

*I wish every one of my clients and students to learn the art of self-hypnosis.
With its use, you will be able to maintain your progress after our sessions have concluded.*

The Eye Roll

During this session you were taught the Eye Roll technique for rapid self-hypnosis. While there are other methods, the Eye Roll is the easiest way to induce a rapid state of self-hypnosis.

Here is a reminder of how it is done:

1. Inhale – take a deep breath and hold it.
2. Roll your eyes up, as if you were trying to look at the top of your head from the inside.
3. With your eyes still raised, close your eyelids all the way down.
4. When your eyelids are closed, let your breath out, let your eyes return to their normal position, but keep your eyelids closed.
5. Feel the flow of relaxation that will wash over your body, and relax your body.
6. Come to rest at your favorite place in nature.

The Hidden Eye Roll

In order to learn how to do the Eye Roll, you should practice it a few times as described above. However, if you are like most people, you will want to find a way to do it that is not obvious to people around you. Fortunately, you can. Simply start by closing your eyelids, then take the deep breath and hold it. Next, roll your eyes upward behind your closed eyelids and squint with your eyelid muscles for a few seconds. Then, let your breath out, let your eyes return to their normal position, but keep your eyelids closed. This has almost the same effect on your nervous system as the normal roll.

The Downward Float

After you have completed your Eye Roll and feel the relaxation, imagine yourself floating downward. Adjust the image however you need so that it feels comfortable, pleasing, appropriate, and safe. But imagine yourself floating down. This is an intentional “confusion technique.” The mind habitually expects things to float upward. By imagining yourself floating downward you surprise a primitive part of your mind, and the element of surprise opens the door for your self-hypnosis suggestions to enter.

As you float down and mentally come to rest in nature, allow your mind to wrap itself around any affirmations or suggestions you repeat. You may repeat any words you recall, or imagine a scene that relates to the affirmations or suggestions in a positive way. Or you may simply relax and let whatever thoughts run through your mind that wish to do so.

In general, keep the process optimistic and positive. However, if negative thoughts, images or feelings come, do not fight them. As they rise to the surface of your hypnotized mind, they surrender some of their power and hasten the day when they will no longer influence you.

General Affirmation

A popular and very useful affirmation was written in Emile Coue’s book *Auto Suggestion*, in 1926. It is valued for its simplicity and vagueness, and is still used today. It is simply, “*Every day, in every way, I am getting better and better.*”