



Self-Hypnosis

Merrimack Hypnosis, LLC

An e-Business Company

www.MerrimackHypnosis.com

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WHAT IS SELF-HYPNOSIS?

Every day when you fall asleep and again, when you wake up, you go in and out of “trance” states. Or, maybe you have been in “highway hypnosis”. That’s when you drive down the highway on a beautiful, sunny day and all the traffic is moving and you start thinking about what you are going to do when you get there or what you did yesterday, and suddenly, 30, 40. or 50 miles have gone by. Have you ever arrived at a destination and not remembered driving there? All of those are examples of trance states, or self-hypnosis.

Here are some more examples:

- Daydreaming
- Talking on the phone while driving
- Buying a pizza after a Dominos commercial
- Interpretation of suggestions given during a hypnosis session.
- Responding to suggestions that you have recorded onto media yourself.

So, what is self-hypnosis? Self-hypnosis is a state of heightened suggestibility, which you facilitate. During this state, you can give suggestions to your own unconscious mind, or not.

When you trance out on the highway, sometimes called highway hypnosis, you are still driving your car, and you know that if you start seeing brake lights up ahead, you will be right there dealing with any emergency. As with all states of heightened suggestability, you are always in control.

What is Hypnosis?

So, if self-hypnosis is a state of hypnosis, what is hypnosis? To better understand what hypnosis is, first, let me tell you what it is not.

- Hypnosis is not relaxation, although relaxing the body is one way to facilitate the hypnotic state.

- Hypnosis is not sleep, even though in Greek, the word, “hypnosis”, means sleep. Actually, hypnosis is more like the state between awake and asleep.

So, what is hypnosis? Hypnosis is a state of heightened suggestibility in which you are able to uncritically accept ideas for self improvement and act on them appropriately.

And, all hypnosis is self-hypnosis because you must accept and then act on the suggestions given. You are always in control. The power necessary to make positive changes in your life is completely your own.

What can you do with Hypnosis?

Here are some practical applications of hypnosis.

- Lose weight
- Stop smoking
- Relieve Stress
- Deal with Phobias & Fears
- Natural childbirth
- Control pain
- Improve self-esteem
- Personal motivation
- Increase learning
- Increase creativity
- Control pain
- Improve the quality and duration of sleep.
- Control organic functions like breathing and heart rate and blood pressure
- Increase concentration and ability to learn and remember with amazing detail
- Improve test taking, giving a speech or presentation, and organization of special events.
- Transcend time to access useful information

This list is lengthy, and it would be much longer if every application of hypnosis was here. Generally, any issue, problem, or situation can be made better and any goal can be achieved using hypnosis and some well planned suggestions.

Self-Hypnosis Dos and Don'ts

When practicing self-hypnosis, remember these points:

- Focus on your own goals and challenges – not solutions you want for someone else. The more desirable the goal and the more intensely you want it, the better the chance of success.
- Use self-hypnosis for any situation that can benefit by new ideas, new perspectives, or new strategies, such as thoughts, attitudes or images. This can include:
 - Feelings-related problems, like anxiety/stress
 - Performance-related challenges (improving your golf swing, bowling game, or test-taking ability)
 - Achieving an outcome or a goal, like losing weight.

When NOT to use Self-Hypnosis

Do not use self-hypnosis in any of the following instances:

- For anything which you are not willing to devote 15 minutes each day.
- To treat serious, long-term mental illness or problems that have not responded to professional help in the past.
- To uncover suspected traumatic early childhood experiences, e.g. abuse or incest, or to explore past lives.

Practice Makes Perfect

Self-hypnosis is a skill that you can learn and master, but it improves with practice. The more you practice, the deeper your trances will become. The deeper your trances become, the quicker you will experience your results.

Keep a record of the times and duration of your self-hypnosis sessions, especially for the first two weeks. After that, you will feel the benefits and be more likely to practice every day.

METHODS OF SELF-HYPNOSIS

There are almost as many methods of self-hypnosis as there are people, but for the sake of completing this booklet, here are just a few:

- [Quick Self-Hypnosis Method](#)
- [Self-Hypnosis With a Timer and Focus Point](#)
- [Creating Your Own Self-Hypnosis Media](#)

Quick Self-Hypnosis Method

This quick method can be done anywhere that you can sit in a comfortable chair and close your eyes, and it only takes a few short minutes.

There are three parts to this method:

- [Step 1: Before Sleep Suggestion](#)
- [Step 2: Self-Induction](#)
- [Step 3: Programmed Suggestion](#)

Like any new technique, learning self hypnosis does require practice. For this method, practice Step 1 for one week, the practice Step 2 for one week. After that, you can use just Step 3, reciting your suggestions in daily until your goal is achieved or your problem is solved.

Quick Step 1: Before Sleep Suggestion

This step creates a habit pattern of programming yourself by giving yourself positive suggestions each night before going to sleep and Creates the habit of effectively accepting your own suggestions. The next day, you may find yourself reacting positively to the suggestion, or it may take you a few days of practice before you notice changes.

Here's what you do:

1. For 7 days in a row, when you go to bed, give yourself the

following suggestion 10 times, just before falling asleep:

"Every day, in every way, I get better and better."

2. While you are saying the suggestion, imagine yourself getting better and better—see, hear, and feel yourself improving in every way.
3. Every time you say the suggestion, press down with each finger of your right hand. Then, continue with each finger of your left hand until you've completed the suggestion 10 times.
4. It is very important to recite the suggestion 10 times before you let yourself fall asleep.

Quick Step 2: Learning to Trance Out

With this step, you learn to hypnotize yourself, stay in hypnosis for between 2 and 3 minutes, and then bring yourself back to an alert state.

Here's what you do:

1. Sit in a comfortable chair with your back supported.
2. Focus your attention, effortlessly, on a spot opposite you, slightly above eye level.
3. Take 3 long, deep breaths. As you exhale your third breath, allow your eyes to close and let your body relax, completely.
4. While holding that state, slowly count backwards from twenty-five (25) to one (1).
5. When you reach one, count forward, from one to three (1-2-3) with the idea that you will be refreshed, alert, and full of energy.

Practice twice a day for 7 days, once early and once late in the day.

This step prepares you for accepting your own suggestions, and can be discontinued after starting Step 3.

Quick Step 3: Programmed Suggestion

In this step, you give yourself a suggestion after reaching your state of

hypnosis.

1. On a 3x5 card, write a suggestion that you have selected to help you reach your goal. (See [Creating Suggestions](#), later in this document, for information on how to create your suggestion.)
2. Sit down and choose a spot opposite you, slightly above eye level.
3. Hold the card in front of the spot and read the suggestion to yourself 3 times.
4. Allow yourself to imagine accomplishing what is written on the card.
5. Now, drop the card and take three long deep breaths. On the third exhale, close your eyes and relax deeply.
6. Repeat the suggestion over and over in your mind. At the same time, imagine that you are carrying out your suggestion. If the words break up or become fragmented, that's okay. Your unconscious mind holds and remembers the important words.
7. In a few minutes, you will have the feeling it's time to stop and return. Just count forward, 1...2...3... , open your eyes and awaken with the idea that you will be refreshed, alert, and full of energy.

Give yourself time to allow the suggestions to take hold. It can take up to two weeks to notice benefits related to your suggestion.

Self-Hypnosis With a Timer and Focus Point

This method works great if you are concerned about losing track of time.

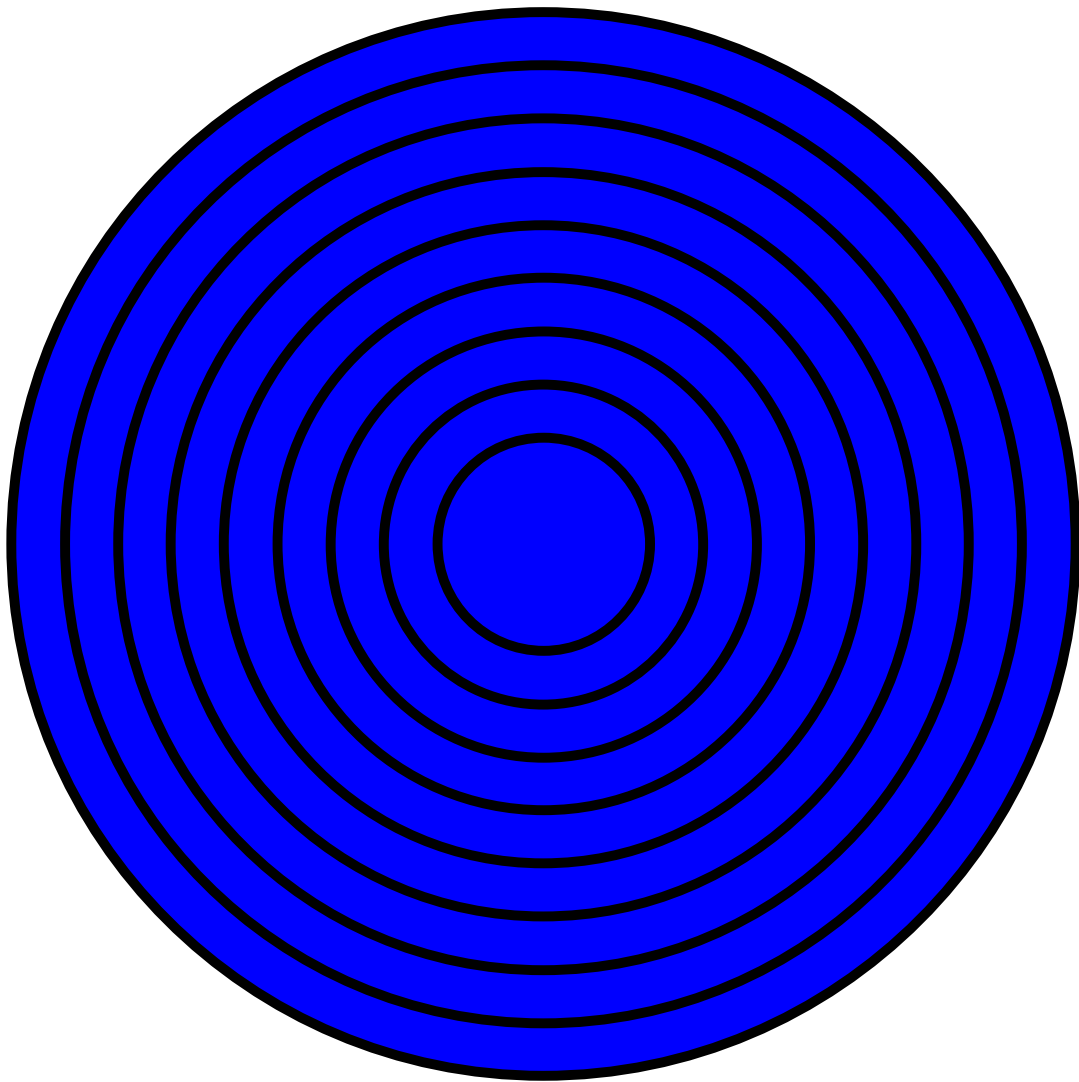
- Hang or pick a focus point on the wall where you can easily stare at it. (For an example, see [Sample Focus Point](#), below.)
- Get a timer and set it for 15-20 minutes.
- Find a quiet, restful place where you can be undisturbed and make sure you are wearing comfortable, unrestrictive clothing.

Here's what you do:

1. Get comfortable and stare at your focus point.
2. Take several long, deep breaths, letting them out slowly.
3. Suggest to yourself:
 - My body is feeling warmer and warmer.
 - My body is getting heavier and heavier.
 - I'm drifting into a very relaxed state.
 - I'm feeling warm and comfortable.
 - My body is heavier and heavier.
 - I'm at peace and relaxed.
4. Continue holding this relaxed feeling as you keep staring at your circle.
5. Add these suggestions:
 - My body is quiet and relaxed.
 - My hands and feet are particularly warm and heavy, and they may feel a bit tingly.
 - Relaxation is spreading through my entire body.
6. Concentrate on a pleasant image or you may let your mind go blank and focus on the relaxation.
7. When you are so relaxed that your eyes don't want to work anymore, allow your eyes to close.
8. Hold onto your relaxation until your timer goes off.

Sample Focus Point

Any focus point will work, but something with a repetitive pattern works best, like the one on the following page.



Creating Self-Hypnosis Media

A great method that almost always produces results is recording your own trance induction and suggestions on media, then listening to it every day. When I have done this, I notice significant changes in my behavior almost immediately. Since it is my own voice, it's like my brain can't NOT listen to it. The suggestions go straight in and I achieve my goal.

Here are the things you need for this method of self-hypnosis:

- A recording device
- About 20-30 minutes of quiet.
- A Trance Induction
- Suggestions for your goal

- A closing

Recording a Trance Induction

After selecting your recording device, and the location for the best results, identify the goal to work on and write down your suggestions or script. Decide on the trance induction you want and then relax. Actually pretend you are sleepy so your voice will reflect that relaxation.

- For Suggestions, see *Creating Suggestions*
- For Trance examples, see *Sample Trance Inductions*

Then, when you are ready, start recording.

After recording the script on tape or CD, practice the exercise every day. Each time you practice hypnosis you will find relaxation easier and easier to attain.

SAMPLE TRANCE INDUCTIONS

Anything that takes you into an altered, suggestible state, is an induction. Here are two sample inductions that you can practice, or you can make up your own.

Trance Induction Sample 1

Sit in a comfortable chair or lie on a couch or a bed with your hands resting in your lap or by your side. When you are ready, begin....

Take three slow deep breaths—each time you inhale, focus in filling your lungs with clean, fresh air—as you exhale, feel all of the tension leave your lungs. You feel good, you feel fine, you feel perfectly relaxed. Pause....

Each and every deep breath that you take lets you relax deeper and deeper—each and every sound that you hear allows you to relax deeper and deeper—nothing will disturb you ...just breathe deeply and relax deeply. Let your body relax ... Let all of your muscles relax as you gain control over the powerful subconscious part of our mind...All of your cares and troubles are just drifting away ...You can bring them back at any time you want—but it feels good to let them drift away at this time...

Each and every breath you take allows you to relax deeper and deeper. Each and every sound that you hear allows you to relax deeper and deeper...You feel good...you feel fine...- you feel perfectly and completely ...Your mind is alert and aware and your body is relaxing perfectly—Each and every time I practice this exercise. I will find myself relaxing to a greater and greater degree— My body feels totally relaxed as my mind is keenly alert, aware and very powerful— I can achieve anything I want when I execute my own mind power...

I will find myself sleeping better when its time to sleep and I will find more energy when I am awake—My life is getting better and better.

Day by day, in every way, I am getting better and better. I feel good...I feel fine—I feel totally and completely, relaxed...

Insert Suggestions/Script Here ->

In a moment I am going to count from 1 to 5...By the time I reach 5, I will be alert and awake and feeling better than I have ever felt before— Each and every time I practice this exercise, I will find myself relaxing to a greater and greater degree...

One... Coming up slowly, now

Two... Feeling a wonderful sense of well-being

Three... I will succeed

Four... Feeling more alert, feeling my hands and feet and the surface underneath me

FIVE... Wide-awake- alert and feeling better in every way.

Trance Induction Sample 2

Whenever you see these..., periods in a row, that is your signal to pause and let your body relax for a few-moments before continuing on.

This process will naturally release my inner power to go into the deepest relaxation I have ever attained.

Now, take a long deep breath and hold it for a few seconds. Exhale this breath and allow my eyes to close and let go of the surface tension in the body. My body just relaxes as much as possible right *now*. The more I try in vain to resist, the deeper relaxed I become, **NOW**.

Concentrating on the area around the eyelids—Notice that they are so relaxed that they are stuck tight. I have relaxed so very much that my eyelids are stuck tight. Notice that the eyebrows move easily and the eyelids are heavy and stuck tight. The harder I tug at my eyelids the tighter they feel. As I notice that feeling now, as my eyelids are stuck tight—the harder I tug on my eyelids—the more stuck they feel—and as I notice that feeling and allow my eyes to become comfortably closed again—I am able to relax ten times more than before. Letting go now—that's right—just let go now...

NOW, this quality of relaxation can flow through my whole body from the top of my head, to the tips of my toes, and back up. Take a long deep breath, and while exhaling, release any remaining tension from the body, paying special attention to any area that is usually tense.

Release all that tension. That's right. Breathe in relaxation, and while exhaling, let the whole body relax, NOW.

Now, I can deepen this relaxation even more. In a moment, I will open and close my eyes. When I close my eyes, that's my signal to let this feeling of relaxation become 10 times deeper. All I have to do is want it to happen and I can make it happen very easily. Ok, now, open the eyes. Now close the eyes and feel that relaxation flowing through the entire body, as I go deeper and deeper. I use my wonderful imagination and imagine my whole body covered and wrapped in a warm blanket of relaxation.

Now, I can deepen this relaxation much more. In a moment, I will open and close my eyes again. And again, when I close my eyes, I will double the relaxation I now have and make it become twice as deep. OK, now once more, open the eyes... Close the eyes and double the relaxation. Good. Let even muscle in the body become so relaxed that as long as I hold on to this quality of relaxation, even muscle of the body will not work.

In a moment, I will open and close my eyes one more time. The eyes may be so relaxed they will not open. That is ok. Again, when I close my eyes, I will double this relaxation. Make it become twice as deep. OK, now, once more, open the eyes. Close the eyes and double the relaxation. Good. Let even muscle in the body become so relaxed that as long as I hold on to this quality of relaxation, every muscle of my body will not work.

Now that is complete physical relaxation. And, now I will relax mentally. In a moment I will begin slowly counting backwards, in my mind, from 100. As I say each number, I will double my mental and physical relaxation. With each number, I will let my mind become twice as relaxed. Now if I do this, by the time I reach the number 98, or maybe even sooner, my mind will have become so relaxed, all the rest of the numbers that would have come after 98 are relaxed right out of my mind. There just won't be any more numbers. I will just let all the rest of the numbers go.

Now, start with 100, and double the mental relaxation with each number.

Short Pause: Now double that mental relaxation. Let those numbers already start to fade.

Short Pause: Double that mental relaxation. Start to make those numbers leave. Let them go. Will them away.

Short Pause: Now, Let them all be gone. Dispel them. Banish them. Make it happen. Push them out. Make it happen!

Long Pause: ARE THEY ALL GONE? Good. If not, let go. NOW.

Insert Suggestions Here ->

In a moment, I will count from one to five.

If this is daytime, when I reach five, I will be wide-awake and alert. If this is nighttime, when I reach five, I will drop into a natural sleep.

One... Coming up slowly, now

Two... Feeling a wonderful sense of well-being

Three... I will succeed

Four.. Feeling more alert, feeling my hands and feet and the surface underneath me

FIVE... Wide-awake- alert and feeling better in even way.

SELF-INDUCED TRANCE DEEPENERS

Either with your recorded induction, or you live trance induction, it is a good idea to use trance deepeners, but go easy with these until you are practiced, so you can stay in control and don't drift off to sleep.

Deepening - Saliva Test

The saliva test is a great deepener. During your induction, give yourself the suggestion that when you reach 10, or sooner, you will have an irresistible urge to swallow. Then, give yourself these suggestions:

One... My throat is parched and I feel an irresistible urge to swallow one time.

Two... My lips are becoming very dry, and I feel an irresistible urge to swallow.

Three... My throat feels very dry and I feel an irresistible urge to swallow one time.

Four... Before I reach the count of 10, the urge to swallow one time will become irresistible because my lips and throat are so dry.

Five ... Once I swallow , I shall no longer have the urge swallow again, and as I swallow one time, I shall fall into a deeper and sounder state of hypnosis.

Once you swallow, discontinue the suggestions to swallow and continue counting, all the way down to one.

Deepening – Down the Stairs

Another great deepener is to imagine a staircase, and imagine yourself relaxing more as you step down each step. Suggest to yourself:

I will count from 1 to 5 and with each number I will take a step down and achieve a deeper level of hypnosis

When I reach number 5, I'll be in a deeper state than ever before.

Begin to count and engage all your senses as you take each step down.

Five, I'm feeling calm—calm—

Four, nothing bothers me—

Three, more relaxed—further inside—

Two, letting go now—letting go—

One, deeper than ever before, feeling my breathing, slow, deep and even.

Deepening with Mental Imagery

Mental imagery is similar to daydreaming or brainstorming. Use mental imagery during self-hypnosis to deepen your state and to build the desire for your goal.

If you can remember a pleasant experience, you can incorporate it to your advantage, for example:

Imagine yourself in a place you like very much ... By a lake, or by the ocean ... Perhaps you are floating gently on a sailboat on a peaceful lake ... On a warm, summer day ... You are continuing to relax even more now ... And you continue becoming more comfortable ... This is your own world that you like very much ... You are going to find that any time you want to spend a few minutes by yourself, relaxing, and feeling very comfortable and serene, you can automatically go back to this feeling you're experiencing now ... You can put yourself into this world anytime you like ... There are times when you will want this serene feeling ... And it is yours whenever you want it...

Continue enjoying this pleasant experience as your subconscious mind is receiving everything I tell you ... And you will be pleased the way you automatically respond to everything I say.

Deepening with Time and Space

Use time and space to enhance the desire for your goal and to reduce

the anxiety of change.

Time and Space Weight Loss Example

- See yourself Now at your perfect weight. You are active, healthy, and food is just a way to fuel the activities of your day. See what you are wearing, and how you carry yourself.
- NOW, be that you. See what you see through your own eyes and hear what you hear through your own ears as a slim person. Notice how wonderful you feel, having made changes and achieved your goal.
- NOW, look back at the you that was overweight, and notice the changes that you made to become the trim, active, healthy you. Accept those changes as if they have already taken place.

CREATING SUGGESTIONS

These are the things to remember when creating your own suggestions:

- Use the present tense.
- Make it positive, simple, and measurable.
- Make it believable to you.
- Keep each suggestion focused on one outcome, or goal, like achieving a healthy weight. You can include suggestions on eating right, exercising, drinking water and any other suggestion that will help you achieve your goal
- Link suggestions to a reward – like good feelings, for example:

“Each time I act on one of these suggestions, I become happy and excited, knowing that my goal is getting closer and closer and I am in total control of my eating and exercise habits.”

Weight Management Suggestions

At the beginning of your weight loss program, use any suggestion that resonates with you. Here are some examples, but feel free to recombine them any way you choose.

- I want to become more slender. Because I want to become more slender, my appetite is now easily satisfied with a much smaller quantity of food that I have become accustomed to eating.
- My body already has an abundance of fat in storage.
- My body has no need for additional fat.
- My body is now ready to use this fat that I have stored up.
- As this fat is used, I feel the way I want to feel; strong, energetic and vigorous.
- As I lose excess fat and become thinner, I maintain proper health at all times.
- Because my body is burning excess fat, now, I have no appetite for

refined foods, sweets and starches.

- Food substances that are not needed are actually unpleasant to me.
- My tastes correspond to the real needs of my body.
- I am now finding a new pleasure in eating the foods that my body needs.
- I eat slowly.
- I take small bites.
- I relish each bite as I chew it.
- I am now taking time to actually taste the flavor of the foods that I eat.
- I now weigh (specify your current weight) pounds.
- I wish to weigh (*specify your desired weight goal*) because at that weight I will feel very much better, more energetic, and healthier.
- I desire to be strong, energetic, and healthy. That desire is so great that it easily and unconsciously controls my appetite: and I automatically eat only the foods that my body needs in the quantities that my body requires.

You can use these suggestions after you begin to notice your results:

- I am now eating the foods that my body needs.
- In my daily activities I am consuming the reserves of fat that have been stored in my body.
- I am thrilled as I notice cellulite disappearing as my muscles fill in the fat pockets.
- My stomach is becoming flatter as the fat is consumed and my stomach muscles tighten due to my exercise program.
- My shoulders are leaner and I am proud and excited to see I have a waist again.
- Already I am feeling stronger and healthier.
- Already, I am looking much more attractive.

- I notice each change in my body as I grow stronger and leaner.
- I realize that weight loss effects mind, body, and soul in an exciting beneficial way.
- Soon my figure will be more suited to my height and bone structure.

Sample Exercise Suggestions

- Exercise is an insurance policy for my body. When I exercise, I look better, feel better, and have more pride and discipline in myself.
- My body was made to move every day. Now, I move every day; get oxygen into my body every day; breathe and move, move and breathe, breathe and move... day after day after day until it becomes my new, healthy habit.
- I have only one life and this is the only body I get. I now take care of my body every day with daily exercise, so my body will take care of me.
- Imagine having exercised daily for one week, then two weeks, then three, then four, then six. Not excessively, just moderately for a longer and longer duration each day. Now, I exercise for one hour each day and I feel fit and wonderful. And I look GREAT! Feel how it feels to be that physically fit.
- Now, look back at the me that was just beginning to exercise every day. Notice all the changes that have made my exercise routine a regular habit. Notice how I think differently, now. Notice how I look forward to exercising, and rarely put it off. Notice all the other changes that have made me physically fit. Now, accept and internalize each change completely into my body and mind and spirit.

More Exercise Suggestions:

- Regular daily exercise sucks the fat out of my body and:
 - Exercise makes my heart, muscles, and bones stronger and healthier.

- Exercise makes me feel lighter, brighter, and better as endorphins are released in my blood.
- Exercise enhances my performance in every area of life as my blood flows better and my reflexes improve.
- When I exercise, I look better, feel better, and have more pride and discipline in myself.
- Exercise is an insurance policy for my body. When I take care of my body, it takes care of me.
- The more I think about a slim, healthy body, the more I want to exercise because exercise is a loving act of kindness to my body.
- Exercise is a Stress Buster. It increases the oxygen flow to my brain, putting my problems in perspective, and reduces anxiety and stress.

Sample Smoking Suggestion

I am a non-smoker and I feel better in every way.

- I am a non-smoker because I am in total control of my actions.

ABOUT MERRIMACK HYPNOSIS, LLC

Merrimack Hypnosis, LLC is an e-Business company formulated in 2002 to assist people in achieving their personal and professional goals. People from all walks of life have used products and services of Merrimack Hypnosis to:

- Lose Weight
- Stop Smoking
- Reduce Stress
- Relieve Fears and Phobias
- Improve their Golf Game
- Improve Learning abilities and Test-Taking Ability

We are produce new products on a regular basis, so if there is a situation for which you would like a custom solution, please contact us.

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