, while your mentalization of the familiar room was more stable and secure than the unfamiliar room.

As stable mentalization is what you're trying to achieve during Self Hypnosis, this is a useful exercise to build up your visualization skills and induce a calm state.

6. Describing A Room

This exercise is the same as the previous technique, except for one difference.

In this exercise, you will visualize a room that you are familiar with and describe it to yourself or another person. Described the room in as much detail as you can. The purpose of this exercise is to increase the stability of your awareness by engaging other functions of your mind while visualizing, which in this case would be verbalization.

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7. Pantomimed Mentalization

This is a variation of the last two exercises, except this time you add another dimension to your mentalization: you will use pantomime while describing the room.

For example, upon visualizing the room, you might tell yourself:

“The room is very large (spread your arms wide to emphasize this point) and there is a hallway to the left. To the right of me is a window. I think I will open it.” (Go through the gestures of opening the window.)

The idea is to strengthen your mentalizations by both incorporating speech and physical movement. With repeated practice, you’ll be able to make your mentalizations of the unfamiliar as real as those that you’re familiar with.

Remember, the more mental functions you add, the sharper your awareness will become.

8. Exploring The House

Following on from technique #7, in this exercise you venture beyond the room you mentalized in technique #7 and explore the rest of the house.

When mentalizing the house, remember to incorporate both verbalization and pantomime to your visualizations to strengthen your skills.

MINDFULNESS EXERCISES

9. Breathing Count

Practice counting your breaths with your eyes closed. To know how many breaths to count, start counting and as soon as a thought other than counting your breaths comes in, stop there.

Many people new to Self Hypnosis or mindfulness can only count 2 or 3 breaths in the beginning without distraction – and that's just fine.

Repeat your breath count several times until you feel more

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focused and calm and then just sit and let your mind be free, not focusing on anything in particular.

Just “sit with” whatever is happening in your mind without censoring.

The expression “sit with it” refers to allowing yourself to refrain from any effort and just enjoy the feelings and sensations of your experience.

Allow everything that you experience to express itself to you without any judgment or need to change things.

When you feel satisfied, open your eyes.

Each time you do the exercise, count your breaths without distraction at the beginning and notice how over time you can take more breaths without becoming distracted.

This is a great sign that you’re changing your brain and improving your ability to focus on a task.

10. Pyramid Breathing

Dennis K. Thomas, CHP, CI

In this exercise, mindful moment refers to anything that you can do with your body where you experience resistance.

Examples of mindful movements would be pressing against a wall or curling your toes. The purpose of this exercise is to experience the sensation of resistance in your body, while releasing you from your thoughts.

Here's How:

- 1) Breathe and make a mindful movement, paying attention to the sensations or pressures in the body
- 2) Take a second breath and perform another mindful movement
- 3) Repeat this exercise until you have reached your target breath (the breath you reached in technique # 9)
- 4) Rinse and repeat until you experience a calmer mind

11. Detailed Breathing

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In the previous breathing exercises, the focus was on duration. In detailed breathing, the focus is on the strength of your awareness to perceive detail.

When breathing, focus on the sensations of a specific part of your nose, such as the tip of your nose or your right nostril.

Try to make the target of your attention as specific as possible by focusing on the smallest details.

If you find this difficult to do, focus on larger areas of your body such as the expansion of your ribs.

12. Body Scan

In this exercise, the goal is to develop heightened states of awareness in your body – eventually without having to touch your body.

1) Place your hand on a part of your body, such as your forehead.

2) While focusing on the sensation, touch another part of

the body.

3) Place your focus on the sensations of this part of the body.

4) Repeat with different parts of the body. As you get better at this exercise, you will not need to touch your body as you would have developed a greater sense of awareness.

13. Transformational Training

The purpose of Transformational Training is to experience emotions and sensations of an image you are visualizing. As these techniques build off one another, do them in sequence.

1) Describing an image

- i) Describe an image in your mind
- ii) Describe the mood of the image, the sensations that you get from it, as well as the emotions it invokes

2) Teleportation

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The purpose of this technique is to find an animate object or inanimate object and allow yourself to merge with it.

For example, if you were visualizing a tiger in your mind, imagine what it would be like to be the tiger.

Imagine how it feels and what its thoughts are. Allow yourself to merge with the tiger. After experiencing yourself as the tiger, return to yourself and then visualize a different image, and then repeat this exercise. Allow yourself to go from image to image as you merge with each one.

3) Spontaneous Transformation

1. This exercise is the same the previous exercise. The difference is that instead of focusing on an animate or inanimate object, focus on a landscape.
2. When you find yourself in a landscape, allow an object from that landscape to enter your awareness.
3. Allow yourself to merge with that object.

4. When ready, find another landscape and repeat the process. Do this exercise with at least three landscapes.

All of the above techniques share one thing in common – they challenge you to expand your awareness by focusing on a specific task.

By expanding your awareness, you will find it easier to get into a trance. If you haven't tried these methods yet, give them a go and see how they can enhance your Self Hypnosis practice and induce a deeper state of trance.

And remember: there are many routes to the unconscious mind, there's no right or wrong method to get there. The main thing is to continue with your practice, be patient and have fun.

When you try too hard, you run the risk of your conscious mind getting in the way. So try and let go and see Self Hypnosis as a skill you need to slowly build upon, rather than it being something you need to instantly master.

Chapter 13:

How To End Each Self Hypnosis Session...

One important step in the whole Self Hypnosis process is the ending, known to Hypnotherapists as “trance termination.” How it is brought about and what you do next can make all the difference in the effectiveness of your hypnotherapy.

During Hypnosis you are put into a trance-like state. This allows you to put away the conscious, often over analytical mind for a short time and allow a spoken message or script to take center stage in your thought processes. It is here that Hypnosis is turned into hypnotherapy; where suggestions are made that can bring about changes in your life. In order to move from the

Dennis K. Thomas, CHP, CI

dreamy state of the trance to real life the trance is specifically terminated. It goes beyond just being commanded to wake up. In fact, you are often instructed that now you can go to sleep. You are so completely relaxed with Hypnosis that Self Hypnosis used at night before bed usually ends with sleep. In an office or clinical setting, you are instructed to become more fully alert.

1) A review of what was learned during the session. This also includes instructions on what to do with this new information. The summary helps reinforce the desired changes.

2) The second step further reinforces changes but by giving instructions to also forget to over-analyze the new information. It is sometimes part of the amnesia step of the total Hypnosis process.

3) Awakening. This step is meant to gradually re-orientate the individual into a state of awareness.

4) Distraction is used next. It is done by mentioning something that either has nothing to do with the Hypnosis session or bringing up a topic that may have been

Conquer Anything With Self Hypnosis

discussed before starting the trance. It is similar to amnesia in that it keeps the person from dwelling too much with the conscious mind on the information from the session.

5) Finally, the Hypnotherapist can ask questions to the person hypnotized to see what they experienced. It further fills the gap between consciousness and the subconscious experience of Hypnosis. Sometimes a person undergoing Hypnosis is not ready or willing to discuss the session at this point, and that is okay. The Hypnotherapist does not push the issue. It is just another way to bring them to full consciousness.

Conversation: Even something as simple as a conversation about anything, brings forward more conscious thinking (keep the topic simple) and allows the client to recover from the afterglow De-Markation: This can be done with the conversation or something off topic. It's just asking a client to chat or engage with us on a topic that is far away from the subject of trance.

Give the conscious mind a task: When giving the conscious mind a task, we are allowing its normal

Dennis K. Thomas, CHP, CI

functions to resurface. The conscious mind is great at planning. So maybe asking a client for what they could do that is simple and easy to help them, and the session they have just had is ideal. It could be as simple as asking them what gym might they join in order to assist in weight loss, etc.

Tell A Story: Now this may have them go back into a light trance while listening. But a story that represents success, overcoming adversity or a story on happiness and a wonder life, has your client leave your office with a smile on their face, which adds to the experience.

Give A Cue: We cue how people are to respond by how we use our voices.

When we want to cue people to feel relaxed and calm, we naturally tend to sound particularly 'soothing and gentle'. Similarly, starting to talk in a more 'normal' conversational tone acts as a cue that they can now begin to come out of Hypnosis back to everyday consciousness.

Continuing to sound overly relaxed and soothing while asking someone to become more consciously awake is to

Conquer Anything With Self Hypnosis

send mixed signals!

But the point is that this change should happen gradually rather than suddenly. Gently increase the pace and energy of your delivery so that there is a smooth transition.

You might also use the client's name more prominently (people pay more attention when they hear their own name) and bring in some neutral topic you were discussing before they went into trance.

Whether your trance is terminated with verbal instructions to wake up or go to sleep doesn't matter. The important part is that you are mentally moving from the hypnotherapy to a natural state, either full consciousness or sleep. So what is next?

- 1) Understand that this process is designed to help you not focus on the messages so you won't over-analyze. Accept this and know that the therapy is still working.
- 2) Don't work too hard at remembering because it will be stressful and counter productive.

Dennis K. Thomas, CHP, CI

3) Finally, look at the big picture. Is your willpower stronger? Are you starting to achieve the goals you set for yourself with hypnotherapy? These are the real results that you can see and measure over a relatively short period of time.

Trance termination is the final step to the Hypnosis process. It is as important to the effectiveness of hypnotherapy as the script itself. It is used in Self Hypnosis and personal hypnotherapy alike, and it works to bring about desired changes.

*Start from the
beginning, and don't
forget to include
the end.*

Chapter 14:

Obtaining Self Hypnosis When All Else Fails...

Boost Yourself With Self Hypnosis:

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

- Release Pain
- Quit Smoking
- Improve Body
- Weight Control
- Mind Development
- To Improve Memory
- Enhance Relationship

Dennis K. Thomas, CHP, CI

- Heal Your Body and Mind
- Deal With Phobias and Fears
- Come Out From Sleep Disorder
- Relieve Stress, Anxiety and Depression

And Many Many More....

*Abandonment *Addictions *Age Regression *Aggression
*Agoraphobia *Anesthesia *Anger *Anxiety
*Assertiveness *Assist Healing *Attitude Adjustment *Bed
Wetting *Biofeedback *Breakup *Breathing *Career
Success *Change Habits *Child Birth *Chronic Pain
*Communication *Concentration *Confidence *Controlling
*Cramps *Cravings *Creativity *Death or Loss
*Discouraged *Divorce *Dreams *Empty Nest *Exam
Anxiety *Exercise *Fear of Animals *Fear of Death *Fear of
Dentist *Fear of Doctor *Fear of Failure *Fear of Flying
*Fear of Heights *Fear of Loss of Control *Fear of School
*Fear of Success *Fear of Surgery *Fear of Water *Fears
*Forgiveness *Frustration *Gagging *Gambling *Guilt
*Grief *Hair Twisting *Headaches *Helplessness
*Hopelessness *Hypochondria *Hostility *Hypertension
*Immune System *Impotency *Improve Health *Improve
Sales *Indecision *Inferiority *Inhibition *Insecurity

Conquer Anything With Self Hypnosis

*Insomnia *Irrational *Irrational Thoughts *Irritability
*Jealousy *Lack of Ambition *Lack of Direction *Lack of
Enthusiasm *Lack of Initiative *Lack of Joy *Lack of
Purpose *Lower Blood Pressure *Medication Side Effects
*Memory *Menopause *Mental Blocks *Mistrust
*Moodiness *Motivation *Nail Biting *Nausea *Negativism
*Nightmares *Obsessions *Obsessive-Compulsive
*Overeating *Overly Critical *Pain Management *Panic
Attacks *Passive-Aggressive *Past Life Regression
*Perfectionism *Performance Anxiety *Pessimism *Phobias
*Postsurgical *Premature Ejaculation *Pre Surgical
*Problem Solving *Procrastination *Prosperity *Public
Speaking *Reach Goals *Rejection *Relationship
Enhancement *Relaxation *Resentment *Resistance
*Resistance to Change *Responsibility *Restlessness
*Sadness *Self-Awareness *Self-Blame *Self-Confidence
*Self-Control *Self-Criticism *Self-Defeating Behaviors
*Self-Esteem *Self-Expression *Self-Forgiveness *Self-
Hypnosis *Self-Image *Self-Mastery *Sexual Problems
*Shame *Skin Problems *Sleep Disorders *Smoking *Social
Phobia *Sports *Stage Fright *Stress *Study Habits
*Stuttering *Stubborn *Substance Abuse *Superiority
*Surgical Recovery *Tardiness *Tension *Temptation *Test
Taking *Thumb Sucking *Tics *Trauma *Ulcers

Dennis K. Thomas, CHP, CI

*Victimization *Weight Loss *Workaholic *Worry *Writers Block & So Many More...

The list is lengthy but by no means exhaustive, and in fact Hypnosis and Hypnotherapy can treat a wide range of symptoms which conventional medicine may struggle with.

Generally, any issue, problem and situation can be solved and any goal can be achieved by using Hypnosis / Self Hypnosis.

The reason that we included this huge list of concerns / issues that can be helped by Self Hypnosis is that some people don't think that they can be helped with their particular issue if they don't see it... Seeing is believing!



Seeing is Believing
Change You Can See

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**How To Conquer
Anything With Self
Hypnosis...**

Chapter 15:

Nuts & Bolts - How Self Hypnosis Works Best...

These Tips Will Help Improve Your Self Hypnosis:

- 1) Remove or loosen your tight clothes. It is necessary to be comfortable during the session.
- 2) Turn off the computer, radio, television and your phone. Put pets outside of the room you are in. Avoid any disturbances for next 30-45 minutes.
- 3) Select a comfortable place where you can sit down.
- 4) Be in a comfortable position so that each part of your body can relax. Avoid crossing your legs, this may cut off

Conquer Anything With Self Hypnosis

circulation and feel more uncomfortable

5) Relax yourself from the top of your head, down to the tips of your toes.

6) Then start repeating your goal mentally through self-suggestion

7) Use your imagination to change your perceptions of your current behavior or project yourself into a future event where you have successfully achieved your goal.

8) After completing your self-suggestion and goal setting you can prepare to wake up.

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

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

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

Dennis K. Thomas, CHP, CI

Chapter 16:

Developing A Self Hypnosis Routine That Works...

Hypnosis is a skill that you can learn and master, but it improves with practice, after all, "Practice Makes Perfect". The more you practice, the deeper your trances will become and, the deeper your trances become, the quicker you will experience your result.

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

To find out this information please go through Relaxation Techniques found in this book. You may choose to use Self Hypnosis CDs or mp3s which guide you into hypnotic states automatically, or you can even record your own

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voice or listen to a commercial Self Hypnosis product like the ones available at the International Hypnosis Institute Corporate Website.

Keep a record of the time and duration of Self Hypnosis Sessions, especially for the first two weeks. This journal keeping can be a helpful guide to your overall progress.

Any Form of Hypnosis Generally Has 5 Main Stages

- Relaxation
- Deepening
- Perception Shift Through Imagination
- Suggestion
- Awakening

RELAXATION:

The first stage of learning Self Hypnosis is relaxation. This is indeed the root of Hypnosis.

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

Dennis K. Thomas, CHP, CI

accepted.

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

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

DEEPENING:

The next stage is called the deepening phase. Again this is very simple indeed. As you are now already much more relaxed simply begin counting silently to yourself all the

Conquer Anything With Self Hypnosis

way from 10 to 1 or even imagine walking down a staircase, counting each step.

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

PERCEPTION SHIFT

The next stage of Self Hypnosis is projecting your creative thinking toward achieving your goal, whether that's seeing yourself as a better golfer, having more confidence in business, being more in control in terms of your temper etc.

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

Dennis K. Thomas, CHP, CI

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

SUGGESTION:

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

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

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

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

Conquer Anything With Self Hypnosis

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

The quality of the results will be defined by the selection and sequence of your suggestions. So use positive words because the power of positive words is infinite.

AWAKENING:

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

Dennis K. Thomas, CHP, CI

Chapter 17:

Common Self Hypnosis Roadblocks and Side Effects...

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

If A Person Doesn't Believe That They Can Be Hypnotized, Can They?

No, a person can not be hypnotized against their will. So... if a person doesn't want to be hypnotized – they won't!

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You must have a desire and be open to Hypnosis for it to work...

Can A Person Become 'Stuck' Under Hypnosis?

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

Control?

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

Due to the stage Hypnotist's showmanship and the perception that he possesses mysterious abilities, Hypnosis is often seen as something mystical and a little

Dennis K. Thomas, CHP, CI

dangerous. The reality is however, the Hypnotist has no power other than to offer suggestions.

Can A Person Become Unconscious And Unaware Under Hypnosis?

While the word 'Hypnosis' is derived from the Greek word for 'sleep' and many hypnotists still use the language of 'Sleep' and 'Awake', Hypnosis is not sleep. From the mental standpoint, a hypnotic subject is relaxed yet alert and always aware at some level. Self Hypnosis is nothing more than a conscious process of entering a subconscious altered state.



Chapter 18:

Just Do It, Discipline, Planning For Self Hypnosis...

Like most thing in life, the key is to start! Dreaming about it is great, Planning it is great, Thinking about it is great, Talking about it is great but ACTION as they say speaks louder than words – **Just Do It!**

Self Hypnosis takes discipline... You will want to work on one issue at a time for at least 30 days, then you can move on to the next, but the key is to be consistant and plan a small slot of time, 30 to 45 minutes a day for yourself to do Self Hypnosis.

Remember, you are doing Self Hypnosis to improve your situation and to resolve issues to make a better life for yourself. You are worth 30 – 45 minutes a day for that, I

Dennis K. Thomas, CHP, CI

am absolutely sure of it. Just think how much happier you will be to be around and have that inner peace that you want. Do it for yourself so you can make a difference in other people's lives!

The second most important thing about Self Hypnosis is to **Pre-Plan Your Script** for your Self Hypnosis Session. Below is an excellent guide for doing just that...

Here are a few steps that you should include in your Self Hypnosis suggestions or visualizations to get the most effectiveness out of your Self Hypnosis Sessions.

Simple - Keep your suggestions as simple and to the point as possible so as to be remembered while in Hypnosis. If you include too much information or too many subjects, you may have a hard time imagining them all. Remember to concentrate and do Self Hypnosis on one issue for at least 30 days and then move on to the next issue / concern.

Believable - Here is where the "buying-in" principle comes into play. Before the subconscious will begin to act upon any suggestion you must have a belief or "faith" that it could happen. If it is so far fetched that you don't think

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there is any way you could attain it, you are wasting your time... An example would be if you are going to hypnotize yourself to run a marathon and presently you have a hard time walking to your mailbox each morning ... maybe you should give yourself-suggestions to run a quarter mile first. Once you have attained that goal, then increase it to a half mile, then a mile and so on ... If your goal is within sight, believable, then it is attainable. "The journey of a thousand miles begins one step at a time."

Measurable - Be as specific as possible. Are you going to walk 500 yards or 5 miles? Break your goal down to specific measurements such as miles, feet, ounces, hours, days, amounts, colors, etc. The more measurable and specific that you can make your tasks, the more attainable it will be. Remember, Baby Steps...

Positive - NEVER, use negative statements. Always use positive, upbeat, uplifting, promotional suggestions. The more positive and even overboard "sickening sweet" the suggestions, the more readily the subconscious will act upon them.

Present Tense - I am doing it ... See it in the now! If you

Dennis K. Thomas, CHP, CI

use past tense, there will be no change, since it already happened. If you use future tense, the mind will wait ... Remember three of the most successful words in the English language... **DO IT NOW!**

Carry a Reward - Just as with a child ... If you ask them to change or to do anything out of their comfort zone, you will get much more of a positive response by offering a reward. It can be as simple as a dinner out, going to a movie, your favorite candy bar or a special outing, etc.



Conquer Anything With Self Hypnosis

Creating Self Hypnosis Sessions

Chapter 19:

Key Parts of a Self Hypnosis Session...

The concept of Self Hypnosis is puzzling to most people. But Hypnosis isn't really something that is done to you and as you have learned by now, the ability to be hypnotized doesn't depend so much on the Hypnotist as it does on the person being hypnotized.

Hypnosis is conducted while you maintain control of your mental facilities and so it should be of no surprise to you that you are capable of entering Hypnosis while remaining awake and aware so that you may supply your inner mind with your own suggestions. Much like reading a book or getting lost in a movie on the big screen.

The term Self Hypnosis refers to a person entering a hypnotic state with no outside influence or assistance. Virtually anyone can develop this skill and use it to benefit

Conquer Anything With Self Hypnosis

your life.

All Hypnosis Is Self Hypnosis...

It is important to use your “imagination” as much as possible whenever giving yourself suggestions. Self Hypnosis is based on the use of your thoughts and imagination. The subconscious mind does not understand the difference between an imagined memory and a real memory.

Anytime you can include the developing of positive emotions within your scripts you will find that the success will be greatly increased.

- 1) Thought is the vehicle of change.
- 2) Imagination is the fuel that moves it.
- 3) Emotion is the super-charge that will propel it there faster.

Realizing that Hypnosis is based on suggestibility and imagination, there are many ways to hypnotize yourself and others.

Dennis K. Thomas, CHP, CI

NOTE: While closing your eyes alone blocks out 80% of Beta brainwave activity, it is not required that you close your eyes to be hypnotized.

Key Parts of A Self Hypnosis Session Are As Follows:

- 1) Planning / Be Prepared With Script (Plan for Success, Plan the Session)
- 2) Sit in a comfortable chair, Close the door, Sign on door
- 3) Turn off all devices – radio, tv, computer, phone, etc.
- 4) Put pets out of the room, seriously they will want to sit on you during Self Hypnosis
- 5) Dim lights, turn soft music on if desired for either one
- 6) Close your eyes
- 7) Now Relax, Breathe, Relax, Take a Deep Breath, Relax
- 8) Think / Visualized a Peaceful Place, Can You See It

Conquer Anything With Self Hypnosis

9) Now Relax Even More, Think of each part of your body starting from head to toe and relax each one as you work your way down

10) Recite the Script that you wrote for suggestions, it's not important to remember it word for word, just do the best you can. Relax and let it sink in. Use your Imagination, See the Change, Feel the Change, See the Results!

11) Awakening, Slowly come back – SLOWLY. Count from 1 to 5, when you reach 5 you will be fully awake and feeling better than ever.

12) Take a minute and gather your thoughts and how you feel, etc. Each time it will get easier for Self Hypnosis!

13) Practice Makes Perfect Self Hypnosis Sessions

Special Note: You may want to record your Self Hypnosis Sessions in advance, and then just replay during your Self Hypnosis Session.

Recording on your cell phone, computer or a recording device works perfect. **Do Not Listen** to recordings while

Dennis K. Thomas, CHP, CI

driving or operating any type of motor vehicle. You will need to listen to the recording in a safe environment as mentioned in the steps above.



Chapter 20:

Self Hypnosis

Sample Scripts...

You can of course create your own scripts, which you write with your own goals in mind. Your script should include all the phases discussed earlier in this book and have the correct suggestions, which helps reinforce the changes you desire while you are hypnotized. Also, there are complete scripts provided for you to use as a guide.

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

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

situation"

Now, why is it so?

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

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

General Tips on Self Hypnosis Sample Scripts

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

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

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

Conquer Anything With Self Hypnosis

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

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

"My body is releasing pain"

"I'm getting better day by day"

"I'm feeling comfortable around others"

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

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

Self Hypnosis Scripts Samples Start On The Following Page.

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Re: Abundance

I love abundance. I easily attract wealth and abundance into my life. I have opened the doors and with both hands I welcome abundance.

Abundance flows naturally into my life. Opportunities are always there in front of me. I'm successful in every part of my life. I love my work and enjoy working. My life is full of abundance and happiness.

Re: Confidence

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

Re: Charisma

I'm a magnetic person and attract others to be around me. I easily and naturally draw others attention. My positive

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personality naturally draws other people to me. I naturally attract those who are kind, helpful, beneficial and inspirational to me.

Re: Memory

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

Re: Sports

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

Re: Procrastination

I love to be organized and I'm always eager to be organized. I

Dennis K. Thomas, CHP, CI

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

Re: Pain Control

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

Re: Anger

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

Conquer Anything With Self Hypnosis

Re: Exercise

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

Re: Sex

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

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

Dennis K. Thomas, CHP, CI

Chapter 21:

Auto-Suggestion Sample Script...

An auto-suggestion or self-suggestion is a suggestion that you repeat to yourself with the objective of creating change in your subconscious. Auto-suggestion is a powerful technique which can help you to overcome bad-habits, changing beliefs, changing emotional states and programing new ideas in your mind.

Auto-suggestion is a very powerful form of Self Hypnosis and is an extremely effective method of not only transmuting negative attributes into their opposite positive attributes but also for achieving anything in your life relating to the mind, or more specifically under the influence of your subconscious mind.

Very damaging habits such as smoking tobacco, drinking alcohol or indulgence in any other Mind-altering or

Conquer Anything With Self Hypnosis

addictive substances, over-eating, over-indulgence in sex or any other physical activity would fit into this category for example.

Self-suggestion is a conscious tool to give orders to your subconscious mind of what thought you want to see fulfilled. If you want to be a positive person you must repeat often positive phrases. This technique will help your subconscious mind eliminate negative thoughts and replace them with positives ones.

As we already know, everything in the Universe has its polar opposites and human characteristics are no exception. These characteristics are not always direct opposites, but in accordance with the Law of Polarity are degrees of the same thing along the same polar axis, and where there is a point along that axis where negative human attributes, notably those that prevent progress, become positive human attributes, those that facilitate progress.

Consciousness is an extremely important example of this, with the subconscious being the polar opposite of waking Consciousness while being degrees of the same thing.

The subconscious is also the origin of every unwelcome thought, causing negative attributes to appear and to accordingly influence normal waking Consciousness including all weaknesses, passions and other detrimental influences.

It is the subconscious mind that might for example encourage people to smoke tobacco, drink alcohol, eat too much food and to generally over-indulge in many other perceived pleasures of the physical senses. **These and all similar negative attributes are only considered to be pleasurable under the influence of the subconscious mind.** This equally applies to all negative attributes and human characteristics. The origin and driving force behind everything people do not want to do should not be doing is therefore the subconscious mind.

The subconscious mind however can not only be tamed and its effects neutralised or transmuted, but can also be trained to realise only our most positive wishes and objectives by using auto-suggestion or Self Hypnosis. It is clear therefore that the subconscious mind should ultimately and most rightly be considered to be our friend, but only after it has been brought under complete control

Conquer Anything With Self Hypnosis

of the conscious mind by means of the will. Aligning the conscious and subconscious mind at all levels by means of focus, will and concentration must therefore be regarded as a top priority, the benefits of which will be profound.

In the physical world the subconscious mind requires space and time in order to exert its influence. If however time and space are withdrawn from the sphere of the subconscious mind it can no longer operate effectively and therefore exert its influence within the physical world.

The way to influence the subconscious mind therefore and to bring it under the full control of the will is to disengage it from space and time where it cannot influence the physical aspects of the mind, and where it can then be favourably influenced in the direction of the desired positive attributes; **Self Hypnosis is an excellent way of accomplishing this**, or using autosuggestion which as mentioned before is very closely related.

This is exactly the same reason as to why manifestation, healing, Astral projection and many other such exercises are so effective just after awaking and just before sleep. Contact with the subconscious mind at these times is

Dennis K. Thomas, CHP, CI

much closer than during normal waking Consciousness, and accordingly the subconscious mind is much more conducive to accepting the will of the conscious mind.

The withdrawal of space and time from the sphere of the subconscious mind is therefore the most effective time to utilize auto-suggestion for Self Hypnosis in order to remove negative characteristics or to transmute them into their polar opposite positive characteristics. Without this withdrawing of space and time, whichever method is used to impress upon the subconscious a particular desire, for example to avoid smoking tobacco, or drinking alcohol, or an over-indulgence in food, the subconscious mind would have all the time it requires in order to place obstacles in the way of the objective and to thereby generate and perpetuate the adverse desires.

If for example you decided to stop smoking cigarettes, drinking alcohol, eating particular foods or to cease any other negative habit you wish to remove from your life, and intend to start doing so from a particular time the following day, the subconscious mind then has all the time it needs in order to place obstacles before you. The subconscious will form all sorts of reasons why you

Conquer Anything With Self Hypnosis

should not cease smoking, should not cease drinking alcohol, should not cease consuming a particular food or eating excessively, and will generate physical urges in the form of passions, cravings and other physical and psychological effects in order to support its actions. Unfortunately in many of these cases the subconscious mind will prevail, particularly where a person has weak or under-developed willpower, concentration, and general self-control.

Here are some tips on using auto-suggestions.

Use The "I" Form

The "I" form or first person form always involves the person speaking. When you talk with the "I" you're not trying to influence another. Using the "I" form is very important to remember that you are the important ingredient in your self-suggestion sessions.

Thinking In A Straight Line

This implies not programming a plan b or an exit plan. If you really want what is in your self-suggestion then just

Dennis K. Thomas, CHP, CI

don't look for an alternative in case the first idea doesn't work. It's like having a doubt and we know that doubts can destroy your efforts.

Eliminate Words Suggesting Doubt

Words like: maybe, probable, if, try... All have a connotation of doubt. And it is very important in auto-suggestion to get rid of any doubt if you want to succeed and obtain what you want.

Use The Present Tense

Use verbs in the present tense when wording affirmations. This thinking method implies that you are thinking as if you already had the object of your desires. "I am happy" is better than "I will be happy". "I will be happy" being never now and always in the future.

Phrase Suggestions Positively

Don't think of an elephant! What just happened? Bet an elephant was on your mind ;). So the thing to remember here is that your unconscious mind blocks verbal

Conquer Anything With Self Hypnosis

negations words. So avoid while creating your self-suggestions using words like: less, won't, don't, not, etc.

Be Affirmative

If you want a greater impact on your unconscious you must be affirmative in your self-suggestion. When you are affirmative, your subconscious reacts strongly to what you ask of it.

Be Determined To Succeed

This means that when you think of something precise that you want, you should be determined to do the impossible to get it! Isn't that why you are doing this in the first place?

Use Mental Images

Our subconscious retains lots of the information it gets from the images that are presented to it. So, for an even bigger impact on it, use and associate corresponding images with the suggestions you use.

Affirmations Hints

1) When preparing to use positive affirmations for your Self Hypnosis session, you should always be sure to be alone. Or at the very least, make arrangements to not be disturbed for the time of the session.

2) You should always repeat the suggestions in a way that you hear yourself out loud. This will help you stay focused and concentrated.

3) Do your breathing and relaxation work before. Take all the time you need to be sure that you are calm and relaxed.

4) When concentrating on suggestions, remember to use images. And it's even better if you can add sounds and feelings to your images.

5) And last but not least, when doing self-suggestion work, always concentrate on one suggestion at a time. Groups of thoughts are less effective.

So there you have it, these are the basic guidelines on how

Conquer Anything With Self Hypnosis

to formulate and use auto-suggestion scripts. Have fun using and experimenting with them in your Self Hypnosis practice.



Dennis K. Thomas, CHP, CI

Chapter 22:

Self-Suggestion

Sample Script

Learn to integrate self-suggestion to boost the benefits that Self Hypnosis has to offer.

Of course, to do this you must have an objective in mind. With the help of self-suggestion you can work to achieve any objective that you choose.

Ask yourself this question: What precise goal do you want to achieve in your life? Maybe you want to reclaim your health, or maybe you want to gain more confidence, or lose some weight, maybe you want to stop smoking...

Whatever it is, you are the only one who can achieve this. Just choose an objective that will suit you and that will help you become a better human being.

Conquer Anything With Self Hypnosis

Once that you figured out what your objective is, start to work on it and don't quit till you succeed. **Do Self Hypnosis sessions till you attain your fixed goal!**

If this is the first time you work with Self Hypnosis and self-suggestion, it's recommended you only work one goal at a time. It's much easier to have success in Hypnosis when you put all of your focus on your chosen goal – one at a time.

Also, for best results, choose something that you can attain in a short to moderate time period. It's easier to keep motivated on your work when results are potentially faster to achieve.

If your objective is long term, then try fractioning it in multiple steps. Small steps that when cumulated get you to your long term objective.

It's now time to formulate your self-suggestion...

If you want to succeed in attaining your chosen goal using Self Hypnosis, you have to start by choosing yourself a short affirmation that contains and resumes the elements

Dennis K. Thomas, CHP, CI

of your objective.

It is by repeating many times this affirmation in your Self Hypnosis sessions that you will successfully imprint this new idea on your subconscious mind.

Here are some examples of self-suggestions you can use:

To Free Yourself From Stress and Anxiety:

- Day by day, I am more and more calm, relaxed and free.*
- I feel light and free. Everything is as it should be.*
- I am calm, in control and I am the master of my own mind.*

To Overcome Insomnia:

- Day by day, I fall asleep more and more easily and profoundly, from night till morning.*
- I lovingly release the day and slip into peaceful sleep, knowing tomorrow will take care of itself.*
- I sleep in peace and I wake feeling revived.*

To Increase Concentration:

Conquer Anything With Self Hypnosis

- Day by day, my level of attention and concentration increases considerably.*
- I focus easily on my key tasks.*
- I can concentrate for a long time.*

To Increase Self-Confidence:

- Day by day, I feel more and more good about myself and confident.*
- I have the strength to make my dreams come true.*
- I am able to easily handle any problem I face.*

To Overcome Shyness:

- I love people; I am interested in them and go easily towards them.*
- I see the opportunity for meaningful human connections all around me.*
- People enjoy meeting me.*

To Increase Self-Esteem:

- I love who I am and am at peace with myself.*
- I am a beautiful person, inside and out.*

Dennis K. Thomas, CHP, CI

– *I deserve to be loved.*

To Overcome Procrastination and Take Action:

– *I do what I have to do when it must be done.*

– *I take action towards my goals daily.*

– *I enjoy the feeling of finishing a task.*

To Desensitize Fears and Phobias:

– *Day by day I feel more and more comfortable with (Spiders, airplanes, crowds, heights, etc...).*

– *I Release all Fears and Doubts.*

– *I am brave, courageous, and fearless.*

To Eliminate Pain or Discomfort:

– *When I wake up, my head (or whatever the part that needs assistance) will be in perfect harmony with the rest of my body and I will feel perfectly fine.*

– *I allow the pain to enter and to leave like a wave on the beach.*

– *Time will heal me.*

Conquer Anything With Self Hypnosis

To Increase Self-Acceptance:

- I love myself just the way I am and concentrate on my qualities.*
- I am the best me I can be right this minute.*
- I am my best friend.*

To Stop Smoking:

- I breathe in health and feel perfectly satisfied.*
- I Take Good Care of My Body.*
- I am a healthy non-smoker.*

To Increase Health:

- I think healthy, I eat healthy and I regain my health day by day.*
- I am grateful for the perfect functioning of all parts of my body.*
- Every day I take steps toward becoming more healthy.*

To Lose Weight:

- Today I will only eat what my body really needs.*

Dennis K. Thomas, CHP, CI

- Exercise is my primary nutrition.*
- Healthy food is a source of pleasure for me.*

To Increase Your Sales:

- I am more and more skilled in closing my sales.*
- I am more and more motivated and stimulated to meet new clients.*
- I am a winner! I look like a winner! I sell like a winner! I succeed like a winner!*

To Improve Sports Performance:

- I visualize myself achieving the perfect goal (hockey), I see all of the movements that I will perform and see myself winning.*
- My technique is sharp and I am totally ready.*
- I take advantage of mistakes.*

To Forgive:

- I sincerely forgive to _____ and feel totally liberated.*
- My forgiving nature is contagious.*
- I easily forgive others and I AM easily forgiven.*

Conquer Anything With Self Hypnosis

To Overcome Depression:

- Day by day, I am more and more at peace with myself as life smiles to me again.*
- I love and approve of myself exactly as I am.*
- I am at one with myself.*

To Accept The Past:

- I turn the page on the past and the present belongs to me.*
- I now liberate my past from my mind, body and affairs. I AM free!*
- I chose to accept the past and I move on.*

So there you have it! You can use any one of these Self-Suggestions for your Self Hypnosis work. If any one of them is to your liking, all you have to do is memorize it to use it later on. I would also highly recommend that you print out and put where you can see it (the suggestion) everyday or a couple of times a day. The more aware of the suggestion you are, the more likely you are to succeed in achieving that particular goal.

Dennis K. Thomas, CHP, CI

Chapter 23:

Customized Suggestion (Scripts) Worksheet

In this very short Chapter we will provide you a guide that can be used to make your own suggestions / scripts for any issues that you would like to correct. In our opinion, it is usually better and more effective if you write your own suggestions / scripts as only you know what you can best relate to and the true issue that you want to work on and change in a positive way.

- 1) State Your Goal
- 2) How your personal life will improve when you reach your goal.
- 3) What can you see yourself doing when you reach your

Conquer Anything With Self Hypnosis

goal that you are doing now?

- 4) Describe how you feel with your new goal, that you have been obtained at a designated location in the future.
- 5) What behavioral suggestion can you give yourself to help you reach your goal?



Dennis K. Thomas, CHP, CI

Chapter 24:

Tips & Tools For Self Hypnosis Success...

One of the great tools for Self Hypnosis success is **visualization**. Visualization is as important a tool as there is for Self Hypnosis success. Head over to Amazon and you'll find countless books that have been written about creative imagery and visualization. And most times when you listen to a Self Hypnosis cd or mp3 they will include some type of visualization exercise or scene.

So what makes it such an important tool? Because almost all of our patterns of behavior and belief systems have a visual component to them. Almost everything we experience in this life has its basis in something we've seen. Visual imagery is an integral part of our programming. And because of this, it's also an integral part of our reprogramming.

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Here's a simple formula for how we become programmed as we grow up. It usually begins with our becoming aware of something through our senses (most often through sight), we then have a reaction to the event (a physical reaction and sometimes an emotional reaction), and then, last but not least, we have thoughts about the event which can then develop into a belief system. And when we experience the same event again and again, the belief system becomes a deeply ingrained, programmed belief.

Let's Look At A Specific Example.

Let's say as a boy, every time you completed a task given to you by a parent, the parent finds something wrong with your effort and gives you a disapproving look. Seeing that disapproving look begins to create a fearful emotional response from the boy--let's call it dread. The boy becomes fearful of being given tasks and develops a belief that they can't do anything right. Now, while the parent may have been simply trying to teach the child to do the best job they possibly could, the boy develops a negative, fear-based belief from those experiences that follows him into adulthood.

Here's how visualization can help to change that belief. Simply reimagine those events with a different outcome. See yourself being lauded for your efforts. **Because your subconscious mind treats each of your imaginings as real, your subconscious mind will help you to begin to develop a new belief system (based on the new visualizations) to supplant the old one.** Also, visualizing any past event where you were praised for your efforts will also help to reprogram your subconscious. **The more you focus on these positive-based visualizations, the more your confidence in yourself will bloom.** An issue like this might take several weeks or even a few months to really take root within your mind.

Visualization Tips

Hint #1 -- It doesn't have to be perfect. The first thing to understand about visualizing is that it doesn't have to be perfect. No one visualizes perfectly. And remember, you're visualizing every day, remembering things that have happened and imagining things that you'd like to happen or are afraid will happen. And your subconscious mind gets those messages and understands them. Your

Conquer Anything With Self Hypnosis

subconscious mind is in perfect sync with the way in which "you" visualize. So be confident in your ability to visualize. And keep in mind that your subconscious mind treats all your visualizations and imaginings as real.

Hint #2 -- Visualize with Feeling. Incorporating the appropriate feeling into your visualization is critically important. This will, of course, vary with the objective of your visualization. For instance, if you want to feel relaxed and confident in relation to a specific event where you normally might feel stressed, imagine the event in your mind and practice feeling relaxed and confident. Repeat the visualization till you begin to naturally feel relaxed and confident any time you think of the event or a similar event or situation.

Hint #3 -- Believe in What You're Visualizing. Having faith and believing in what your visualizing goes a long way toward achieving success with your Self Hypnosis projects. When you visualize, make your visualizations seem as real as possible. Make them seem as if they are already happening. By feeling confidence that what you're seeing in your visualization is real, you inform your subconscious mind of your clear and unwavering

Dennis K. Thomas, CHP, CI

intention to create what you are seeing in your visualization.

Hint #4 -- Practice, Practice, Practice. The more you practice visualizing, the better you'll get at it. There are two very simple exercises you can practice to improve your visualization skills.

1) Visually Memorizing Photos -- Get a stack of photos and look at them one at a time. After you've looked at a photo, close your eyes and see the image in your mind. Go through all the photos repeating the process. Very simple, very effective.

2) Memorize the Room -- This is similar to the first exercise, minus the photos. Look at a portion of the room you're in and memorize it in your mind. Close your eyes and visualize that part of the room. Repeat the process for that same part of the room several times till you're able to create vivid recall of that portion of the room.

Hint #5 -- Act on Your Visualizations. Often in our visualizations, we're looking to change behavioral patterns. Maybe it's to feel more confident and self-

Conquer Anything With Self Hypnosis

assured in given situations. So we practice Self Hypnosis and visualize ourselves being more confident and self-assured in those situations, and we take in and absorb the suggestions given to us in our Self Hypnosis Sessions. And that prepares us to "act" confidently when similar situations arise in our daily life. And each time we act confident and self-assured in real life situations, it really begins to solidify our new behavior.

So it's very important to "act" when the opportunity arises, and it's also important to be appreciative of any successes we might have. When we get excited at the progress we make, no matter how big or small that progress might be, our subconscious mind notices and responds to support our new behavior.



Dennis K. Thomas, CHP, CI

Chapter 25:

Ten Commonly Asked Questions About Hypnosis

The Ten Most Frequently Asked Questions about Hypnosis

People always have a lot of questions about Hypnosis and how it's used. According to medical experts, alternative health care practitioners, and Hypnotherapists these are the most frequently asked questions about Hypnosis:

1) Will I Still Be In Control of Myself?

This is what most people are afraid of. They are terrified that if they really submit to the relaxation of Hypnosis and go fully into a trance like state that they will no longer be in control of themselves and can be easily controlled by

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the person that is hypnotising them. But be assured that you are still fully in control of yourself when you are hypnotized. You are still conscious, but your conscious mind is extremely relaxed. No one can take control of you and make you do stupid things while you're hypnotized unless you allow it.

2) Am I Surrendering My Free Will If I Get Hypnotized?

Absolutely not. When you are in a hypnotic state you are more aware and more focused on yourself than you are in a normal state. You are not giving up your free will or allowing anyone to turn you into a "zombie" or a chicken. Despite what you've seen in films Hypnosis doesn't make you the slave of the person hypnotising you. The person hypnotising you also can't make you fall in love or out of love with someone else, make you change any essential part of who you are, or do anything that you don't want to do. You are in full possession of all your faculties throughout the Hypnosis session and you are not under a "spell" or in anyway under the direction of someone else. The things that you've seen on the tele or in stage shows where people get "hypnotized" and run around acting like chickens or saying silly words on command is not real

Hypnosis. You will never do anything while you are hypnotized that you wouldn't do under normal circumstances.

3) Can I Be Hypnotized Without My Consent?

One of the most common frequently asked questions about Hypnosis is "can I be hypnotized without my consent?". It is an area of concern for a lot of people that don't know a lot about Hypnosis. But don't worry, no one can hypnotise you without your consent. Hypnosis isn't magic, it's just a state of very deep relaxation. If you don't want to be hypnotized then you won't be able to relax and you won't enter a hypnotic state. The process of entering a hypnotic state takes some time because it will take time for your body and mind to reach the deep relaxation that is necessary for Hypnosis. You can stop the Hypnosis session at any time during that process if you're not comfortable or if you don't want to be hypnotized. You've probably seen Hypnosis done in films or on TV where the person doing the hypnotising snaps their fingers and the other person immediately falls into a trance and is incapable of doing anything but what they are told. That's not how Hypnosis works.

Conquer Anything With Self Hypnosis

4) What Happens If I Can't Come Out of Hypnosis?

It's physically impossible for that to happen, because you are not unconscious at any point during the Hypnosis. You will be in a deeply relaxed state but fully conscious and you can come out of that state at any time that you want to. You can also come out of that state when given a verbal cue by the hypnotherapist. Sometimes when you get the verbal cue to come out of your Hypnosis you may not want to because the relaxed state you are in feels so good. When that happens it may take you a few minutes to return to your normal awareness but that is only because you want to stay in the relaxed state, not because you are being forced to stay in it or because you can't come out of it on your own. You are always in control, even when you are deep in a hypnotic state.

5) Can I Hypnotise Myself?

Yes, you can hypnotise yourself, it could even be argued that **ALL Hypnosis Is Self Hypnosis** as you are in control of what you are doing. You will need to learn the proper way to do it but once you've had some instruction it's

possible to hypnotise yourself. Some people prefer Self Hypnosis because they can relax easier on their own and in familiar surroundings. You can also hypnotise yourself between sessions with a Hypnotherapist if you feel you need a little extra relaxation or a boost in your therapy. When you're using Self Hypnosis though you aren't getting the expertise and therapeutic help that you would be getting from a trained therapist so if you're using Hypnosis to help you deal with Anxiety, Depression, or Psychological issues then you should probably see a Professional Therapist instead of relying on Self Hypnosis.

6) Does Hypnosis Work On Children?

Yes, Hypnotherapy is often used to treat children that have behavioural disorders and children that have had traumatic events happen to them. Children have also been put into a hypnotic state in order to help police solve crimes in crimes where children have been attacked. Some Hypnotherapists have found that using Hypnosis as a method of treating night terrors for children under 10 years old can be more effective than other treatments because putting the children in a deep hypnotic state before bed relaxes their brain enough that they don't have

Conquer Anything With Self Hypnosis

night terrors. If your child is having night terrors and has not responded well to other treatments using Hypnosis is an option you should discuss with your doctor.

7) Is Hypnosis Real?

Lots of people are sceptical about Hypnosis at first, but usually that's because they don't have a good understanding of how Hypnosis is used for medical and psychological treatments. Hypnosis is not some crazy New Age therapy. It's a legitimate therapeutic technique that has been used with proven success to treat medical and psychological disorders in millions of people. Anyone can be treated with Hypnosis, and in most cases Hypnosis is a very effective form of treatment for many different disorders. Hypnosis has a long history of being used to treat illness; it's not a new or untested therapy.

8) How Many Problems Can I Cure At Once Using Hypnosis?

Hypnosis isn't a magic cure that will get rid of all of your problems at once. You will still need to address your medical and psychological problems one at a time, and

Dennis K. Thomas, CHP, CI

over the course of several treatments, in order to see results. It's possible that symptoms of one disorder that mimic symptoms of another disorder might go away with the symptoms of the other disorder but in general you will need to tackle one problem at a time when you're using Hypnosis as a treatment.

9) Do I Need To See A Hypnotherapist More Than Once?

Another frequently asked question about Hypnosis is "how many sessions will I need?" You most likely will need more than one session with a Hypnotherapist to solve your problem, depending on what it is. Most people see noticeable results after just one session so you might not need extensive Hypnosis or months of treatment in order to eliminate your problem, but it will almost always take more than one session for you to see any kind of noticeable results for psychological problems.

10) Is Hypnosis Safe?

Hypnosis is perfectly safe. You are always in control of the situation and you are never unconscious. Unlike drug

Conquer Anything With Self Hypnosis

therapies Hypnosis has no possible side effects and in most people Hypnosis always works unlike drugs which may work or may not work depending on your body's chemistry and what the disorder is. Hypnosis can safely treat the physical and mental aspects of common problems like addictions safely and can help you break your physical and emotional dependence on overeating, smoking, drinking, drama, anger, or any other destructive addition that you might have.



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Chapter 26:

Resources and Other Avenues of Self Help Techniques...

Here, we will provide the following for your Self Hypnosis Sessions:

Inductions – this is the first part of the Self Hypnosis Session to get you to relax.

Deepeners – these are used after the inductions to take you to an even deeper relaxation.

Scripts – this is the main part of the Self Hypnosis Session that we have already discussed (Chapters 20, 21 & 22) where you have suggestions / script to overcome whatever it is, that you want to change in your life.

Conquer Anything With Self Hypnosis

Awakeners – this is the final stage of the Self Hypnosis Session where your aim is to gently lift yourself out of Hypnosis and return to full waking consciousness feeling better than ever before.

3 SAMPLE INDUCTIONS:

Induction Sample 1) Muscle Relaxation Experience.

It is fairly simple.

I'm going to ask you to start by simply making yourself comfortable and closing your

eyes.

If you notice any spots in your body where you are carrying the tension of the day,

make the decision to let go of that tension.

You want to allow all the muscles in your body to become more relaxed.

Notice that your breathing has become a little bit slower already, and that is good.

Dennis K. Thomas, CHP, CI

Take a deep breath.

Breathe in... and exhale.

Deep slow breaths help bring us to a point of hypnosis and trance easily.

Very good.

As you relax and as you find a comfortable spot, imagine the muscles in the top of your

head, the muscles in your brow, the muscles along your eyes and cheeks, the muscles in

your lips, and simply let go of any tension in the muscles of your face or in the top of

your head.

As you allow your body to experience a state of relaxation physically, it's okay to let the

mind wander and think of anything that brings you pleasant thoughts.

Continuing now and relaxing the muscles in your body along your shoulders, in the

arms, and in your upper back...

Conquer Anything With Self Hypnosis

Allow the tension to simply begin to disappear.

In fact, it's as if you can feel tension or stress from the muscles in your upper back and in

your shoulders and in your arms begin to move to your forearm and through the hands

and out the fingertips.

In your mind you can picture all of the stress of the day... leaving your body... as you

relax.

Pay attention to the muscles in your chest and stomach... and in your lower back.

If any of these muscles are tense, simply let go of that tension.

Your muscles become limp and loose... like a big pile of rubber bands.

You experience serenity and peace.

This brings you into an even deeper state of relaxation.

Relaxing the mind is an easy thing to do also.

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As your body becomes relaxed, your mind becomes more relaxed, as well.

Our legs do a lot of work for us.

Sometimes the tension of the day can be stored in the muscles along the hip or buttocks

or in your upper leg.

If you notice any tension in these places, let that tension simply flow from the top of

your leg through your calves and through the muscles of the feet and ankles and out of

your toes.

At this point, you appear to be very relaxed.

In this state of relaxation, we can experience tranquility and peace.

If you need to swallow, that's okay.

If you adjust for comfort, that's okay, as well.

From your head to your toes, you have allowed yourself to become completely and

Conquer Anything With Self Hypnosis

totally relaxed.

Your mind also has the capacity to relax.

These are skills that you will be able to apply in problem solving in a number of different

areas in life.

This feeling of relaxation is exactly what hypnosis is.

Perhaps you feel like you could open your eyes if you wanted to, but relaxation feels so

good that you simply continue to choose to keep them closed.

Enjoy this experience for a moment.

(Pause)

As you allow your entire body to become limp and loose and feel relaxed, this time will

become meaningful to you.

It becomes meaningful because you have acquired a new skill; the skill of taking physical

control over your own body and emotions.

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(Pause)

Induction Sample 2) Close your eyes ... take a deep breath ... take a second deep breath as deep as you can ... and on your third deep breath hold it for about three seconds ... and exhale and relax ... with each breath that you take, allow yourself to relax deeper and deeper ... I'm going to have you relax each part of your body starting from the top of your head all the way down to the bottom of your feet. What I'd like you to do ... as I mention each part of your body I want you to place all of your focus on that part and try to tense up, or clench, or tighten up that specific muscle as much as you can, and then you can let go and release it ... and as you let go you can allow that portion of your body to relax completely.

Let's begin with the top of your head, tense or tighten up all the muscles around your forehead, your eyes, your cheeks and even your nose for a few moments ... and let go completely and relax ... now tighten up all the muscles around your mouth, your chin and your jaw ... and let them relax ... your doing a wonderful job ... now tighten up all the muscles in your neck area for a moment ... and

Conquer Anything With Self Hypnosis

let go ... tighten up your shoulder area, and your upper arms as much as you can ... and now let them go completely ... let them droop down heavy, and relaxed ... now tighten up all the muscles from your elbows ... down through to your forearms ... your wrists ... all the way down to your fingertips ... clenching your fists closed as tight as you can ... and just let go ... allowing them to be totally relaxed and still.

As you continue to breathe regular and comfortably ... I'd like you to tighten up all the muscles in your chest area ... and let go now ... and tighten up all the muscles in your stomach ... hold it for a few seconds ... and as you let go, you allow all of the stress and tension to leave your body completely ... Now tighten up the areas around your hips and your thighs ... and just let go ... Allow yourself to relax more and more ... and now tighten up the muscles of your calves ... your ankles ... your feet and toes ... make them tight and clenched as much as you can ... and as you let go, allow everything in your body to relax completely ... from the top of your head, to the bottom of your feet, you can allow yourself now to relax completely and deeply...

Dennis K. Thomas, CHP, CI

Induction Sample 3) Close your eyes and relax ...now take a deep breath ... and a second deep breath ... and on your third deep breath hold it for about three seconds ... and exhale and relax ...

Now I'd like you to open your eyes while keeping your head facing straight ... I'd like you to focus your eyes on the spot on the wall in front of you ... (Have a spot pre-chosen, slightly above eye-level on the wall in front of them) keeping your head straight I would like you to gaze at that spot by slightly straining your eyes to focus upwards while your head is facing straight ... don't focus too hard, just look at it in a lazy, relax way ... in just a moment I am going to count from 20 down to one ... and as I do, on each number that I say, you will close your eyes as I say it, then you'll allow your eyes to open again, continuing to gaze at that spot ... and as you continue closing and opening your eyes, your eyes will become very tired .. and at some point, maybe at 17 ... maybe at 15 ... maybe even at 10 ... your eyes will become tired and you will not want to open them anymore ... it will become inconvenient... tiring ... and when that happens just allow your eyes to stay closed ... and you will continue to relax deeper and deeper ...

Conquer Anything With Self Hypnosis

So now let's go ahead and begin ... 20 ... (Count silently to yourself 3 ... 2 ... 1, then continue to the next number) 19 ... 18 ... tired and drowsy ... 17 ... 16 ... eyelids so very heavy ... 15 ... 14 ... allow your eyes to remain close as soon as you feel like it ... 13 ... 12 ... just let yourself go ... 11 ... 10 ... 9 ... deeper and deeper ... 8 ... 7 ... 6 ... let your eyelids become very, very heavy ... 5 ... 4 ... 3 ... your eyes are wanting to remain shut now ... 2 ... and finally ... 1 ... close your eyes all the way now ...

That's good ... now keep your eyes closed ... and continue to relax deeper and deeper...

Let's Move on to 3 Sample Deepeners

Sample Deepener 1) A Relaxing Staircase

As you relax, I want you to create in your mind a mental image of a grand staircase; a grand staircase that either curves to the left or curves to the right.

It has a grand banister with ornate artwork.

[Pause]

Dennis K. Thomas, CHP, CI

This heavenly flight of stairs has ten steps.

[Pause]

You are at the top of the ten stairs.

[Pause]

In a minute, you are going to slowly move, in your mind's eye, from the tenth stair, to the ninth stair...

From the ninth stair, to the eighth, all the way down, until eventually you get to the very last stair.

When you get to the bottom of the staircase, you are going to step off into a giant restful feather bed; a place of complete tranquillity and comfort and peace.

[Pause]

As you relax, imagine yourself at the top of the grand staircase..

Moving now from the tenth stair, to the ninth stair...

With each slow movement from one step to the next... you become more relaxed.

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This sensation of relaxation not only doubles or triples, but is ten times more powerful than the previous step.

Now move from the ninth step... to the eighth step...

And from the eighth... to the seventh...

Relaxing even further...

Allowing your mind to drift...

And your body to relax.

From seven to six...

Six to five...

Doing good...

Five to four...

Almost there...

Quadrupling the sensation of relaxation...

Peace and serenity...

Three...

Two...

One...

In your mind's eye, down on that bottom step.

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With the next step, you are going to step off this heavenly flight of stairs into a state of total relaxation, and comfortably rest on a feather bed, or a comfortable pillow that you have created in your mind.

One...

Zero...

All the way down now, totally relaxed...

Opening the subconscious mind to new thoughts, new ideas, and new experiences.

[Pause]

Sample Deepener 2) Awareness Deepener

...Now I would like you to listen to the sound of my voice...just listen quietly to the sound of my voice... and as you listen to the sound of my voice you may be aware of other sounds too.... sounds inside the building...and sounds from outside...

...I would like you to know that in a strange and contradictory way, these sounds will help you to relax, deeper and deeper...the only sound you need to think

Conquer Anything With Self Hypnosis

about is the sound of my voice... and while you're listening to the sound of my voice you can just simply allow yourself to drift away...drift away to a warm and pleasant place...a relaxing part of the mind...that's comfortable and pleasant...

...Now whilst you are relaxing more and more, I would like you to become more and more aware of your body...more aware of your hands and where they rest...How your hands feel...are they hot or cold...what are they resting on...

...I would now like you to become aware of your ankles and feet...you may wonder if they will start to feel heavy too, as you... relax... thinking about your breathing for a while...noticing that your breathing is becoming slower and steadier as you relax more and more... slower and steadier... breathing calmly and evenly...

...And as you allow yourself to relax even more now... I wonder if you can sense the beating of your own heart... sensing the beat of your own heart as it calmly pulses... I would like you to see if you can use the power of your mind to slow that heartbeat down...see if you can use the power of your mind to slow that heartbeat down just a

Dennis K. Thomas, CHP, CI

little...so that you can then feel your whole body slowing down...becoming more and more deeply relaxed...

...And you can now become gradually more and more aware of your whole self... aware of your chest and stomach, just sensing how they are feeling now... aware of your legs and feet...just sensing how relaxed they might be...and wondering if it is possible to relax them even more...

...and you may begin to sense the weight of your head...you may notice that the weight of your head may seem to gently increase a little...allowing yourself to relax more and more...deeper and deeper...

... and you may also begin to notice that your face muscles begin to relax...relax and let go... smoothing out...giving you a warm and relaxing feeling...And as you face muscles relax, you find your tongue relaxes...your tongue becomes relaxed and still...helping you mind to become even more relaxed and still...

...and as you continue to sense the beating of your heart and the steadiness of your body's rhythm... you may feel so relaxed and comfortable that you simply cannot be bothered to move...even though you know you easily could... if you wanted to... I know that you easily could, if

Conquer Anything With Self Hypnosis

you wanted to... but you simply cannot be bothered to even try... allowing yourself to just be... relaxed and relaxing even more now...

Sample Deepener 3) Rhodes Breathing Deepener

...I would like you to now concentrate on your breathing...focus on your breathing...

...And as you focus on your breathing...I would like you to focus on a spot or point on the wall or ceiling...Any spot will do...it could even be an object...Just focus your gaze on this spot and concentrate on this spot as much as you can...

...Now I would like you to do a yoga breathing exercise to help you relax deeper and deeper...I would like you to alternate breathing with your left and right nostrils...

...I would like you to do this following pattern...

...Breathe in through your left nostril...and breathe out through your right nostril...

...Breathe in through your right nostril...and breath out through your left nostril...

Dennis K. Thomas, CHP, CI

...Breathe in through your left nostril...and breathe out through your right nostril...

...Breathe in through your right nostril...and breath out through your left nostril...

...Repeat this cycle for a few moments...whilst continuing to focus on that point...

...And you should quickly find that your eyes are becoming more heavy and tired as you relax deeper and deeper...Sometimes people experience slight distortions in their vision...seeing strange colours and shapes...If you experience this, then that is fine...Just continue to breathe alternating your nostrils...

...And your eyes may now feel very tired...like at times when you try and stay awake...but struggle...The more you try...the more eyes eyes want to close...

...I would like you to now allow your eyes to close...

...You may feel a gentle wave of relaxation flow through your body and mind as you relax deeper and deeper with your eyes closed...

...And I would like you to know that it does not matter if your mind becomes so deeply relaxed that my voice drifts away...Your unconscious mind will still absorb all the

Conquer Anything With Self Hypnosis

suggestions that I am about to give you...as my voice will travel with you wherever your mind wanders...

...I would like you to simply observe the colourful oily blackness of your mind...as you drift down to the centre of your being...your subconscious mind rising...as your consciousness descends...

...And you can observe your subconscious and conscious minds rising and falling...like the waves in the ocean...by watching the oily colourful blackness move and swirl...as you become even deeper relaxed into the centre of your being...

...And I would like you to know that your unconscious mind is now ready to accept all the suggestions that I am about to give it.

Let's Move On To A Sample Awakener

I will awaken from Hypnosis by counting to five. When I reach the number five, I will become fully alert and wide awake feeling better than ever.

One... beginning to awaken from Hypnosis

Dennis K. Thomas, CHP, CI

Two... becoming aware of my surroundings... feeling satisfied, safe and comfortable

Three... looking forward to positive results from this Hypnosis session

Four... feeling absolutely wonderful

Five... now wide awake feeling totally relaxed and wonderful in every way.

There You Go...

You now have **3 Inductions** that you can use, change however they suit you best and you also have **3 Deepeners** that you can use, change however they suit you best and of course you have a sample **Awakener** that you may use and change to however it suits you best.

Write down the ones that you like best for each Stage of Self Hypnosis from Stage 2 through Stage 5, and then just record them in sync and listen to at your convenience.

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RECAP OF A SELF HYPNOSIS SESSION:

1) Preparation Stage - try ensuring that you are sitting in a recliner or some other comfortable platform. As this is an eyes closed technique you can not expect to drive or operate machinery or any kind.

2) Induction Stage - you will go from a sense of normal awareness into a state of comfort and relaxation

3) Deepening Stage - at this point your conscious mind will drift of and have a far less influence on your consciousness

4) Purpose Stage - this is where you begin to implant those thoughts into the subconscious mind. The thought patterns that will cause you to act in a particular positive way

5) Wakening Stage - You will journey from the hypnotic state into full awareness, with a sense of vigour and alertness that you will program during the Purpose Stage.

PRACTICE * PRACTICE * PRACTICE

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Appendix:

Self Hypnosis / Hypnosis Links...

International Hypnosis Institute

www.InternationalHypnosisInstitute.com

Self Hypnosis Learning Center

www.SelfHypnosisLearningCenter.com

International Wellness Institute

www.InternationalWellnessInstitute.com

Self Hypnosis Boot Camp (Online or Live)

www.SelfHypnosisBootCamp.com