

A SIMPLE SELF-HYPNOSIS PROCEDURE

Becoming proficient at going into hypnosis is a learnable skill. This little process can be used to reinforce your work with a therapist, or all by itself in your personal practise.

WHY DO SELF-HYPNOSIS?

All hypnosis is self-hypnosis. People might use self-hypnosis for pain control, or when they're feeling stressed and anxious, when they want to strengthen a visualisation, or even just as a mindfulness exercise. The benefits of taking a few moments to focus your attention in this way are immeasurable.

WHAT IS IT?

Hypnosis is a state induced by a narrowing of your focus of attention. Hypnosis isn't sleep, it is a special state of heightened awareness. It can be used to enhance our mental or physical performance. Like anything that causes you to pause and take mindful breaths, this little technique usually results in beneficial physiological changes, such as a lowering of blood pressure, and a slowing of your pulse. Regular practise may even balance your body's production of stress hormones, like cortisol and adrenalin.

THINK ABOUT AUTO-SUGGESTION

You don't need to use suggestion for this process to be beneficial, but you might like to. Auto-suggestions are most useful when they are simple 'I' statements, and positive. Eg.,

1. I am noticing my breath as it evens out, and I am feeling in control;
2. As I take this time now, I support myself in body and mind, and I have all that I need;
3. With each breath I take, I am bringing my ideal future closer to Now.

THE PROCESS

1. **Sit or lie down somewhere you can safely close your eyes.** Take three deep breaths, imagining the tension being released from your body.
2. **You will be counting to yourself, and doing the following actions:**
 - i. **ONE:** Look up towards your eyebrows (the ‘third eye’)
 - ii. **TWO:** Keeping your eyes upturned, slowly close your eyes. Keep looking up even with your eyes closed, and take a deep breath;
 - iii. **THREE:** Exhale, and relax your eyes, keeping them closed.
3. **Take time now to simply be in this state.** You are not trying to make anything happen. Simply notice your breath.

Now is the time to reflect on your ‘T’ suggestion, if you are using one. Just say it quietly to yourself. Repeat your suggestion as many times as you want to.

4. **When you are ready to come out, count to yourself as you breathe and say:**

ONE- *[inhale]* I am getting ready to open my eyes *[exhale]*

TWO - *[inhale]* I open my eyes *[exhale]*

THREE - *[breathing normally now]* My eyes now focus, and I am ready to get on with my day. I am wide awake, alert and relaxed.

FURTHER THOUGHTS

The more you practice, the more natural and easy it will feel. Once you become proficient in the steps you might find it even more effective to leave your mind clear instead of using auto-suggestions (which is like leaving your subconscious mind to do the work without the direction of your conscious mind).

You will also find that the more you practise, the more conditioned your responses will be, allowing you to slip quickly and gently “in” and “out” of the trance state.

DIY HYPNOSIS AUDIO

If you find it easier to listen to direction, why not use your smartphone to record yourself speaking through this procedure? NB: Only play it when you can safely close your eyes!