

How To Hypnotize Yourself

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I am going to tell you how to formally hypnotize yourself. I say “formally” because you already know self hypnosis from birth. Hypnosis is a natural state. In fact, it is so natural that we pass in and out of hypnosis throughout the day. If you don’t understand the nature of hypnosis you may see it as a mysterious, sometimes even scary state that is outside of yourself and can rob you of control. Nothing could be further from the truth. In reality hypnosis is perfectly natural. It is a concentrated state of mind that allows you to focus upon that which you wish to do or learn. For example, you are in a state of hypnosis when you are driving, reading, listening to music, praying or watching television. If it were not for your ability to hypnotize yourself you would not be able to function. Many things you take for granted would be impossible such as sleep, memorization, and learning. Hypnosis is a wonderful and natural part of your everyday life.

The fact that hypnosis is so natural makes it so easy to apply at will *and* so easy to think you haven’t hypnotized yourself. You already know self hypnosis. You can be in the concentrated state of hypnosis and multi task. For example you can exercise, listen to music, and think at the same time. Your mind is working twenty four hours a day. In a way your mind has a mind of its own. It simply is on automatic drive, often going wherever you have conditioned it to go. When you are in a formal state of hypnosis your mind continues to be on automatic drive, attempting to create and solve problems. Expect your mind to continue on its own while you enroll another part of your mind to concentrate in a direction you consciously will.

Formal self hypnosis can help you achieve even more control of your life. By consciously choosing to place yourself into a focused state of mind you can accomplish many wonderful things. You can learn to relax, build self confidence, create better relationships, lower your stress, create more vibrant health and wellbeing, learn something new, form good habits, help resolve anxiety and depression, transform addiction, set and reach goals, regress yourself for purposes of healing the past that’s affecting you in the present (see *The True Seeker’s Guide To A Better Life* on www.wendyhill.com), live your dreams, find peace of mind, enhance your faith and spirituality, and transform self defeating core beliefs and behaviors. The list goes on and on. Through hypnosis you become the source of your own happiness and success.

Before you begin with steps for formal self hypnosis decide what you would like to experience or learn during your concentrated state. If this is your first time formally hypnotizing yourself you might consider just enjoying being relaxed. Remember this is an exercise where you are formally choosing to take yourself into a state of hypnosis. Also remember that hypnosis is not psychotherapy. You formally take yourself into this state and formally take yourself out of this state. If you are experiencing serious upsetting emotions or have been diagnosed with a mental disorder it is best you seek professional help for any changes in your psychological state.

So here is how to formally hypnotize yourself:

1. Decide on your agenda. What do you wish to experience while in a state of hypnosis? Do you want to relax or do you wish to suggest something to yourself?
2. Sit or lie down in a quiet place where you will not be interrupted. It is better to sit if you tend to drift off to sleep.
3. Close your eyes. Take a deep breath and simply begin to relax yourself.
4. Start at your feet and tell each body part to relax and become loose and limp. Relax your feet, toes, legs, hips, abdomen, back, shoulders, neck, arms, hands, fingers, head, face, eyes, lips, tongue, etc. Tell every part of your body to relax.
5. Inwardly count from ten to one. As you say each number consciously tell yourself to relax more and more. By the time you have reached the number one you will be in a more concentrated state of mind. You will be in a deeper state of hypnosis.
6. If you want to go still deeper continue with concentrating on your breathing and relaxation.
7. You can enjoy this relaxed state or you can begin with whatever agenda you have planned for this state. If you have an agenda you may wish to learn more before you attempt to proceed further.
8. When you want to finish with your hypnosis session simply count from one to ten. Tell yourself that by the time you think the number ten that you will be wide awake, relaxed and ready to go on with your day.

You may want to learn more about how to use hypnosis to enhance your wellbeing and life. There are wonderful ways for you to connect with and to transform yourself. You may want to learn the power of self talk, auto suggestion, the use of images, how to enroll your imagination, do regression, and other useful tools used in hypnosis. To learn more about the power of self hypnosis and hypnotherapy contact Wendy Hill, M.A. at www.wendyhill.com.