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# Introduction

Hypnosis is something most people see as being some kind of new-age mumbo jumbo, but it's actually been scientifically proven to be effective in many people.

You don't even have to spend money to hire a professional hypnotherapist. You can use self-hypnosis in the comfort of your own home, using simple methods.

Hypnosis can be used to help you:

- Lose weight
- Stop smoking
- Break bad habits
- Recover from stress
- And much more!

In this report, you're going to learn some of the secrets for using self-hypnosis to make changes in your life!

# How Hypnosis Works

According to Wikipedia, hypnosis is “a mental state or imaginative role enactment”. It can be induced by a professional, or self-administered through self-suggestion.

There are two major types of hypnosis. Stage hypnosis is the kind you see at magic shows. For therapeutic purposes, it is known as hypnotherapy, and it is intended for useful purposes rather than entertainment.

A popular misconception about hypnosis is that it's a form of unconsciousness that is similar to sleep. Research has shown that hypnotized individuals are fully awake, but are simply focusing attention on something specific. They have an increased response to suggestions, which is why hypnosis can cause people to do certain things when asked.

Some hypnotists believe that they are communicating with an individual's subconscious mind, and others believe they are communicating primarily with the conscious mind. No one knows for sure which is the case. However, we have learned that most individuals cannot be forced to do something they would not normally wish to do on some level. For example, you could not force someone who hates beets to suddenly like them, but you could get someone who wants to stop smoking to do so.

This is why hypnosis is such a powerful tool for making changes in your life. Using hypnosis, you can make suggestions to yourself that help you finally achieve something you have so far been unable to achieve.

Since hypnosis works with the conscious mind, it can help one accomplish things they **truly want to do**. If you want to want to lose weight, hypnosis can help convince your mind to stick to it. If you want to quit smoking, it can convince your mind that smoking is bad. If you want to stop biting your fingernails, hypnosis can help your mind prevent you from doing it.

Traditional hypnotherapy sessions can be prohibitively expensive. They aren't often covered by insurance, so a lot of people can't afford them. This is one reason for the rising popularity of self-hypnosis.

Using self-hypnosis techniques, you can put yourself into a hypnotic state, then make suggestions to yourself. In this report, I'm going to teach you some powerful techniques you can use to hypnotize yourself in the comfort of your own home!

# Self-Hypnosis

In order to perform effective self-hypnosis, it is important to first set the stage for the most effective session possible. You have to make sure you aren't susceptible to outside suggestions that could enter your mind accidentally, which means you should ideally be alone without a television on. (You don't want to inadvertently program yourself to buy a bunch of stuff you might not really need, even if you do want it!)

Find a quiet room. Dim the lights, and adjust the temperature of the room so make it as comfortable as possible. You don't want anything to distract you from your concentration.

If it helps, you can play some calming music. You can also buy guided self-hypnosis audio files that can help ease you into a hypnotic state. These can be extremely helpful, and some of them are made for specific purposes. You can buy CDs that guide you into hypnosis and then help you lose weight, or quit smoking, for example.

If you enjoy certain scents, you can also use aromatherapy. You can use scented oils, candles, potpourri, incense, or spray. Use a scent that really makes you feel calm and happy, not just something you read might work. It's all about personalizing the session for you.

Here's how a typical session should do:

1. Start by finding a comfortable sitting position. You can sit on the floor, on your bed, on a chair or couch, or wherever you feel most comfortable.
2. Light a candle, and place it in front of you on a stable surface. Watch the flame of the candle. Pay attention to its dancing and flickering. Concentrate on it carefully.
3. Breathe in through your nose, and slowly out through a slightly opened mouth. Repeat your slow, careful breathing as you concentrate on the flame.
4. Concentrate on the rise and fall of your abdomen. As you breathe in, notice your abdomen rise slowly. As you exhale, pay attention to your stomach falling.
5. Now notice the air as you breathe. As you inhale, pay attention to the coolness of the air. Notice the warmth of your breath as you exhale.
6. Pay attention once again to the beautiful flickering of the candlelight. Concentrate on it. Allow your eyelids to relax.

7. By now, you should be getting sleepy. As you watch the flame, your eyes will begin to feel heavier, and they will slowly start to close.
8. As you breathe in and out and watch the candle, allow your eyes to close. You're feeling very tired.
9. The more relaxed you become, the deeper you will breathe. You will start to feel the warmth of the candle as you relax.
10. Now the warmth will be noticeable on your face. You will feel the warmth spread from your eyes to your cheeks and all around your face.
11. As you close your eyes, you can still see the beautiful light of the candle dancing before you. You can feel its warmth more than ever.
12. The warmth spreads from your face down your neck and through the rest of your body. Feel it relax your body as it moves over you.
13. The warmth will eventually spread down to your fingertips, your stomach, your waist, and your hips.
14. Next, you will feel it relaxing your back, your legs, and your feet.

15. Breathe deeper and notice that your entire body feels relaxed.

Every muscle in your body is in a relaxed state, and you feel peaceful and calm.

16. You are now completely relaxed. Tell yourself that when you are ready to come out of your state of hypnosis, you need only open your eyes, and you will be awake and feeling more refreshed than you ever have been.

17. Now you can begin suggestions.

Suggestions are difficult to deliver to yourself while you are hypnotized, so you may wish to either have someone make suggestions for you, or you can record yourself making suggestions and play it to yourself while you are hypnotized.

Suggestions are like instructions you want to give to yourself. You simply need to tell yourself what you would like to do. Be sure to keep your suggestions positive and focus on what you want to achieve, not what you are trying to stop.

Here is an example of some suggestions for weight loss:

➤ You are a slim, beautiful woman.



- You only eat healthy natural foods
- You eat very slowly and focus completely on the food in your mouth, chewing it completely and noticing all of the flavors.
- You pause after each mouth full to give your body time to respond to what you have eaten.
- You stop eating when you feel satisfied.
- You feel happy and satisfied when you have eaten the appropriate amount of food for your bodies needs.
- You feel very happy to leave food on your plate that you do not need.
- You value your body and you are very aware of everything you eat.

You can record yourself repeating these things over and over, and play it while you are in your hypnotic trance. Or you can write them down and have someone else say them to you. It's up to you to decide which method might work best for you. You could even try both ways to see which way is more effective.

# Affirmations

Have you heard of affirmations? Affirmations are statements people make to themselves that help them in a positive way. You may have seen Annette Bening's character use affirmations on the movie *American Beauty*. She repeated over and over, "I will sell this house today!"

When you make affirmations, you're using a kind of self-hypnosis. By telling yourself the same thing over and over, you're getting your mind to agree to doing what you want.

Some common affirmations include:

- I am smart and capable. I can do anything!
- I will feel confident and in control during this job interview!
- I am aware of my life purpose and feel such joy when I follow my path.
- Healthy food makes me feel so full of life!

Affirmations can be done while you are not in a state of hypnosis, however hypnosis can amplify the effect. Eventually, after you hypnotize yourself

often, you will be able to trigger a light state of hypnosis without going through all of the standard stuff. You could do it in a bathroom at work or while riding on the bus.

This is common in people who meditate or self-hypnotize often. Their brain becomes accustomed to the state, and they can slip in and out of it at will.

For this reason, it is important to practice self-hypnosis often. That way, you can instantly make your affirmations at any time in any location. You could use affirmations with self-hypnosis on the subway on your way to a job interview, or in the bathroom before a big sales presentation. You could slip away to the restroom at a restaurant to remind yourself not to overeat, or not to have a cigarette after dinner.

There are so many applications for affirmations, that once you learn to self-hypnotize, you will be able to use them whenever you need them. So be sure to practice often!

It's a good idea to practice every day to get yourself into the habit. Just 15 minutes a day and very soon you could be accomplishing more than you ever thought possible!