STEPS TO SELF-HYPNOSIS / MEDITATION

The importance of imagination cannot be underestimated. Einstein understood this concept when he said, “Imagination is more important than intellect.” Through self-hypnosis, you will work on imagining your goals; make sure they are realistic, not impossible. If you have a large or significant life-changing goal, envision yourself succeeding through small goals until you ultimately achieve your end-result goal.

Lastly, if you find you have a difficult time visualizing, don’t worry... just imagine or pretend you can see your goals... it makes no difference and the same purpose is served. With that said, let’s move forward to learning the three simple steps of self-hypnosis.

The Eye Roll

The first step in self-hypnosis is known as The Eye Roll. This process will shift your brain frequency from the beta state (normal, high frequency) to the alpha state (slower, more relaxed).

1. Take a deep breath and hold it. Roll your eyes up as if you were trying to look at the top of your forehead. Your eyes may begin to flutter.
2. Now keeping your eyes up, slowly close your eyelids. It will feel awkward.
3. Exhale and relax your eyes, relax your body. You will feel a wave of relaxation flow over you. It is possible to fight it, but that defeats the purpose.

Deepen the Connection with Yourself

The second step is to Deepen the Connection with Yourself. This step helps you move into deeper relaxation and a slower brain frequency where you become more receptive to your affirmations.

1. Allowing your eyes to remain closed, see yourself in your mind’s eye in front of a staircase. Notice that there are 25 steps. Tell yourself that with each slow step you take, you will move more deeply and quickly into relaxation.
2. As you move down the stairs, silently repeat phrases to yourself such as, “going down into deeper relaxation, going down, down, letting go,” and so on.
3. At the base of the stairs is a large, cushy, allergy-free, feather bed. On the last stair, you will simply sink into that bed, resting your head the comfortable pillow.

Repeat Your Affirmations

The third step is giving yourself your self-hypnosis affirmations.

1. As you are deeply relaxing in the cushy bed, initially start out by giving yourself the following suggestion: “Every day, in every way, I’m getting better and better.” Repeat this suggestion at least 10 times. This is an overall positive affirmation that will enable your inner mind to determine what areas of your life need to be improved upon so that you will get better and better.
2. If you would rather create your own specific self-hypnosis suggestions, keep in mind the six key elements all suggestions must contain in order to be effective. They must be positive, present tense, measurable, simple, believable, and carry a reward. Make sure to
develop your own suggestions while in the awake and alert state to ensure all six elements are included.

3. It may help to press down with each of your fingers as you count to help you keep track of how many you have completed.

**Ending Your Self-Hypnosis**

1. After giving yourself the self-hypnosis suggestions, you may simply count yourself up from 1 to 5 and to the awake state
2. Alternately, you may choose to fall asleep if you are practicing your self-hypnosis at night. You will awaken refreshed as normal in the morning.

Remember, this tool will only work if you use it consistently. It is very quick and the process will become second-nature the more you do it.