

Steps For Self-Hypnosis

By Linda-Ann Stewart, Ct.H.

1. Place yourself in a comfortable position. Maybe have some soothing music playing in your darkened room. This is your special time.
2. Close your eyes. Take three deep breaths, in through the nose and out through the mouth. This is a signal to your subconscious mind that it's time to let go and relax.
3. Focus your attention at the top of your head, or begin at your feet. Tell your muscles to relax, such as "Scalp, relax. Forehead, relax. Etc." Work your way along your body, feeling and visualizing each muscle group relaxing.
4. Count backwards from 10 to 1, imagining yourself in a situation where you're going down steps, an escalator, an elevator, or a hill. With each count, say "Deeper, deeper, drifting down, down." If you feel especially tense, count yourself down twice.
5. Set your biological time clock, indicating how much time you want to spend in self-hypnosis.
6. Imagine yourself in a special place. This place may be someplace from a vacation, or it may be someplace imaginary. It someplace where you feel safe and peaceful. See the things around you, hear the sounds, smell the fragrances, touch the things around you. Allow this place to become very vivid in your mind's eye.
7. Now imagine your desired goal several times. This may be a visualization, affirmation, auto-suggestion or phrase that relates to your goal. Utilize all your senses, feel all the sensations of your goal as an accomplished fact, and make sure your wording is positive.
8. End your session when the time is up by counting from 1 to 7, and giving yourself suggestions that you'll awaken refreshed, alert, peaceful, and feeling great.

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