

Daily Self-Hypnosis “Where attention goes, energy flows!” **Freedom House Hypnotherapy**
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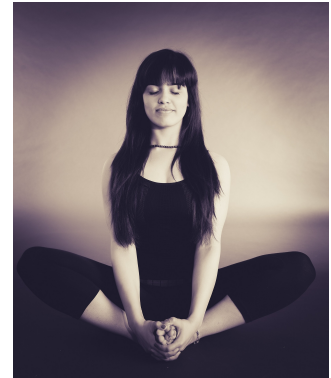
Daily Self-hypnosis will start the energy flowing towards your goals by focusing your mind (including your powerful subconscious mind) on what you want to achieve.

The reason that you haven't achieved your goal yet is that your energy is scattered or flowing somewhere else. Self-hypnosis is a way of re-orienting our minds.

A. My formal model of self-hypnosis has 5 components:

- 1. Relaxation**
- 2. Affirmation**
- 3. Visualisation**
- 4. Stillness**
- 5. Realerting**

A typical self-hypnosis session may proceed as follows: Firstly find a comfortable position either sitting or lying down where you will be undisturbed for 5-10 mins:



1. Relaxation-there are many ways to do this. One way is to just take a couple of slow deep breaths, pausing briefly after the inhalation and then letting the air out slowly and feeling yourself relaxing. Additionally you can visualize a set of ten stairs and slowly count them backwards (ie. from 10 down to 1) as you gradually descend. Or you may prefer to go slowly down in a lift from the tenth floor to the first while observing the numbers lighting up as you pass each floor. If you want to make it deeper still, try counting each breath as a step down (eg. inhale, exhale, 10; inhale, exhale, 9; etc.)

You may also imagine that the stairs or lift lead to a special place of power which could be a special room, a special place in nature or even the gym (esp. if weight loss is a goal). When visualizing, try to use all of your senses to create the scene.

2. Affirmations-start slowly reading or repeating positive affirmations related to your goal. You may find affirmations which appeal to you in books, online or by writing or composing your own. Affirmations should be positive, phrased in the present tense and describing a positive future goal. (eg. Weight Loss: “**I am enjoying all the benefits of being at my ideal, healthiest bodyweight!**”)

3. Visualize yourself having achieved your goal as you repeat the affirmation. Use all of your senses and feel how good it feels to have achieved that goal! Enjoy the experience completely! Just breathe in those images until you feel satisfied or until you have spent your allotted time there (set a timer if you need to). Express your gratitude for your success and imagine your success so vividly that you feel as though you already enjoy success! Be there and enjoy!

4. Stillness-spend 30 seconds to a minute just allowing those images to go deeper into your mind by just resting in the feelings for a few moments. This pause at the end assists your mind to process the new learnings at a subconscious level.

5. Re-alerting-Finally, take a deep breath or slowly count back from one to ten seeing yourself going back up the stairs or the elevator and open your eyes.

B. Informal self-hypnosis or “Creative Day-Dreaming.”

We can also practice self-hypnosis in a more informal way by just day-dreaming about our goal whenever we have a few spare moments. Again just go into the experience you wish to create by imagining it as vividly as you can with all of your senses (please don't try this while you are driving or doing something which requires your full attention!) The best times to do this are just before sleeping in bed, just upon awakening, or if we have some spare moments at home in the evening or weekend.