Hypnosis In Action Video Series
Hypnosis And Autogenics – Part 1
Transcript Manual

By Igor Ledochowski
Igor: Okay folks, welcome back to another Hypnosis in Action video series. This is going to be an interesting one this time, because this is actually part one of a two part series on a particular branch of hypnosis called Autogenic Training. So, before we go any further and talk more about what that is, let’s introduce my colleague and fellow hypnotist, Jonny Dupre.

Jonny: Hey, Igor, how are you today?

Igor: I’m doing very well. It’s great to see you again. For those of you who are new to the system, just to introduce you to what Jonny’s role is. Jonny’s role is to be your avatar. He’s going to be asking questions for you. He’ll be having experiences and reporting back on those experiences. It allows us to create the context, almost as though you were here asking those questions for yourself. It creates a bit of a more friendly social vibe and it also makes sure that if I say something that’s a little outrageous someone calls me on it too, so I don’t get too carried away with my own ideas there. Jonny, thank you for playing that role today.

Let’s get started and ask quickly, are you aware of what autogenic training is? Have you heard of it before?

Jonny: I’ve had some brief touches with it and experiences in the past, but I would love to hear your take on it.

Igor: Good. Think of it this way. We’ve already talked about self-hypnosis as a concept in a previous Hypnosis in Action video. What I want to do today is take the principles of self-hypnosis and actually make them practical, actually apply them in a system. Autogenic training, believe it or not, is actually one of the inspirations behind my own version of self-hypnosis, the Power of Self-Hypnosis course and the beauty of the system is a number of things.

• It has a lot of research behind it.
It’s been around for almost 100 years and has a lot of medical research in it. In fact, in Germany and Austria it’s considered a legally recognized form of psychotherapy, so there is a lot of stuff behind this. But here’s the big thing. The thing I really like about autogenic training is that once you’ve completed the training you’ll have two things under your belt at the same time. You will know that you’re in Self-Hypnosis.

You’ll know your Self-Hypnosis is working because you can see it and experience it working. So anything else you do with Self-Hypnosis afterwards is already based on that foundation of belief, which as we’ve discussed in a previous Self-Hypnosis video is a really core ingredient for Self-Hypnosis to work.

This is the thing I believe you might enjoy here, Jonny.

How would you like your Self-Hypnosis practice to have the documented side-effect?

This is a complete side effect of doing regular Self-Hypnosis which has a massive amount of health benefits. So, de-stressing yourself and getting rid of or at least affecting a lot of the stress related illnesses from skin problems to IBS and things like that. Re-balance your hormonal system, your digestive track rebalanced for better digestion, your blood pressure and even your cholesterol gets reduced. People who have asthma and breathing conditions have their symptoms reduced and improved dramatically. You can sleep better. You’ll have less pain overall, more energy, fewer headaches, and your focus and concentration naturally tend to improve.

These are all side effects by the way, you can still do your regular Self-Hypnosis for goal setting and all the other stuff. Would it be worth investing some time in learning that approach to Self-Hypnosis if these are all the documented side effects of doing it?

Jonny: Beyond.

Igor: So hopefully you’re excited to see the practical nature of what we’re doing here today. There are many different levels of autogenic training and we’ll be focusing on the foundational level and we’ll split this into two parts. Initially, we’ll talk about the core methodology and you’ll have a chance to experience
it, so you get the training regime and understand what we’re doing and why we’re doing it.

In the second part, we’ll actually do the troubleshooting. We’ll look at what you do when it goes wrong, because in doing this, first, more people will be able to make this work for them which is important. But in some ways more importantly, we’ll also have a chance to investigate the principles that make hypnosis work.

By troubleshooting what goes wrong we’ll know how to fix other things, whether you’re a hypnotist doing hypnotherapy or street hypnosis or Conversational Hypnosis, you’ll have a better understanding and appreciation for how to troubleshoot any hypnotic situation when you know how to troubleshoot the things that can go wrong in Self-Hypnosis. Do you get the idea?

Jonny: Absolutely.

Igor: Have I talked it up enough yet?

Jonny: I’m excited yeah, the fact that you gave me a laundry list of side effects that are going to be beneficial to my life, I think I’m in.

Igor: This is why I like hypnosis, it’s the opposite of the chemotherapy or drug therapy things where the side effects aren’t things you want. Although, spoken often is a very pleasant voice, I’ve been watching American adverts recently and the voice is beautiful, the content is horrific. This is the opposite. I’ll put on a harsh tone just to give you nice side effects.

We know why we should be interested in autogenic training, lots of reasons. It’s good for us physiologically, there are documented health benefits, it’s a reliable system and method, we get to learn about the hypnotic principles and processes by learning the method itself and if you’re a hypnotherapist you get to go first and say to people, this stuff has changed my life too, which I think is an important thing to do.

So, a little bit of history just to introduce the method. It was created by a German doctor called Johannes Schultz. He started experimenting with Self-Hypnosis and hypnosis during World War I, as you can imagine supplies were short at the time. He tinkered with his method for some 10 years before the
basic for autogenic training became available. He actually taught it to psychiatrists. He was a psychiatrist and medical doctor.

In the 1930s, he wrote the book *Auto\genic Training*, which is the one that launched it on the map and since then, Europe especially, the Germanic nations of Germany and Austria, have done a tone of research around it. It’s a very well known, very well-respected discipline and as I say it’s even received a legal accreditation, because of so much research backing it up.

At the heart of the method are, what I would call six key controls and control might not be the right way, because the point of Self-Hypnosis and autogenic training itself is, you’re trying to bypass the Law of Reverse Effect, which is when your conscious mind tries to control a process that your unconscious mind is meant to control. So when I say control in this context, what I’m talking about is, how do we ask the unconscious mind to do what we want it to do? Then importantly, get out of the way so they can go on and do it without interference, which is the Law of Reverse Effect.

So this is what I would call true control. Why? Let’s put it this way, which teacher has control of his classroom, the one that has to constantly monitor everyone and keep an eye on them, or the one that can quite happily leave for half an hour and walk back in knowing that the students have been doing their work whilst he’s been gone?

**Jonny:** The latter.

**Igor:** This is how we want to look at the idea of Self-Hypnosis. Yes, consciously you will choose directions with Self-Hypnosis and yes consciously, we have these six controls which have the incredible health benefits that we just talked about. However, don’t think of it as control as I will master myself. I will force myself. I will lock you in a room until you do what I tell you. That is not the kind of control that we want. Make sense?

**Jonny:** Absolutely.

**Igor:** Here are the six core controls. These are six from which we draw a lot of the health benefits, but also, a lot of understanding of the hypnotic process because we’ll see it in action.
1. First of all, we want to develop a heaviness in our limbs. This is what’s been built into our Self-Hypnosis method. We’ll talk about each one in turn and then we’ll talk about each one in turn and then we’ll talk about why we’re doing that.

2. Secondly, we’ll develop warmth in our limbs.

3. Thirdly, we’ll regulate our heartbeat.

4. Fourthly, we’ll regulate our breath.

5. Fifthly, we’ll regulate our stomach, technically it’s our solar plexus.

6. Finally, our forehead.

Now, each of these six has a medical reason, shall we say, for focusing on these effects, on these impacts. So not only do you get to experience it, which builds the feedback loop that we need in Self-Hypnosis, when you suggest heaviness or warmth and you feel heaviness or warmth, then you have a feedback loop going on which is what keeps hypnosis going.

But there’s also medical benefits. Take a guess as to the medical benefits of those key six controls.

Jonny: Well, it’s taking you from the sympathetic system to the parasympathetic system.

Igor: Absolutely. That’s the so-called relaxation response. You have:

- Fight/flight
- Stress
- Cortisol

All the kinds of stuff that’s good for you in small doses. We need to break it down, so breaking down the stress response and all the ills that come with that is absolutely part of it. But, believe it or not, a lot of that could be achieved with just the first one, heaviness. Why these different controls? And we’re going to talk about this now so you understand what you’re trying to achieve, because having clarity of purpose is another key to Self-Hypnosis. If you don’t
really know what to achieve then you’re already starting in a misaligned place. Does that make sense?

**Jonny:** Yes. It sounds like you’re basically learning to regulate the six biggest parts of your neurology.

**Igor:** Exactly. The six heavy lifters, if you like. What’s heaviness about? Heaviness is about relaxation. Have you ever been really relaxed? When you wake up in the morning and you don’t have to get out of bed yet, and you just don’t want to get out of bed, how do your limbs feel? Do they feel light and breezy? Do they feel heavy like a lead balloon?

**Jonny:** Very heavy.

**Igor:** So, the feeling you have when you are physiologically relaxed is heaviness. Your limbs have weight and they are heavy. So, when we develop heaviness in our limbs we know we have relaxation, shall we say, so rather than saying relax, relax, relax and some people go crazy saying, I don’t know how to relax. By focusing on heaviness and developing the sensation of heaviness, you know that the relaxation response is kicking in. Do you see how that works?

**Jonny:** Yes. It’s like more of an indirect trance theme as opposed to a direct trance theme.

**Igor:** Yeah, although in some ways you can call it a direct suggestion because you’re going for the actual response, which is heaviness, rather than the concept. Relaxation is a concept. Heaviness is the actual experience of the concept. Does that make sense?

**Jonny:** Absolutely.

**Igor:** Because, for example, people can feel very relaxed riding a bike, which requires physiological stress. In other words, your muscles will be tense riding a bike, but you’re still relaxing and that confuses the things a little bit, right?

Now on to the warmth, what do you think that might be about, any ideas?

**Jonny:** Blood flow.
Igor: That’s 100% right, it’s about your circulation. When your extremities, your fingers and toes are feeling warm, you have a full circulation. The way the circulation works is, your primary elements are your body core and your head, because your brain needs to be kept alive. So whenever you have stress or an adrenal dump because you have to fight or it’s cold, et cetera your blood flow draws in.

So when you experience warmth in your extremities or circulation, you know your circulation is running well. We need a good healthy circulation, not only to get oxygen into the different systems so everything has energy to run, but actually your circulation also does a lot about cleaning up stuff. So, when you have warm heavy limbs your blood flow is doing what it’s supposed to be doing. It’s transporting stuff through your system.

The heartbeat... hopefully this one is pretty straightforward. There’s actually two levels for the heartbeat.

One is stress response directly.

There’s also a lot of neurons around your heart, especially the thick bundle of neurons, similar to the ones in your brain, which people are now talking about the heart as being a separate nervous system, the heart-brain, if you like. So this is another thing we’re doing. By putting attention on the heart and letting it find its own natural flow to reset to its natural flow, we’re reconditioning our body’s balance between brain and heart and all these other things.

Of course, this is also where a lot of things like the blood pressure reducing stuff comes from too. The heart is also often linked to emotional responses. People, when they do the heart part of the controls will have a lot of emotions coming out as well, so there’s a lot of therapeutic value to working with the heart-brain, and of course, you can see the correlation between those.

Jonny: Right.

Igor: What about the breath? Again, hopefully a no-brainer on that one.

Jonny: Respiration, which is a direct connection to the heart and to everything else as well.
Igor: Everything else. Your brain state is directly linked to your breath rate. Your heart rate is directly linked to your breath rate. Your breathing is directly linked to your mental state of mind, so by regulating your breath to reset into the rest and reset breathing, you are once again, creating all the medical benefits we talked about.

What about the solar plexus? We’ll talk about the stomach as a general thing, but we’re really talking about a solar plexus. Let’s start first of all... Do you know the difference between the stomach and solar plexus?

Jonny: Yeah, the stomach is an organ itself, but the solar plexus are the muscles which control the movement of your breath.

Igor: Yeah. The solar plexus is actually a nerve bundle as well and they’re basically on top of each other. Your stomach is a whole area. It’s roughly the size of your fist and it’s where your rib cage starts diverging. If I move the camera to show you, somewhere around here is where your stomach starts. At the top of it, the little area just below where your rib cage splits. That area there roughly is the solar plexus.

To give you an easier way of finding it is it’s the bit that jams up when you feel emotional. When you feel your stomach clinch, it’s not your stomach clinching, its’ the muscles around your solar plexus clinching and all the emotions that associate to that, well, that’s the solar plexus at work. It also is directly linked to your gut health. So dealing with the stomach control, the solar plexus part of the formulae is where your gut health starts to improve and again, documented results that digestion improve dramatically.

For those who aren’t aware of it yet, your digestive health is directly linked not only to your general physical well-being, but even a lot of your psychological well-being is directly linked to your gut health, as your gut health deteriorates your mental state of well-being tends to deteriorate as well. Do you see how that works?

Jonny: Yes.

Igor: Finally, we have the forehead. Why the forehead? Any ideas?

Jonny: I’m thinking cortex, the direction of attention. I’m thinking placing it at the front means executive functioning.
Igor: Remember, this is the 1920s that this method was developed, so all that stuff wasn’t as fully clear as it is now, yet. The forehead is real simple. And maybe I’ll give you a clue with this one, or give you the actual formula, this little suggestion formula that they recommend.

In a suggestion formula, the basic version is forehead cool or forehead comfortably cool. Why would you want to have a cool forehead, aside from the metaphoric benefits, which there are those too?

Jonny: I don’t know.

Igor: The simple answer has to do with headaches. Most headaches, not all, but most are caused by excess blood flow being trapped in the veins and arteries in the head and that pulsing feeling you get is literally the pressure in the veins bunching against your head or the nerves in your skull when the blood flow builds up. It’s like a balloon that’s been overfilled and that pulsing you feel is your pulse pulsing against the nervous, which causes you then to feel pain.

Jonny: Gotcha.

Igor: When your forehead is cool, what’s happening to your blood flow? It’s draining out of it. So, you’re creating the proper circulation effect by keeping your limbs warm and your head cool. In fact, it’s a classic migraine fix is to teach people how to have hot hands, so that when they get hot hands there’s extra blood flow in their hands. Where does it come from? It tends to come from the head. Do you see how that whole thing works?

Jonny: Yes.

Igor: So you have those six key controls and you can see how each of those six controls link in with a very important part of how our body’s work, and when we have all six working together we are basically resetting our whole nervous system towards a more healthy, easy way of being. Do you see how that works?

Jonny: Yes.
Igor: Now, at the end of your training with autogenic training, not only will you have these health benefits, but you can use the suggestions, which we’ll go through, to create these effects as your deepener for Self-Hypnosis and once you’ve completed all six deepeners and you’ve had the physiological impact. You can measure each one. You can either get a machine and measure it or sense it yourself. You know that your mind is ready to take suggestions, because it took six key ones already, most of which you have no conscious control over. Do you see how that works?

Jonny: Yeah, the most important ones, you cover the big six right at the beginning and then anything else that you add in is a suggestion and automatically goes in.

Igor: Absolutely. Right, so you have proof that it’s working. You know you’re at the right state there’s no question about it anymore. You have the medical benefits as well and now every time you work on a goal or some other things, some self-improvement device, when you precede it with the autogenic formulae you get not only the medical benefits but your personal benefits too. So both get combined in the same method. Its’ a very powerful system and I really like it because of that. Do you see the conceptual framework, at least?

Jonny: Absolutely, I’m with you.

Igor: Okay, so now that we’ve outlined the concepts of the foundational system, let’s talk a little about practice times and so on. The traditional advice is to try and practice two or three times a day. Why? Because makes permanent.

Jonny: Repetition.

Igor: Exactly. This is built on repetition, on creating conditioned reflexes. When you make the relaxation response a conditioned reflex, then some of the other psychological benefits will be, when you’re in a stressful situation all you have to do is go through your favorite one of the suggestion formulae. Your heartbeat gets reduced. Your guts stops unclenching. Let’s say you go do a big presentation and your gut clenches, your heartbeat goes through the roof and you get the pulsating warning sign that you’re about to get a splitting headache from all this tension.

So now you know, forehead cool, calm heart, soft stomach, as soon as all these things happen because you’ve conditioned the reflex in, you’re now ready to do something on top form rather than doing it with all these inhibitions added.
on top of it. So, the conditioned reflex is important for the emergency application and of course, like anything else, once you have created familiarity with it and conditioned these things in, that means you’ve conditioned in Self-Hypnosis and you can start doing the work you want to do, very quickly as well.

Now, of course, you can do Self-Hypnosis other ways too, I’m just trying to show you the link between Self-Hypnosis systems and this particular system, so when you combine the two together which is easy to do, you get a double whammy out of it. So two or three times a day practice, morning-noon and night are the traditional times. It only takes between three and fifteen minutes, depending on how much time you have and what stage of training you’re in, it can require a bit less or more time.

Once you’re in the maintenance cycle and you’ve not only learned the technique, but actually have skilled techniques and are getting all the results, as well as engrained in to the point where you don’t even have to think too much about it, you start one suggestion and can easily move on to the next one. You can do the whole cycle in a couple of minutes. But it’ll take you, initially, longer so spending 10-15 minutes a session is usually a good idea in the beginning because like anything else you need more practice and you need to get that skill developed. Make sense?

Jonny: Yes, absolutely.

Igor: Now, we’ll go through in this first portion, we’re going to go through the basic method and you’re going to get experience of it so you get a sense of how it all hangs together. In part two, just so you’re aware is when we do the troubleshooting.

What if it all goes wrong?
How do we use it?
Where do we go from here?
What are the lessons we can draw from it?

So right now, we’ll go with the practice of it so you have the experience of that and in part two you will build on the practice to draw the lessons from it that we’ll be interested in it as hypnotists too. Make sense?

Jonny: And becomes more about troubleshooting and identifying the nuances.
Igor: Absolutely. That way everyone has a chance to make it work for them, and know what to do with it, and also take the lessons beyond just a technique that you’ve learned, but actually into something that is going to improve you as a hypnotist all around.

Jonny: Knowledge is great, but its ability to be utilized is more important.

Igor: There you go. The next thing that we’re going to talk about is the posture within Self-Hypnosis, or at least this kind of Self-Hypnosis.

The posture is important because we are seeking a physiological relaxation. That means relaxed musculature.

- The pose you’re about to take on right now is the classic meditation pose.

Whilst it works and it can work great, it’s not actually necessary for the way we’re going to do this particular thing. In fact, it’s not actually traditionally taught in conjunction with autogenic training. That’s because the classic meditation posture requires strain of the muscles of the back to keep the erect spine.

We’re looking to relax all the muscles as much as possible, whilst still maintaining life. Like the heart is a muscle and it’s got to keep working. The easiest posture of them all really, is the sleeper pose. You lie down in bed, uncross your arms and legs so their circulation is easy to do. You don’t have any discomfort over time.

- In the yoga tradition this is the Shivasna, the corpse pose.

It’s real simple, lie down somewhere comfortable. If you need to put a pillow under your knees to keep the small of your back, the arch at the right level please do so. It’s simple stuff like that. It’s my preferred position. Now, in autogenic training they have a good recommendation which is, if you use the lying down, sleeper posture as your main method that at least one of your practices each day is also a sitting practice, so you also have the ability to do it when you need to do it and you haven’t got a bed handy. I think it’s a good idea in general.
• The next posture is the armchair pose. It’s very simple.

You get an armchair, lean up against it and relax. I don’t think we really need to demonstrate it, because everyone has done it. Everyone’s had a comfortable chair or sofa where you lie back against it and it’s the next best thing to do actually lying down.

These first three are the simplest ones. The meditation one you can use for sure, but definitely not the cross-legged version because it’ll interfere with the leg relaxation we’ll be doing as part of the method. So you’re welcome to do it, but know there’s problems that come with it.

Now the final two are really interesting. These are unique to the autogenic training in some ways. Remember, this is from the 1920s, so it’s a different era and this is why it’s called...

• The coach driver pose.

By coach driver, think of someone driving a stage coach. They weren’t sitting up there nicely all day long, because they had long distances to go. Have you ever seen what a coach driver used to look like? Basically, what you do is let your vertebrae collapse down, one at a time, your hands relax in your lap and your whole spine curves forwards to the point where your bones are taking the pressure. You’re creating the arch of a bridge basically, with the bones of your vertebrae. Does that make sense?

Jonny: Yes.

Igor: It’s a posture which looks very dejected, but it requires very little physical strain, and very little musculature to maintain, so it actually promotes the idea of physical relaxation very nicely. Does that make sense?

The final posture is the one that’s the most useful in modern life.

• The office desk pose.

It’s a combination of the coach driver pose and the meditation pose. It’s one you should be able to get away with more at your desk at work without people thinking you’re too strange. The idea of this is very simple.
Your hands, your palms just relax on the desk. Put them as far up into the desk as you need to, get yourself close to the desk so your arms can comfortably lie on the desk and then you do a modified version of the coach driver. It’s really the coach driver modified so you don’t look like you are a little odd in a society where we’re all a little odd.

So, you’re familiar with the basic postures you can use, right?

Jonny:  Yes.

Igor:  My recommendation during what we’re doing here is that you use either the coach driver or the desk pose, because they fit the context that you’re in most naturally. Looking at you, the back of your chair doesn’t have a head rest, hence, crashing out this way would be hard for you and I’d rather have you without injuries whilst learning the medical benefits of a method like this.

Jonny:  Also, as a hypnotherapist I spend probably 6-7 hours a day in a chair like this, so it’s probably pretty useful for me to practice this for my life anyway.

Igor:  Absolutely. For hypnotherapists it’s great, especially when you do trances. You can do the coach driver really easy. Erickson used to collapse in this way too, so you have some pretty good pedigrees there with the coach driver pose.

Okay, the next step is the suggestion formula and this is where autogenic training is very interesting. It has a formulaic approach to Self-Hypnosis. In other words, you decide the formula and there are rules for doing that which we’ll discuss in the second portion. The key to them is they’re very simple, no long statements, no reciting Santa’s wish list that goes into volumes. No heavy winded things, it’s a really simple concept expressed as simply as possible.

So, I’m going to give you the simplest version of this formulae today just so you can try them out for yourself, and we’ll actually do the exercises with them. In part two, we’ll discuss the rules for creating those, so that you can adapt the language I’m going to give you today to fit you more uniquely. So your ability to adapt the language is important, but initially I’m just going to give you a simple set just so you get started with a simple set. Make sense?

Jonny:  Perfect sense.
Igor: We have six controls... heaviness, warmth, heartbeat, breathing, stomach and forehead. Here are the basic or slightly more basic than even regular autogenic training would go. First of all, my limb is heavy. That’s the first suggestion. When I say limb, you’re going to go right arm left arm, right leg left leg both. There’s a sequence we’ll discuss as we get into that, but the formula is the same.

My right arm is heavy.
My left arm is heavy.

My right leg is heavy.
My left leg is heavy.

So it’s always my, whatever limb it is, is heavy is the basic formulation. There are refinements to this and there are ways to troubleshoot problems people might have around this, but I don’t want to complicate things today, just so we have the simple foundation of it.

Then we have my arm is warm or my limb is warm.

My heartbeat is calm, again there are variations we’ll talk about and why they exist.

My breathing is calm.
My stomach is warm.
My forehead is cool.

Those are the key core foundations of the suggestions. We’ll be able to change it slightly as we look at why we’d want to change it and how we’d want to change it, but for a basic formula those are the ones. So far so good?

Jonny: So far so good.

Igor: Okay. The next thing is, and you’re going to go through an actual training cycle with me in a moment. It’s to understand you don’t do them all at once. This is the Law of Successive Approximations in action. That means, you’ll start with just one formula and once you’ve mastered that you’ll move on to the next stage and the next stage.
To learn the whole system typically takes somewhere between eight and sixteen weeks, depending on how thorough your training is and they say it takes anywhere between six months’ and a year to actually internalize it, to master it to the point where you have all the medical benefits on command. It just gives you a rough idea of timelines.

Some people will master it in days, because it’s just right there, while other people might take two years before they’ve actually done the completely integrated mastery stage of it. Don’t worry about the time it takes you, just make sure you squeeze every ounce of value from each stage that you’re in.

Jonny: Does that mean you don’t move to the next stage until you absolutely have every single benefit of the first stage? So you don’t skip anything you stay...

Igor: Almost. You don’t go to the next stage until you have success with a previous stage.

Jonny: Got it.

Igor: So, if for example, you can’t make your arm heavy, there’s no point in going on to the next stage, troubleshoot that one first. There are a couple reasons why that wouldn’t be the case. Sometimes you switch the orders around. Once you know you can get a response from each stage, you move on to the next stage. That means you can get a response from all the stages, it just takes time to get that response.

Mastery is when it no longer takes time. You basically start and as soon as you say my arm is heavy, it’s heavy. As soon as you say my heartbeat is calm, it’s calm. In other words, the difference between the learning stage, where you just want to notice it having the impact you want it to have and the mastery stage is where there’s no more effort or trying. There’s no more time required. You don’t need any amount of repetitions that much, because the trigger is set.

As soon as you say, my arm is heavy, it relaxes.
As soon as you tell yourself your heartbeat is calm, it calms down.

This is the difference between learning and mastery.

Jonny: Yes.
Igor: Let’s start with the first round for now and then we’ll build up the other one so you’ll see how the whole cycle builds up. Are you ready?

Jonny: Ready.

Igor: Okay, first things first. Get yourself in your preferred posture. Use the coach driver or desk pose and let me know when you’re ready.

Jonny: Ready.

Igor: I will give you the instructions, I’ll let you do them and I’ll give you some time to do them and then bring you back. The point of autogenic training is you do it yourself you don’t get guided through it. I may guide you through certain portions of it, just to give you an initial experience, but then you’ll have to do it again on your own so that you’re always running the show on this. Make sense?

Jonny: Yes.

Igor: First stage is close your eyes. Let’s take three comforting breaths, as a ritual to let your mind know you’re about to do autogenic training. If you like you can count them or you just take three comfortable breaths. Good.

The next stage is just become aware of your right arm and tell yourself, my right arm is heavy. Repeat it somewhere between six and eight times. Importantly, check in with your arm. It’s not just focusing on the words, focus on your arm and notice the qualities that there as you do this. My right arm is heavy.

Once you’ve done it six or so times, nod your head so we know to continue. Good. Now, just become generally aware of yourself and the all-encompassing suggestion is, I’m completely calm and just breathe that in a few more times. And then bring yourself back with a smile.

Okay, so hopefully right now there’s nothing really crazy, in terms of what you’re doing. No real surprises, nothing particularly new. A couple of nuances to add in here now.
Number one, in the classic form of autogenic training they make a big deal about how you come back so you come back energized.

The autogenic ritual I don’t recommend because it’s very bizarre. It requires you balling your fist, striking your shoulders a few times to invigorate yourself and then punching your fist out in the air. It’s a really vigorous process. You can do it if you like, I just feel very odd doing that, especially in the middle of the office.

Jonny: Imagine how people would respond to me.

Igor: Well, in Germany they’ll go oh, he’s done autogenic training so you’re okay there, but in America you might have some issues, and you can tell no, I’m resolving my issues.

So the recommendation very simply is, are you familiar with the term pandiculation?

Jonny: No.

Igor: Pandiculation is a type of stretching or the way you stretch when you yawn. Have you ever taken a long ride in a car, airplane or something like that?

Jonny: Many times.

Igor: When you step out of the vehicle, show me how you move your body to stretch it. Okay good, now just relax a second. Now yawn and show me how you do the classic morning yawn. There you go. What do those motions all have in common?

Jonny: Opening up, an extension or expansion to your reaches, so shooting energy all the way to the edges of your limbs.

Igor: Actually, the key elements and then the opening is part of it, but the key element is actually two things... stretching and tension. It’s a mild form of tension it’s not like you’re forcing each one, but when you’ve had a car ride, a plane ride or in the mornings when you first get that morning wake-up thing, you don’t do the classic stretching you learn in sports class where you relax all your muscles, you actually tense your muscles mildly and move through that tension, which invigorates the muscles as they relax as well afterwards.
Jonny: Got it.

Igor: That style of movement is called pandiculation. It’s technically yawning, but I think the whole start of movement is good. So striking yourself vigorously or punching the air a few times to get into the mode, I recommend under mild attention, just stretch your limbs out, move your back around a little bit and with a sigh, a cat stretch whatever it is, all those different things. I don’t really care how you do it, I don’t care which particular motion you choose, just choose one under mild tension, because that tends to invigorate the muscles while stretching them and all kinds of other things as well. Do you get the idea?

Jonny: Got it. Yes.

Igor: Okay and remember, this is a variation from the classic technique, but I’m saving you some oddities, and if you want to try the classic technique that’s fine too, make fists, bring them into your shoulders hard so that you’re striking your shoulders a few times to create some energy going through there. Relax your hands each time you do that and after three or four rounds of that, keep your hands tense, punch them up in the air and then get ready to do your thing.

By all means do that too.

Jonny: I think I like the other way.

Igor: I do. The second thing, and this is an interesting nuance. When you have a chance to experiment, you’re going to do the whole round of heavy arm again. So we aren’t adding anything to this yet, but I want you to do it first of all on your own, so you get the experience of it. And secondly, this is the key element, there is a cadence to the suggestion which is, not all autogenic schools teach it this way but I really like it, it has a really powerful effect.

The cadence is this, you do the setup of the suggestion on your inhale, my arm is... you do the target of your suggestion on the exhale, heavy or limp and heavy. I can’t do it because I can’t breathe in and talk at the same time, so you do it inside your mind, but as you inhale, my right arm is... as you exhale, limp and heavy or heavy. We’ll talk about how to choose the right wording for you in part two. Sound good.
Jonny: Yes.

Igor: What’s the method so far?

Number one is the opening ritual, just three comfortable breaths. If you want to count them just to have a special ritual that’s fine too.

Step two is focus on your target suggestion, which means to start by focusing on the arm, the right arm and when you’re focused on the right arm you make your target suggestion my right arm is heavy.

On the inhale, it’s my right arm and on the exhale, it’s heavy. You experiment. If you want... my right arm is... limp and heavy that’s my preference. Some people prefer saying, my right arm is heavy. It’s entirely up to you how you do that bit. Experiment with a few variations until you find your groove. Once you find your groove you’ll know it, because you’ll like it. Do that about six times until you experience just a little bit of limp heaviness.

Stage three is the universal suggestion or your big target suggestion... I am completely calm.

I’m completely calm is an abstraction. It’s hard to conceptualize. It’s a concept it’s not a real thing. But when your arms and legs are heavy. When they’re warm. When your heartbeats calm. When your breathing is feeling comfortable. When your stomach is warm and so on, you will be completely calm; hence, you’re building up the building blocks of being completely calm physiologically. Do you see how that all works together?

Jonny: Yes, of course.

Igor: It’s only going to take you about a minute or two to do this, but take yourself through those cycles. Breathing, arm heavy, calm, and then bring yourself back with a bit of pandiculation.

Jonny: Okay.

Igor: Beautiful. Well done. How was that? Fun, easy?

Jonny: Easy. You know my practice as a somnambulistic subject?
Igor: Yeah.

Jonny: As soon as I said a suggestion my right arm went plunk.

Igor: Absolutely. Here’s some food for thought and I’d like you to think about this a little bit which is, what do you do when the arm doesn’t become heavy? That has to be one of the troubleshooting things we’ll look at in the next session. I know it’s something we’ll come onto yet, so right now we’ll pause that idea. Please think about it folks, it’s a very important question, because not everyone has Jonny’s ability to instantly get the results.

A couple of things. First of all, it’s an easy method, not too complicated right. You don’t have to keep too many things in mind?

What did you make of the timing with the suggestion and your breathing? How did you enjoy that?

Jonny: The first three breaths is really a precursor that feels pretty powerful and beautiful and when I combine it with some of my martial arts style breathing, like pyramid breathing, when I added just a little bit of that inhale and exhale to it, it was almost instant, like I was priming my mind for my arm to be limp and heavy.

Igor: Right. Of course, the idea of having three comfortable breaths, the important thing is comfortable, we’re not trying to force our breath. What’s comfortable has to be your choice folks. If you’re breathing like you’re hyperventilating there’s no strange breathing cycles, there’s valued to control breath, but that’s way beyond the scope of what we’re doing here. The idea of comfortable breaths is, it’s a signal to your mind that you’re about to do something.

It’s a bit like, when you’re about to lift a heavy box what do people do? They inhale sharply because your body knows it has to do some kind of work.

The next question is, when you did the suggestions on the inhale and exhale, how did you find doing that part of the rhythm?

Jonny: It makes it much easier because as my body exhales and I say heavy it’s like my body already knows to be heavy, because I’m exhaling.
Igor: This is a trick that feeds particularly into this part of the method, but it’s a general hypnosis trick which is, when you inhale your body tenses slightly, it becomes slightly more stressed, your heartbeat actually becomes slightly more stressed. When you exhale, your body relaxes slightly, and you can even see the difference in your heartbeat and heart rate ability as well. So, your exhale is always naturally relaxing.

Therefore, getting the first success with the heaviness, by suggesting it on the exhale, is already marrying a physiological effect with the suggestion effect. So you’re actually making life a little easier for success. Do you see how that works?

Jonny: Yes.

Igor: Of course, it also forces a rhythm on you. In other words, it prevents your mind from going from a million miles an hour, which can happen. When I first started Self-Hypnosis that’s how we were doing it. I was so stressed about getting relaxed I didn’t get relaxed, because I was stressed. I was stressing myself out by talking to myself in a stressed rate. Do you see how that works?

Jonny: Yeah.

Igor: So, by trying to create a rhythm, remember the unconscious mind loves rhythm, so by creating a rhythm of your suggestion with your breathing, it expands everything you’re doing. The other thing that it does is, which is another reason why I like this, is it contains your suggestions. You can’t write paragraphs anymore, it has to fit in to a simple breath cycle. Unless you want to go off and do some yogic breathing, so you can have a five-minute breath; inhale and exhale, you can’t write an essay in your suggestions.

It forces your suggestions to become simple and straightforward, and again that gets rid of a lot of other problems that comes with suggestions. Do you see how the whole method together is simple and easy to do, but has a lot of really good ideas built into it so far?

Jonny: Yeah.

Igor: Okay, so we’ve done right arm heavy and we’re going to explore in the next session, what do you do if you don’t get that heaviness? How do you troubleshoot that?
What I want to focus on for the rest of today is how we go through the other sequences. So, if you’re going to be doing this on an eight-week cycle, an eight-week learning curve then you do my right arm is heavy for three days and move on to the next suggestion for three days and so on. I recommend you spend at least a week on just my right arm is heavy. Why? To get a solid foundation with it. Even if you get success with it, get a rhythm going. Don’t add more complexities.

Most people will try things for a day or two and have a good success and then they kind of let it go. So, don’t add extra strain into your practice, just to the point where your practice needs to start being internalized. Spend about a week doing the right arm heavy suggestion. Make sense?

Jonny: Yes.

Igor: My personal recommendation is, you spend about a week on each phase. Now, if you get an easy part of the phase, let’s go to the warmth one. Let’s say you can develop warmth really easily, you’re okay to move on after three days if you want. My recommendation is just don’t rush it. If you’re not getting a satisfying quality of response there’s no point in going to the next level because you’ll bring doubt into your next level and as we know, doubt is the destroyer of hypnosis.

It destroys realities. If you are doubting the efficacy of your suggestions, then you’ve already created the context for Self-Hypnosis to fail. Do you see how that works?

Jonny: Yeah. It’s a negative feedback loop.

Igor: Exactly. So, the traditional times are between three and six days or three and seven days per suggestion cycle. That’s just a recommendation, don’t get stuck in that loop. I’m going to give you the entire cycle today anyway so that you go at your own pace. If it takes you eight weeks, then it takes you eight weeks. If it takes you four weeks it takes you four weeks. But if it takes you six months, then let it take those six months’, so that at every stage along the way you’re moving from success to success.
That’s a way to build a really solid practice and remember, at the end of this process, you will not only have a really rock solid Self-Hypnosis method with lots of convincers built in, you’ll also have one that automatically gives you a ton of benefits for your health. So it’s a really wonderful one-two combination. It’s worth spending the extra time in getting it right up front. Get the idea?

**Jonny:** It’s just a really great solid foundation for pretty much any other technique or practice or process you plan on using.

**Igor:** Absolutely. Because you’re a somnambulist you can do this pretty easy already. I’m suspecting that on your first or second suggestion of your right arm being heavy that your right arm felt heavy. Perfect. That’s when you know you’re ready to move to the next cycle. That’s when you’re getting close to master, now you’re getting some skill there.

It doesn’t have to be, as long as you get heaviness within say six repetitions you’re good to go to the next level. If you get no heaviness, then you have to go through the troubleshooting section.

Okay next round. Start with a breath cycle, three comfortable breaths just to set up the ritual. Then everything else we’ve done previously is your starting point. You’re going to do one round, maybe two, no more than two of my right arm... is heavy or my right arm is... limp and heavy, depending on what formula you use. You will check in to see that it’s happening. It’s important that you feel some heaviness developing when you suggest it.

So, once you get it on your first or second round of my right arm is heavy, then your attention will shift to the left arm and you’ll do the same. My left arm is heavy or my left arm is... limp and heavy. Choose your formulation and stick to it. Once you have a formula don’t switch around, stick to the formula that works for you.

You’ll be doing the left arm about six times and you’ll probably get a quicker response, but we’ll still work with that to get the general idea of it. Then we’ll go through the other cycles, because once you get this core idea, all the other cycles will make sense in how they fit together.

**Jonny:** Okay.
Igor: So, once you’ve done six or so repetitions of the left arm you will remember the universal suggestion, I’m completely calm. That’s the one that encapsulates it all and then spend a few moments enjoying the calmness and then bring yourself out when pandiculation as you’ve done. So it really is the same cycle, only now we’re pretending that you are a week into your training so your right hand is solid, you’re now going to do your left arm as the next step in the cycle. Get the idea?

Jonny: Yes, I do.

Igor: Whenever you’re ready, start your practice. Welcome back.

Jonny: Thank you.

Igor: And, of course, that was about two or three minutes. Notice how you’re doing a lot of things. You’re starting to learn the balance between directing something without actually trying to control it too much. More on that in part two. You are keeping your focus sharp, your minds not constantly drifting somewhere else. It’s a very different style of Self-Hypnosis. It’s a very focused style of Self-Hypnosis. And it doesn’t take very long, it took you two or three minutes to do the second cycle.

Jonny: Yes.

Igor: So, here’s the key to the method. I’m going to recommend a 16-week training cycle, because this way you spend one complete week on every new suggestion. So, you only add one suggestion per week, this way you get used to that suggestion and get lots of examples of it working for you. Then, at the end of that week you will know this works for me. This is a good level for me. Make sense?

Jonny: Yes.

Igor: If you’re doing it three times a day that means you’re having 21 experiences of that suggestion working and for most people that’s pretty convincing. Get the idea?

Jonny: Yes.
Igor: But if you want to do it in three days, just know that if you’re rushing things you may have to come back later on to fix a misaligned step. So it’s entirely up to you how you do it, just know that there are consequences to however you do it. I recommend patient progression.

So, we started with the right arm heavy. Then we went from right arm heavy to left arm heavy, but remember we started first with one right heavy. So right arm heavy, left arm heavy, left arm heavy, left arm heavy sort of thing. So now we’re into week three, what do you think it’s going to be? Hopefully it will be of no shock.

Now we go to both arms are heavy.

Jonny: Got it. Okay. I thought you jumped straight to the next one.

Igor: The reason we go to both arms is because you want to unify them. Now you have to split your attention to two arms simultaneously, whilst giving suggestions. So it’s actually asking a little more of yourself. And remember, you’re also changing the suggestion. You have gone from right arm heavy to right arm heavy and left arm heavy.

Then you’re going to go straight to both arms heavy. You’re only going to start it by warming up the right arm and then doing the left arm, you’re going to go to both of them being there straight away, because with a new suggestion you want to give yourself time to acclimatize to the new suggestion. Right?

Jonny: Yes.

Igor: So both arms are heavy or both of my arms are heavy or, my two arms are heavy or my arms are heavy, assuming you only have two of them. Again, choose a formula that you like and stick with it. Don’t tinker with the formula. Part of the conditioning effect comes from repeating the same formula formulaically, that’s the beauty of formulas, you get to repeat them. Get the idea?

So week one is right arm heavy. Week two is left arm heavy. Week three is both arms are heavy.
Now, week four now you go to the right leg is heavy. Of course, remember, you proceed it with the success from the previous week which means, both arms are heavy. Doing the, both arms heavy by the way, on the third week you’ll be doing one version, my right arm is heavy. One version of, my left arm is heavy because they’re now both triggered. And now you can say with complete confidence, both arms are heavy. So you aren’t going straight in to both arms are heavy, you’re using the previous success.

Both arms are heavy becomes your weigh point now and when you do the right leg you’ll go straight into, both arms are heavy. There’s no need to go right/left anymore. Do you get the idea?

**Jonny:** Got it. You can skip those first two weeks because now you’ve essentially built the neurosynaptic connection and allowed both of them to be given the suggestion simultaneously.

**Igor:** Exactly. When you do your right leg is heavy, your last point of success was both arms being heavy, so you no longer need to separate, but when you’re doing both arms being heavy your last point of success was the left arm being heavy and now you’re leaving out the right arm, hence, you’ll do right arm heavy once, left arm heavy once, both arms heavy six to eight times and that’ll be your week three. Your fourth week is, both arms heavy once and then my right leg is heavy six to eight times. Get the idea?

**Jonny:** Yep.

**Igor:** What do you think is going to happen in week five?

**Jonny:** Left leg.

**Igor:** Right. What’s the ritual going to be?

**Jonny:** It’ll be both arms heavy, then right leg and then left leg.

**Igor:** Exactly. Both arm heavy once, right leg heavy once and then left leg is your main focus six to eight times. Get the idea?

**Jonny:** Yeah.
Igor: There’s a really nice progression. There’s no confusion. There’s no mistakes and everything always builds on success. It’s the key ingredient to any hypnotic training. It’s always built off success. Get the idea?

Jonny: Got it. Yes.

Igor: So, you have the left leg that’s now heavy, what do you think is going to be on week six?

Jonny: Both legs.

Igor: Yes.

Jonny: And then you’ll go both arms both legs.

Igor: Actually, it’s going to be both so you’re going to go both arms are heavy, right leg is heavy, left leg is heavy, both legs are heavy. Then you can put an extra week in if you want on this one, it’s up to you if you want to skip it or not. If you put in an extra week it would be, my arms and legs are heavy. That is the work, the culmination of six weeks of work. You’re working towards saying, my arms and legs are heavy and getting the result every time. Do you get the idea?

Jonny: Yes.

Igor: Now we move on to the next week. The next week, the next cycle is about warmth. Notice we spent anywhere between three weeks on heaviness, a slower route would be six to seven weeks on heaviness, because we’re building a foundation.

Again, the next one is warmth. It’s the exact same idea, only now you’re going to focus on warmth, but here’s an interesting cheat. You know how when you add a suggestion of heaviness on your exhale? It’s already linked to relaxation, so your musculature will be slightly heavy on the exhale anyways. What do you think the advantage of waiting to do the warmth until the 7th week might be?

Jonny: All of the focus and attention is already being shifted and moved towards your appendages, which means that as you put them into your arms and legs getting heavy it’s going to direct your body’s neurology to begin shifting off the mind and into those places, so they’re naturally going to be easier to get hot.
Igor: So, it’s two things... Law of Attention, where attention goes energy flows. Just putting attention on your hand for a prolonged period of time will make it warmer. That’s a neurological fact, it’s the idiodynamic response. It tends to happen. It’s not a guaranteed result, but it’ll happen more often than not, let’s put it that way.

The second thing is, what does relaxation do for your circulation? Does your circulation work better when you’re relaxed or when you’re tense?

Jonny: Relaxed.

Igor: Right, so you’ve just spent six weeks learning to relax your limbs, which means you’ll probably have warm limbs before you start suggesting them. You’ve already succeeded before the suggestion. That makes the suggestion easier to do. Make sense?

Jonny: Yes.

Igor: So, the starting point will be, right arm is warm. The week after will be the left arm is warm. The following week it will be, both arms are warm. Then it’ll be right leg, left leg, both arms and legs are warm. Of course, remember that you’re proceeding it always with three breaths, step one. It’ll be arms and legs are heavy, step two.

Jonny: My right arm is warm.

Igor: Then you’ll focus on the right arm and it’ll be the right arm once and then the left arm. You always feed in the proceeding step each time. You’re meticulously making sure that every step is included as you move on to the next step. Get the idea?

Jonny: Yes.

Igor: Let’s go for another six weeks or so. So you go right arm, left arm, both arms; right leg, left leg, both legs and when you’re on week 12 the suggestion will be, my arms and legs are heavy and warm. You’re combining suggestions now. And now the breath cycle makes more sense. My arms and legs are... heavy and warm. My arms and legs are... heavy and warm. Do you see how that works?
Jonny: Yes.

Igor: Again, 12 weeks. That’s three months of training you’ve put into this now. But it’s worth every moment that you’re doing it, because of the way that it... Why it has medical benefits, but it’s also setting the foundation for a lot of future work to come. Do you get the idea?

Jonny: Yes.

Igor: There’s nothing wrong doing autogenic training twice a day and then a third session of the day you do just your personal work, and if you want to do it that way by all means do that. Just make sure that you’re keeping your autogenic training clean, so that when you use it as your base later on, your normal goal setting stuff will have built in medical benefits, just because you’re doing this. Get the idea?

Jonny: Yeah. So, if you have an additional practice, like say for example in the evenings I listen to a guided visualization track or hypnosis track, I begin with the autogenic stuff and then I hit play on whatever that is and then I add that afterwards?

Igor: Absolutely. Or, if you prefer you just do the autogenic training, come back and then start your whole visualization practice in whatever ritual you prefer for that.

Jonny: Got it.

Igor: My preference is to preface it with autogenic training, because you have so many convincers built in, that by the time you get to the visualizations your minds already primed to respond. Get the idea?

Jonny: Yes.

Igor: Okay, so the first 12 weeks are really important, because they send the core. You have a lot of relaxation coming in. There’s a lot of medical benefits to that relaxation. Herbert Benson in the U.S., did a whole bunch on the progressive relaxation method, and the medical benefits from that are the exact same you get from autogenic training, just at that level. But autogenic training goes beyond relaxation and this is what the next four or five weeks will be about.
So far of our six core controls, which are basically relaxation and circulation. But by putting all our attention onto this, we’ve also developed a tremendous amount of faith in the process. Our doubts have evaporated by this stage. Make sense?

Jonny: Yep.

Igor: So now we can start upping the ante a little bit and still getting good results. The next item in the sequence will be the heartbeat. The basic formula that I recommend is my heartbeat is calm and pleasant. There are different variations, that’s not the original version of the formula and we’ll talk about the variations and the theme in the next session, so we understand why we’re doing what we’re doing. For now, we’re going to go with my heartbeat is calm and pleasant.

Now, some people can’t feel their heartbeat. Some people don’t even know how to sense the heartbeat and so on, and again that’s something we’ll talk about in the next session. That’s a troubleshooting point. For now, when you get to the heartbeat session it will be something along the lines of… three deep breaths.

My arms and legs are heavy and warm. My arms and legs are heavy and warm. I might put in, I feel completely calm as a divider. My heartbeat is calm and pleasant and you do that six to eight times. Finish it off with, I feel completely calm and then, breathe in, stretch and come back out. Simple and straightforward. It’s just the same stuff you’ve been doing for the last 12 weeks, but focus on the heartbeat. Get the idea?

Jonny: Yes.

Igor: Any questions on that level or the suggestions that come with that?

Jonny: No.

Igor: Pretty straightforward right.

The one after that will be the breathing, and again I personally recommend—there are variations of these which we’ll explore in the next session—my breathing is calm and pleasant. The reason I recommend this is because at the
end of that week you can combine the heartbeat and breathing and your starting suggestion will be, my arms and legs are heavy and warm. My heartbeat and breathing are calm and pleasant. So you can combine the heartbeat and breathing in the same way you did the arms and legs being heavy and warm. Do you get the idea?

Jonny: Yes.

Igor: Then by the 14th week, you’ll have a very efficient system. Three breaths, my arms and legs are heavy and warm. My heartbeat and breathing are calm and pleasant. That takes less than a minute to do and you’ve now condensed 14 weeks of experiences into a minute’s worth of experiences. You can see how this could be a very fast method, once you put in your ground work. Get the idea?

Jonny: Yeah, it feels like a neurological patterning. Once you’ve got it solidified then you can pretty much do whatever you want with it.

Igor: Exactly. So, heaviness is done, warmth has been dealt with, heartbeat has been dealt with and now the breathing has been dealt with. Again, I recommend you start with calm and pleasant. I’ll offer you lots of variations in the next session, but that way heartbeat and breathing can be combined to one mega suggestion. Get the idea?

Jonny: Yep.

Igor: The next one is the stomach and for this one the technical term is actually solar plexus. Most people don’t distinguish between the solar plexus and stomach, which is why we go with stomach, but note there’s a slightly different feeling. The stomach is the part that gurgles when you’re hungry. The next time you’re hungry just pay attention to where you feel that pang and it’s above your belly button below your rib cage, it’s the soft area. It’s a relatively large area. It’s about the size of a fist, maybe a bit bigger, but it’s in that general area.

Above the stomach there’s another area that’s also soft that’s not ribs yet and that will be the bit where the solar plexus is. If you notice where you feel tension when you’re nervous or panicky, panic will be partly in the chest as your breathing is constrained and partly in your solar plexus, although you’ll
say it’s in my stomach, it’s actually slightly above your stomach that you have that feeling.

The feeling of butterflies in your stomach tends to be in your solar plexus and it spreads out, so you confuse it with the stomach. But if all you need to do is not eat for half a day and then watch cooking shows at the same time, the place you feel those hunger pangs that’s your stomach. Then, contemplate doing something you’re afraid of, like heights go somewhere high and that butterfly feeling you get, that tension in your stomach that’s not your stomach, it’s just above where you have the hunger pangs and that’s your solar plexus.

That’s the way to delineate them, does that make sense?

Jonny: Yes.

Igor: It’s okay to call it your stomach, but the reason I’m making the distinction is, I recommend you place your attention on the solar plexus region even if you call it your stomach. Remember, the key to this method is, as you suggest you are paying attention to the area. When you’re talking about your heartbeat, you are noticing your heartbeat. When you’re talking about your breathing, you are actually paying attention to your breathing. When you talk about your stomach, you’re paying attention to your solar plexus. You just say it’s your stomach, because it’s colloquial. Does that make sense?

Jonny: Yes.

Igor: Now, for those of you who have a lot of nervous tension in your life, this one is going to be real easy. It’s that place. For those of you who live happy lives and so on, then do something wrong and that place where you feel a little guilt and tension, that cringing feeling you get when you’re caught doing something bad, that’s your solar plexus and that’s the bit we’re interested in.

The reason I say this is, if you place most of your attention on the actual stomach where your hunger pangs are, you will tend to get your stomach going. It’s a great way to build your appetite, not ideal for the nervous system reset that happens with the solar plexus. Do you understand the distinction?

Jonny: Yes.
Igor: Now, the language will be something along the lines of, my stomach radiates warmth. I’m taking stomach to be the encompassing term, not just the organ, but the area, the region of the stomach which would mean the solar plexus. If it’s a problem for you then go with solar plexus. It’s a bit of a longer word. Some people like calling it just the plexus or if you’re okay with it call it the stomach, but know that when you’re saying stomach you mean this other area too. Do you get the idea?

Jonny: Yeah.

Igor: All confusion cleared up. So, when you’re working with the solar plexus it’ll be three breaths... my arms and legs are heavy and warm. My heartbeat and breathing are calm and pleasant. My stomach radiates warmth. Another variation is, my stomach feels soft and warm. A knot in the stomach is tension, literally. Softness is what we’re looking for here, softness and warmth are two key indicators that this area is switching over. Get the idea?

Jonny: Yeah.

Igor: Any questions?

Jonny: No, you’re making it pretty straight forward and simple.

Igor: Good. The final one is forehead. Forehead is cool, I prefer my forehead is comfortably cool. Why? Because we’re aiming to give comfort in the head area. For some people the idea of coolness is linked to cold and we don’t want cold, because cold brings ideas up of ice cream headaches and discomfort and so on.

We’re looking to relax the body to get all the medical benefits of physiological relaxation, and especially in these areas as we talked about. Hence, comfortably cool is a nice way of suggesting that.

Remember, every time you move between cycles, three breaths... My arms and legs are heavy and warm. I feel completely calm. My heartbeat and breathing are calm and pleasant. I feel completely calm. My stomach radiates warmth. I feel completely calm. My forehead is comfortably cool. I feel completely calm. You’re done. You’ve completed the entire cycle.
So, the condensed formula we just gave you, that whole cycle, once you’ve done your 16 weeks of training will take about two or three minutes to do. It’s not long. It’s a great way to start your Self-Hypnosis practice and it combines all the pieces in a simple place while you get a lot of benefits from it.

Okay, any questions on anything we’ve covered so far?

Jonny: No. I also enjoy the fact that when you get to the end about going to the forehead and saying, comfortably cool, you’re also linking it back to the first suggestion you gave to yourself which is, I’m going to take three comforting breaths or I’m going to get comfortable here, thus closing a loop and ending in the same place you began with.

Igor: Absolutely! So, it’s a simple system. It’s a great training tool to be able to respond to hypnotic suggestions well. Normally training tools are things like, can you do finger magnets, hot coins or anything like that and that’s fine, it’s just this training tool happens to dovetail in to medical benefits. It’s been around for a 100 years and I really love the method. It’s a great training method, learning method and deepening method for Self-Hypnosis that happens to have wonderful side effects.

Any questions or comments on what we’ve talked about today?

Jonny: No.

Igor: In that case, I think this is a good place to finish this. Remember, this is part one of a two part series. In the next portion, we’ll look at all the troubleshooting, the variations and the principles involved in this. But, between now and then, why not practice this method for yourself and have some experiences of it, so when we come back to troubleshooting if you’ve had good experiences you won’t necessarily need it, but if something has gone awry, you’ll have a reason to pay more attention to those to find a solution to your own problem too.

With that happy thought, Jonny, thank you so much for being part of the call with us today.

Jonny: Thank you, Igor, I appreciate the opportunity.
Igor: And I’ll see you on part two, so we can continue exploring autogenic training at the level of principles now.