

## CHAPTER 59

### LEARNING HOW TO DO SELF-HYPNOSIS

#### Overview:

Learning how to place yourself in a resourceful place through deep relaxation, inner focus and accessing subconscious and unconscious resources is a very helpful ability to have. In fact, anyone who knows how to concentrate on anything for long time periods usually hours pass by without notice (knitting, video games, working out, reading, playing an instrument, etc) creates a form of self hypnosis.

#### SELF-HYPNOSIS

1. **Maintain** an attitude of confidence that self-hypnosis will benefit you and is helpful. Let go of any doubt or skepticism as this works as a counter intention upon your success. By relaxing first and abiding in an inner place of comfortable presence, you will be open to the opportunity to benefit.
2. **Intend** that whatever you suggest to yourself will automatically be done by your conscious and unconscious **concentrate** on that one **thought** with the **full belief** that it **will be done** and imagine how it will **beneficial** in many ways. Take deep breaths to feel what that feeling of achievement of this thought will be like.
3. **Repeat** the **suggestion** over and over again like a mantra, focused on the **feelings** of what you're suggesting.
4. **Write the suggestion out beforehand**, in the strongest and **most affirmative terms** possible.
5. **Establish a regular time** for your **self-hypnosis practice**, and to have a definite interval of time between sessions. It's best to stick to the schedule once you have set it up. It takes only so much time to change habits and patterns, and although it will probably be sooner than you think, to be successful it is best to take the time it takes to re-script your life the way you want it. Be the producer, director, scriptwriter and star of the life you really want.