Self Hypnosis For You & Your Clients

Basic Principles

- All hypnosis is Self-Hypnosis.

- Every thought is a form of Self-Hypnosis.

- Every thought will either take you towards or away from your desired outcome.

- All [Self-Hypnotic] thoughts are driven by beliefs.

Types Of Self-Hypnosis

- Traditional/Formal - Some form of Self-Induction & "Deepener" followed by auto-suggestions.

- Traditional/Formal Recording - As above but recorded.

- Mantras, affirmations, incantations, declarations, anchors, etc.

- Self-Hypnotic Questions.

Believable Or Not?

- Auto Suggestions MUST be believable.

- However, it is natural for there to be some degree of inner resistance, otherwise, you wouldn't need to to be doing it.

E.g. You don't generally use self-hypnosis on something that is already an everyday part of your life; usually it is for something **you want to change.**

Coués Law Of Reversed Effort/Effect

"Whenever there is a conflict between the WILL and the IMAGINATION, the IMAGINATION will WIN."

Émile Coué (Born 1857)

(Result = The harder you try, the more you will fail)

For effective self-hypnosis

"Your WILL and your IMAGINATION must be aligned."

i.e. Your auto suggestions must be aligned with at least some part of your belief system

(and all of it for the effect to be permanent).

Will & Imagination In Conflict
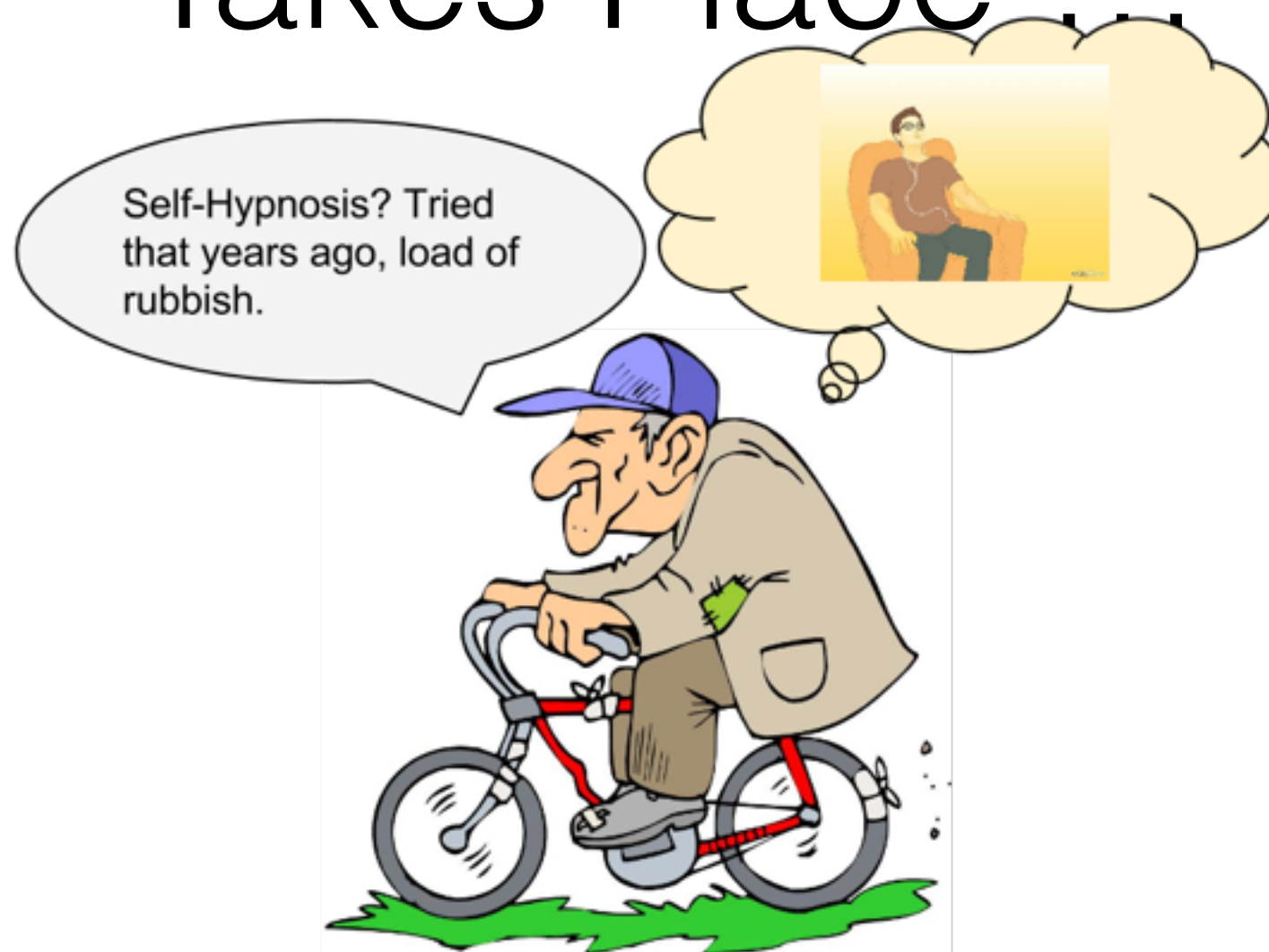
Will & Imagination Aligned

Law Of Reversed Effect In Self-Hypnosis

Which is most believable?

Law Of Reversed Effect Takes Place ...

Will (self-hypnosis) fails as imagination (inner identity/ beliefs) wins.

Inner Identity & Beliefs Support Desired Outcome

Increased Likelihood Of Desired Outcome

Limiting Core Beliefs

All limiting emotional beliefs can be attributed to one of the following ideas:

- "I am not good enough/not worthy".

- "The world is not a safe place for me".

- "I am powerless".

- "Love (& relationships) = Pain".

Conflicting Beliefs

- If your self-hypnosis challenges one of your core beliefs, the results will be temporary or partial.

- Part of your self-hypnosis must address these core beliefs for the results to be effective and lasting.

Critical Faculty

The "Critical Faculty" is the part of your mind that assesses incoming information and decides whether to accept it into the subconscious/belief system or not.

For suggestions to take root, you must be able to by-pass or befriend your 'critical faculty'.

You Vs. Critical Faculty

In a good hypnotic subject it is easy to distract the Critical Faculty & allow your suggestions to slip inside.

You Vs. Critical Faculty

In most people, in a good state of hypnosis, the Critical Faculty stands aside and weighs up the situation.

If all OK, and can accept a good cause for letting in, will let the new suggestions inside for a while at least.

You Vs. Critical Faculty

Generally speaking, if the new the suggestions imply any kind of threat or unacceptability, the Critical Faculty will trigger the security alert and not accept them in.

You Vs. Critical Faculty

All of this is the same for Hypnosis and Self-Hypnosis … because all hypnosis IS self-hypnosis.

You Vs. Critical Faculty

The easiest, and most effective way to perform self-hypnosis is to first establish a frame of mind that the Critical Faculty can accept … and THEN give the (auto) suggestions.

Preparation For Self Hypnosis

"For a certain amount of time I will momentarily suspend what I believe in this area,and wilfully accept the belief I want.

I will pretend that I am under hypnosis, with myself as both hypnotist and subject. For that time desire and belief will be one.

There will be no conflict because I do this willingly. For this period I will completely alter my old beliefs.

Even though I sit quietly in my mind, I will act as if the belief I want were mine completely."

From: "The Nature Of Personal Reality" Seth/Jane Roberts

Preparation For Self Hypnosis

The important factor is that either you - or the client you are teaching - has to **consciously, deliberately, willingly suspend your/their normal reality for a moment** …

… and wilfully accept some new ideas as if they are already 'true' NOW - not some point in the future - NOW!

Preparation For Self Hypnosis

Part of this process involves accepting NEW core beliefs …

Positive Core Beliefs

- "I am good enough/worthy".

- "The world is a safe place for me".

- "I am powerful & can influence my world".

- "Love (& relationships) = Pleasure".

Effective Preparation + Positive Core Beliefs

=

Increased likelihood of successful outcome.

Then you can include your specific goals, desired outcome beliefs/ideas, in whatever format you prefer.

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Types Of Self-Hypnosis

- Visualisation - see yourself doing [desired outcome] (live or recording)

- Mantras, affirmations, incantations, declarations, anchors, etc "I can do/have [desired outcome]"

- Self-Hypnotic Questions "How can I increase my ability to [desired outcome] even more?"

Factors

- Repetition (everyday for 30-40 days at least)

- Focus - One idea (Monoideasm).

- Duration - Aim for at least 15 - 20 seconds for an idea to become meaningful and a good minute or so for it to start to take effect. 3 - 5 Mins. is best.

- Emotive - the greater the sense of 'satisfaction', the more 'energy' there is behind it.

Final Thoughts

"Whatever the mind can conceive & believe, it can achieve."

Napoleon Hill.