

SELF-HYPNOSIS GUIDE

The Basics

with Krysti Turznik



The Eye Roll

While there are other methods, the Eye Roll is the easiest way to induce a rapid state of self-hypnosis.

Here is 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, in your mind's eye, at your favorite place in nature.

You will experience a physical response as your nervous system is impacted by the eye roll. It's possible to fight it, but that defeats the purpose of inner connection.

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 affirmations to enter.

As you float down and mentally come to rest in nature, allow your mind to wrap itself around any affirmations or mantras 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.*”