

More Instant Self-Hypnosis

“Hypnotize Yourself as You Read”

By

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edited and designed by Robert Morrison

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Published by Forbes Robbins Blair

Edit, design & layout by Robert Morrison

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Table of Contents...

Dear Reader

[What's In It For You?](#)

Preface

[My Story](#)

[More Instant Self Hypnosis – Overview](#)

[The Easy 1-2-3 More ISH Technique](#)

Introduction

[Grounding for This eBook Is Established](#)

[What's New in this eBook](#)

[Please Don't Skip Ahead in This Book!](#)

[One Final Request](#)

Chapter 1: Change Your Mind, Change Your Life

[Battle of the Minds](#)

[Reprogramming Made Easy with Hypnosis](#)

[What Else You Can Change with Hypnosis](#)

Chapter 2: Hypnosis -- the Bare Essentials

[Who's Afraid of Hypnosis?](#)

["Can I Really Be Hypnotized?"](#)

[Recipe for Hypnosis](#)

[Self-Hypnosis for Personal Improvement](#)

[The Importance of Practice and Preparation](#)

[Chapter 3: The Discovery of the Instant Self Hypnosis \(ISH\) Method](#)

[Why ISH Works So Well](#)

[Chapter 4: Your First Session and the Master Induction 2.0](#)

[The More ISH Method: How and Why it Works](#)

[You May or May Not “Feel” Hypnotized](#)

[Your First Session](#)

[Preparation and Reading Instructions](#)

[Don’t Worry, Don’t Think, Just Read!](#)

[“Master Induction 2.0”](#)

[Was I Really Hypnotized With Master Induction 2.0?](#)

[After Master Induction 2.0 – What Do I Do Now?](#)

[Chapter 5: Forty-Eight \(48\) More ISH Scripts](#)

[For Excellent Results, Adopt the “Yes” Attitude](#)

[Are You Motivated?](#)

[Reach Your Goal Better by Repeating Your Sessions](#)

[How to Fail with *More ISH*](#)

[...Body, Health & Sexuality Scripts...](#)

[“Become More Attractive”](#)

[“Curvy, Slim Body”](#)

[“Easy Weight Release”](#)

[“Eliminate Warts”](#)

“Feel Sexy”
“Feminine Pleasure”
“Firmer, Lasting Erections”
“Go to the Gym”
“Good Posture”
“Healthy Choices, Healthy Body”
“Increase Metabolism, Burn More Calories”
“Love Low Carb Eating”
“Reduce Hot Flashes”
“Reduce Stress and Blood Glucose Levels”
“Relieve Chronic Back Pain”
“Strong, Lean and Powerful Body”

...Mind, Behavior & Spirit Scripts...

“Achieve My Potential”
“Assertive, Confident Salesperson”
“Astral Travel Tonight”
“Attract a Mate”
“Attract Surplus Money”
“Become a Leader”
“Better Golf Score”
“Brighten Your Aura”
“Deeper Voice”
“Emotion Control”
“Find Misplaced Objects”
“Forgiveness”
“Get Out of Bed in the Morning”
“Honoring Your Feminine Self”
“Job Interview Confidence”
“Joyful Living”
“Lighten Up!”
“Lucky Me!”
“More Faith in the Divine”
“Neat Freak”
“Okay to Be Gay”
“Overcome Alcohol”
“Overcome Depression”

[**“Overcome Fear of Failure”**](#)
[**“Reduce Smoking Easily”**](#)
[**“Remember Past Lives”**](#)
[**“Smile!”**](#)
[**“Stay in the Now”**](#)
[**“Stop Complaining, Stop Gossiping”**](#)
[**“Stop People Pleasing”**](#)
[**“Stop Smoking Finally!”**](#)
[**“Stop Worrying”**](#)

[**Bonus Section**](#)

[***About the Bonus Section...***](#)

[**Bonus #1: Enhance the Impact of the Scripts**](#)

[**Bonus #2: Deeper Instant Self-Hypnosis**](#)

[**“Super Deepening Script”**](#)

[**“Ultra Deepening Script”**](#)

[**Bonus #3: About “Rapid ISH Induction”**](#)

[**“Rapid Induction Script”**](#)

[**Bonus #4: Script to “Instantly Hypnotize Others”**](#)

[**“Modified Version of Master Induction 2.0”**](#)

[**Bonus #5: Everyday Self-Hypnosis**](#)

[**How I Discovered Everyday Self Hypnosis**](#)

[**Achieving Everyday Self Hypnosis Easily – Step by Step**](#)

[**Combining Techniques for Optimum Impact**](#)

[**More Information Available...**](#)

[**Frequently Asked Questions**](#)

[**About the Author**](#)

About the Editor-Designer

Books and Programs by Forbes Robbins Blair:

“Instant Self-Hypnosis” -- How to Hypnotize Yourself with Your
Eyes Open

“Self-Hypnosis Revolution” -- The Amazingly Simple Way to Use
Self-Hypnosis to Change Your Life

“The Genie Within” -- Your Wish is Granted

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Dear Reader

I want to welcome you to this natural expansion of the topic made popular by my best-selling book, “*Instant Self-Hypnosis: How to Hypnotize Yourself with Your Eyes Open*” (called *ISH*).

Over the years, my readers wanted more scripts, tips and techniques. So I figured it was time for a sequel. I’m very excited to present this book to you.

This “*More Instant Self Hypnosis*” eBook (called *More ISH*) provides you with a greater number of fresh suggestion scripts -- 48. It also includes an improved Master Induction (I call it the *Master Induction 2.0*). And this is a more effective treatment of "eyes-open self hypnosis," so you reach your goals faster and easier.

I chose to release this first as an eBook because so many readers wrote explaining why they wanted a digital edition. Some didn’t want to wait for a book to arrive in the mail. Some didn’t want to “brave” their local traffic, only to have to wait in long lines at the brick-and-mortar bookstores. And several had worn out the first book anyway. So this eBook sequel is overdue.

What's In It For You?

For those new to this unique approach to self-hypnosis, you've made the right choice because the ISH method works! In fact, if it's practical self-change you're after, this is a powerful, fast and easy method.

In fact, many people start noticing positive changes the very first day they apply this method toward their goal. Isn't that something to get excited about?

I'd love to hear about your successes with this too. So please visit me at my website and share your experiences.

Use your future success well,

. . . *Forbes Robbins Blair* . . .

<http://www.forbesrobbinsblair.com>

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## Preface

First, let's look at some reasons why you might be reading this book:

**\* You're disappointed with typical self hypnosis books, audios and methods, and you want an uncomplicated, yet effective technique.** Maybe a friend recommended this book to you. Or you saw positive reviews from satisfied readers of *Instant Self Hypnosis*, and now you're hoping this sequel will work for you. Thousands of the readers of the original book talk about how it helped them to reach their goals. I think you'll be find *More ISH* even more effective, in different ways.

**\* You're new to the self-hypnosis method.** You might have heard about how easy it is to reach your goals with self hypnosis, but you haven't tried it yet. Did you know that hundreds of self-growth goals can be reached – or even exceeded with it? You can lose body fat, stop smoking, quit slouching, relieve stress, feel more attractive and sexier, stay positive and less anxious and support your health better. In fact, *More ISH* covers 48 physical, mental, emotional and even spiritual issues. And it has solid, easy-to-learn and apply techniques. If it's very practical, fun and autopilot self-help you want, you've really found the right book. You'll understand self-hypnosis much better very soon too.

**\* You've already benefited from Instant Self-Hypnosis and you want more ISH scripts (and a few things that weren't in the first book).** In this volume, you'll discover three things: 1) dozens of fresh and unusual scripts not found in ISH, such as "Finding Misplaced Objects," "Better Golf Score," "Remember Past Lives" and many more, 2) a bonus script to hypnotize someone else! 3) secrets to make this hypnosis-as-you-read method even more successful for you.

No matter what your reason may be, you will get results fast. After all these years, the results still surprise me.

## My Story

One day in 1997, a short time after receiving my certification in hypnotherapy, as I was reading a script designed to hypnotize one of my clients - I accidentally hypnotized myself.

And this got my wheels turning. What could I learn from this? How could I make this a method that could help other people?

I decided to experiment with this new self hypnosis method which produced such powerful results for me. I had lost my stubborn body fat, stopped procrastinating, controlled my pollen allergies, and a few other goals I was working on. And I thought, “Think of the possibilities for my friends and clients!”

This new “eyes-open” self hypnosis method worked much faster and better than the traditional eyes-closed methods. **I wasn’t falling asleep during self hypnosis sessions anymore.** And my results blew away the so-so results from the typical hypnosis audios I was using.

Excited, I began to research and develop it further. Then I started teaching it at an adult learning center and at various self improvement seminars on the east coast (USA). Those testing grounds built up the number of satisfied local ISH enthusiasts to such a point, I thought, “Why not make it available to as many people as possible all over the world by turning it into a book?”

So I wrote the book *INSTANT SELF-HYPNOSIS, How to Hypnotize Yourself with Your Eyes Open*, which became a bestseller and has been translated into several languages. In fact, people from all over the U.S., Europe, Australia, India, New Zealand and Japan have contacted me to tell me how my hypnosis-as-you-read method has helped them to enhance their lives. I couldn’t have been happier with its success.

Even so, I didn’t stop there. Over the years that followed, I wrote more scripts, developed the method further, and improve it more.

It was time for this book sequel, I'm happy to say.

## More Instant Self Hypnosis – Overview

*More ISH* will simply make the eyes-open hypnosis method work faster and better than ever.

And this isn't a read-it-and-set-it-aside eBook either. It's not long and full of jargon. It's practical, with techniques you can apply in as little as 20 minutes for one to seven consecutive days until each goal is reached. Then you'd go on to your next goal when you're ready.

There are many newer scripts (48) to choose from. (Maybe you've already taken a look at the **Table of Contents** and found a few you like.)

There's a fairly meaty **bonus section** with lots of effective, easy techniques I've developed since the release of the original book.

*More ISH* is easy to do too. No prior knowledge (tedious to some of you) of hypnosis is required. No memorizing or recording of scripts is necessary. And it's 1-2-3 simple...

## **The Easy 1-2-3 More ISH Technique**

1. You sit down and read a one-of-a-kind script designed to hypnotize you.
2. Once hypnotized, you read another script containing specific goal improvement suggestions, which work with your inner mind to help you achieve success.
3. You read the “The Wake-Up” script to return yourself safely to everyday awareness, one powerful step closer to what you want.

*With More ISH, you set your goal, apply the hypnosis induction and script appropriate for it -- and the results will materialize for you automatically.*

That's all there is to it. Just read to succeed.

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Introduction

I'm sure the readers' praise of my 2004 book *INSTANT SELF-HYPNOSIS: How to Hypnotize Yourself with Your Eyes Open* has been a head-scratcher for some hypnosis professionals and self hypnosis authors.

They probably thought, "Who the heck is Forbes Robbins Blair? What kind of mysterious power does he possess to get people so excited about his rather simple eyes-open hypnosis method?"

Even I've been surprised at the effectiveness of the *ISH* method and scripts. When people email to tell me that they've:

"...finally stopped smoking with the ISH Stop Smoking script -- after 13 years of trying with other methods..."

"...lost 27 pounds in just a few months very easily by using your ISH Lose Weight script..."

...I think, "Wow! That's incredibly gratifying!"

True Story: A Fortune 500 CEO encouraged me about how "good" the original ISH scripts really are! One of my ardent clients is a CEO of a large computer firm. He was amazed when he stopped smoking after using Instant Self-Hypnosis. He commissioned me to write many custom ISH scripts for him and his employees. He told me "I am a different person today because of the method from your book and your scripts." He also had me write scripts for his family members, and the results were very good for them too. I felt great that my method really worked for him and his circle of influence. This is a very busy man with no time to waste on techniques that fail to deliver quickly.

Grounding for This eBook Is Established

Before I published this book, I analyzed my original book's scripts. I thought back to what I had included there:

Instant Self Hypnosis had a variety of suggestion scripts designed to be effective for a variety of personality types. And I mixed and matched hypnosis techniques so more people could benefit. Whether you're shy or outgoing, a risk-taker or a conservative, feminine or masculine – almost everyone could be helped.

Also, I made sure it was grounded in good scientific research from the fields of applied psychology and hypnosis. I factored in direct and covert suggestions, authoritarian and permissive ones, multi-sensory imagery, metaphors and the occasional aversion suggestion (Here's one example: Sometimes I use something called **paternal suggestions** containing words like “no, don't, won't,” because they can be very effective for a greater number of people—myself included.). There is a sort of “recipe” for my suggestion scripts that I won't reveal here. Would a good chef reveal each of his best secrets?

Another reason I believe the original book remains successful is: I kept the explanations short. I'll do the same in this book. That way, after the short opening chapters, you'll be **ready** to put this method into practice.

There will be little jargon and certainly no fluff. Just enough information to make sure you understand what you're doing. Then I'll make sure you're ready to take action correctly.

What's New in this eBook

Here's an overview of what's included in *More ISH*.

In the first four chapters, I lay out the bare essential information about self hypnosis and more details about how I discovered the *ISH* method.

You'll also be presented with some fun quick **hypnotic experiments** that will pre-condition you for your own success. Make please make sure to go along with them, okay?

You'll also find a new induction script, called the **Master Induction 2.0**. It's an improved version of the original. I recommend it to everyone — new and previous readers of *ISH* alike. You'll find it works more effectively and faster to induce the trance state better.

Chapter 5 contains **(48)** forty-eight **scripts** covering a wide variety of topics. You'll use them in conjunction with Master Induction 2.0 to reprogram your inner mind safely and effectively. Among them are scripts that address changing bad habits, improving your sex life, attracting wealth, and many more subjects.

Although the scripts in the original book for smoking cessation and weight loss have been very successful for readers, I've also included fresh ones in those two categories which are more effective and time-saving.

You'll also find a **Bonus Section** where there are easy ways to go even deeper into hypnosis to make the scripts work better. This is an advanced section for those familiar with *ISH*.

Here's what's included:

* There's a **script for entering the hypnotic state even faster** (but it's for those who have been using the basic method for some time).

* You'll discover a **modified induction to hypnotize others** very easily.

* You'll be taught a **special technique** to use alongside *More ISH* that uses **your everyday activities to catapult you to your goals faster and with less effort.**

* Finally, the book answers some **frequently asked questions** about the original method and it anticipates your questions about this book too.

What's ***not included***: An explanation for how to create your own ISH scripts. If you'd like to do that, please seek out your bookseller to get my first book, *Instant Self Hypnosis*.

Please Don't Skip Ahead in This Book!

I know it'll be tempting to jump ahead of the "how to" chapters here. However, especially if you're new to eyes-open hypnosis, I highly recommend you read these first few chapters.

Here's why: they don't merely provide you with why-and-wherefore information about the subject. They're structured hypnotically to prepare you for greater success with my method.

*These opening chapters prepare you to get excellent results with
More ISH to help you get closer to achieving your goals with this
method!*

It'll be concise and important to your success. So please take a few minutes to read the next few chapters before you get to the scripts. It'll really be worth it.

One Final Request

Like its predecessor, the success of this updated method relies primarily on the word of mouth from people whose lives have been changed with its help. So, if you're really satisfied with your results, I'd appreciate it if you could get the word out about it through your social media sites. That'll help lots of your friends too.

Most of all, if you have any questions about this subject, just go to my Contact Me page on my website (forbesrobbinsblair.com). I'm very good about getting back to you quickly.

I would be very honored to help you get closer to your goals. OK?

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## **Chapter 1: Change Your Mind, Change Your Life**

In this chapter, I'll quickly discuss how your mind has its own security system that works really well -- until you want to change a longstanding behavior or belief. And you'll learn why self hypnosis provides such an excellent solution to reach your goals.

## Battle of the Minds

Your mind is wonderful and complex. And there are different levels of the mind that have clearly unique functions.

You have a *conscious* mind and a *subconscious* (or unconscious) mind.

Your conscious mind works on your waking awareness. It observes and analyzes things. It figures out ways to solve problems that are bothering you. It makes these moment-by-moment decisions to get you through your day. Things like, “Should I eat cereal or eggs for breakfast?” or “Should I wear the red dress or the blue one today?”

You could think of the conscious mind as the objective or “rational” mind, because it offers reasons why you do the things you do. It’s reasoning for that is based on concepts previously learned and accepted, even if those concepts are wrong.

For instance, some people come up with all sorts of “logical” reasons they like to smoke. They could say it makes them feel calm and relaxed, even though nicotine calms no one.

For many people, the real reason they smoke is because at one time smoking helped them feel a sense of belonging to a group of peers. They smoke to tap into that sense of security all over again. When smokers hear and accept from others the nonsense about how calming smoking is or how “difficult” quitting is because of how “addictive” cigarettes are, the conscious mind clings to these rationalizations to justify the behavior.

Don’t feel bad, by the way, if you’re a smoker who does this. We all have rationalizations for unhealthy or undesirable behavior patterns. I know I do.

However, the first step in getting free of smoking, or any other undesired behavior, is to understand how our minds have fooled us into staying stuck.

Once we've done that, often we may decide to finally do something about our old "bad" habits.

***Experiment: Recognize Your Rationalizations – the First Step.*** Think for just a moment about an undesirable behavior pattern and see if you can find any rationalizations that have you justifying that habit. Then ask yourself, "Do I want to stop this habit?" Be honest with yourself. This is your first important step.

Another function of the conscious mind is what people refer to as **willpower**. You already know what that is of course. You really use it to make every single decision throughout the day.

When it comes to changing a longstanding behavior, you might have felt you were in a tug of war with your mind. Like me, you might have said, "I'm going to only have two or three French fries and let the rest go." But then, before you can even blink, you've eaten all the French fries! That's why it's so hard to "will" a habit away. *When you only use your conscious mind, you limit yourself.*

With what part of yourself do you have battles like this? You guessed it: the part of your mind self hypnosis communicates directly with — your **subconscious** mind.

The subconscious mind runs most of your body's functions without your conscious assistance. It stores and accesses all of your habits, emotions, beliefs, memories and preferences. It's like a computer you've been programming since you were born based on your experiences and reactions. Right now, as you read this, you are adding to the programming of your computer — your subconscious. Pretty terrific thing to know, eh?

The problem we face when consciously trying to change a habit, belief or preference is that we're at odds with the old programming. We attempt by sheer willpower to override it.

Sometimes we're able to carry it off for a short time until our conscious mind

begins to weaken, and then we return to the old ways of doing things. Self hypnosis can really help you to make your changes stick.

The good news is that the problem bad habits has nothing to do with willpower. It has to do with the *imagination of the subconscious mind*.

The subconscious mind loves the use of imagery to get things done. For example, the reason you continue eating the calorie-heavy fries is because you've previously programmed it (whether meaning to or not) to imagine how delicious and satisfying it would be to taste and swallow another French fry . . . and . . . another.

Of course, you might imagine what it might be like to stop after eating just two or three fries. Because the anticipated pleasure of eating *more* fries is more appealing and rewarding than the dreaded stopping at two or three fries, guess what you do? You keep eating them nonstop! That's mostly at the subconscious level of your mind.

So here's a lesson:

*Whatever appeals to your subconscious imagination exerts great influence over your behavior. Communicating with that part of the mind effectively is the key to your successful change and improvement.*

There's always a reason why we do what we do, even if we're consciously unaware of our true motivations. Ultimately, your subconscious steers you toward pleasure or away from pain. When you're in pain, the subconscious attempts (often quite successfully) to protect you from some real or imagined danger.

***True Story: How False Rationalizations Nearly Derailed One Woman's Weight Loss Attempts. I remember a hypnotherapy client of mine named Carole***

*who had gained about 50 pounds over just the last couple of years.*

*When I asked her why she thought she had gained body fat, she rationalized it was because she was in the “change of life” that happens to women her age. And she thought that weight gain was a natural consequence of hormonal change.*

*So I asked her to recall when she first started gaining weight and whether anything significant had changed in her life.*

*She revealed that she had just gotten divorced. I then asked her if she had plans to remarry. She said yes, but she was afraid to because she never wanted to go through the **pain of a divorce** again.*

*It became apparent to me that her subconscious was trying to protect her with those layers of fat to make her less appealing to men, so she could avoid the possibility of another marriage ending in divorce!*

*Once she understood how the rationalization was a cover-up for solving her problem with excess body weight, it became easy to strategically use effective hypnotic suggestions to help her lose those 50 pounds.*

*Last I heard from her, she had lost 43. Maybe she’ll even keep finding ways to improve her life.*

By the way, it doesn’t really matter whether the imagined pain or pleasure is realistic. It makes no difference to your subconscious mind as it processes some imagined thing. As far as it’s concerned -- it’s all true!

So unless we change our programming and get our subconscious to imagine different and better things, our behavior is unlikely to change for good. Because just using direct conscious willpower is a poor way to reprogram the subconscious imagination.



Fortunately, there's a better way...

## Reprogramming Made Easy with Hypnosis

I know of no faster or easier way to reprogram the subconscious than through hypnosis.

*Hypnosis bypasses the critical filter of the mind, leading to a condition of heightened suggestion.*

Like a computer, your mind has its own security system to prevent anyone from tampering with the inner programming and creating chaos. This is the *critical and analytical* part of the **conscious** mind. You should welcome this security system, because without it, you'd respond to every idea and suggestion that passed your way and your life would be in total confusion.

When we want to present requests and ideas to the inner mind (the **subconscious**) to change ourselves with strong purpose (like when we do imaginative suggestions), the critical filter of the conscious mind is like a security guard which faithfully stands watch at the doorway to a luxurious mansion.

You might say that hypnosis provides a way to relax and distract the security guard (the conscious mind) for short periods of time, so we can slip inside to make changes through the use of specific suggestions. When we're finished, we just leave the way we came, restoring the security guard to full alertness, and then go about our business. Then changes in mind, body and behavior show up for us automatically.

For instance, we could use hypnosis (and hypnotic suggestion) so when we are faced with a plate of those French fries, our subconscious imagines and feels the rewards of a flat stomach by limiting the number we consume to three. We discover in actual life we no longer even want to eat more than three fries at a time, much less the whole plate. So, no more tug-of-war with your willpower, you see?

***True Story! (warning: not for the squeamish.)*** Craig was a 45 year old client of mine who was addicted to a popular candy bar. And he ate six king-sized bars every day with his coffee -- and gained 35 pounds of body fat as a result. He came to me for hypnotherapy help.

*His situation was extreme. His personality was resistant. So he needed some "special" aversion therapy hypnosis.*

*With his approval, I reprogrammed his subconscious imagination to make a correlation between the general length, shape and color of the brown candy bar and (how do I put this delicately?)... well... feces. This is known as an “aversion suggestion.” It proved quite effective for him.*

***After that hypnosis session, he never again had the slightest interest in eating that candy bar. The sight of those candy bars disgusted him.***

## What Else You Can Change with Hypnosis

Hypnosis can help you change an unlimited number of personal habits. You can improve or alter almost anything.

This isn't limited to behavioral habits or emotional changes. Hypnosis can change your physical body from the inside out.

This surprises a lot of people, but it really shouldn't, because the subconscious controls most of your body's functions (organs, hormones, cells and more).

When the subconscious is re-programmed through hypnotic suggestions to: *"...safely and incrementally raise the metabolism to burn more calories,"* for instance, the subconscious mobilizes the body's resources to make it a reality.

It's unnecessary to understand how your mind works on your body to make the desired change happen. It's enough to know that your subconscious fully understands your body and how to alter it. All you need to do is clearly tell it what you want. And it will use its own intelligence to manifest your wishes!

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Chapter 2: Hypnosis -- the Bare Essentials

I know you're itching to put the suggestion scripts to work for you. But especially if you're new to hypnosis, you'll want to read this chapter first because it's going to tell you what you need to know to guarantee your success.

Who's Afraid of Hypnosis?

When you think of hypnosis, what images come to mind? A swinging watch? A spinning spiral? How about an entertainer on stage controlling people to perform strange or embarrassing things?

These “tools” or “clichés,” perpetrated by some of the media, have led many people to the wrong conclusion: that hypnosis is weird, humiliating and dangerous.

Nevertheless, here's what I hope you understand.

First, hypnosis has come a long way over the last several decades. Few hypnotherapists use the tools of the carnival barkers and antiquated things like dangling watches or spirals to hypnotize people today. There are much simpler and better techniques.

Stage hypnotists conduct shows to entertain. Just like a stage magician doing magic tricks, much of a stage hypnotist's effectiveness relies on illusion and deception. His (or her) participants really are in control at all times, and they can hear and remember everything. The chosen audience members just choose to participate in the fun and do what the hypnotist suggests — as long as he doesn't ask them to do something truly humiliating or dangerous (each of us has a natural morality-based off-switch).

So let's set the record straight to reduce your fears about what therapeutic hypnosis is and what it does for you...

*** Hypnosis won't make you lose control.** It doesn't make you want to tell secrets or do anything you find offensive, embarrassing or dangerous (each person has her/his own subconscious moral compass that prevents “bad hypnotic control,” so to speak).

*** Hypnosis isn't magic** or version of trickery. Hypnosis is an authentic

mental phenomenon where you are in a state of heightened suggestibility – with your approval. It's not a hoax. It's not supernatural. In fact, its effectiveness is backed by valid, numerous scientific testing that's been done for many decades throughout the world.

*** Hypnosis isn't a kind of sleep.** During hypnosis, you are awake. Many hypnotists use phrases like “*You're getting sleepy,*” just to relax the body and mind of the participant. Alternatively, they'll use the command to “*Sleep!*” as a pre-determined cue for a willing person to enter hypnosis more quickly.

*** Hypnosis doesn't automatically result in amnesia.** Unless someone decides to accept a suggestion to “forget” some part of a hypnosis session, it is unlikely she or he would experience it. They hear and remember everything that is said and done while hypnotized. No one gets “stuck” in hypnosis either. It's a natural condition from which each healthy person naturally and easily emerges.

*** Hypnosis doesn't feel strange.** Experiencing hypnosis, for most people, is *subtle*. Some people don't even know they were in hypnosis, it feels so natural to them.

Experiment: What Hypnosis Feels Like. Would you like to know what hypnosis may feel like for you? Why don't you try this little experiment? Go ahead and try it right now...

Put your feet flat on the floor. Draw a slow deep breath, and as you exhale, close your eyes, relax, and count to five....

Now, open your eyes and keep reading.

Did you follow the instructions exactly? You probably didn't feel anything in particular. Even so, you decided to obey the suggestions because you want to get something out of this book, and you figure the best way to do that is to follow my instructions.

Let's try it again...

Now, make sure your feet are flat on the floor. Get comfortable. Draw a slow, deep breath and when you exhale, relax even deeper while you also think

the words ‘hypnosis now’ as you close your eyes and count to five. Then, open your eyes and continue reading. Do it when you’re ready.

Now -- quack out loud like a duck! Go ahead. Quack three times out loud. I mean it!

Did you quack?

If not, why didn’t you? Let me guess: Perhaps because it made you feel silly, right?

Or . . . if you did, why did you? Because I asked you and you decided that obeying those suggestions was in your best interest since you want to improve your life?

Either way, I took you through this experiment to point this out:

Hypnosis won’t make you do anything you don’t agree to do. It just makes what you want to achieve easier for you to attain.

You may or may not feel any differently when you are hypnotized than you do normally. And even when you’re hypnotized, you will only accept and perform suggestions that you want. Any suggestion you think is stupid or immoral or unwise is simply and instantly discarded by your subconscious mind.

“Can I Really Be Hypnotized?”

Yes, of course! The truth is you’ve already been hypnotized many times in your life.

If you’ve found yourself “spaced out” after being on the computer for a long time, you’ve experienced a type of hypnosis.

If you’ve enjoyed suspending your critical mind as you watched an exciting movie or read a good novel, then you’ve experienced a kind of hypnosis.

Any activity that deeply engrosses you to the exclusion of all else is arguably hypnotic.

We’ve all experienced hypnosis in one form or another. So it’s a given that most of us are hypnotizable (the exceptions include the mentally retarded or those who, for various medical or emotional reasons, cannot concentrate at all).

But with a hypnotist you are hypnotized *on purpose* to absorb specific life-enhancing suggestions. The key to being hypnotized on purpose is to decide that it’s something you *want* to do, and then just commit yourself to follow the directions offered by the hypnotist.

The rest is easy and automatic. So please remember this:

Hypnosis is not something you have to try to do. It’s something you just allow.

The state of heightened suggestibility and critical bypass which defines self hypnosis is achieved by following simple directions that predictably will take you there.

It’s not a whole lot different than following a simple cooking recipe. If you

want to make cookies, do what the cookbook tells you. Collect and add the ingredients step-by-step with exactness, and by the end, you would expect excellent cookies. But if you decided to change or not go along with the recipe, then your cookies would probably not turn out as you planned. In fact, they might not even resemble cookies at all!

*The only real blocks to being formally hypnotized are
unwillingness and/or fear.*

So you must ask yourself:

“Do I want to be hypnotized?”

“Have all my fears about being hypnotized been completely dissolved?”

“Am I willing to follow easy directions without adding or discarding anything?”

If the answer is yes to all three questions, then you can be hypnotized on purpose when you're ready. It's really up to you.

Recipe for Hypnosis

The truth is that there are many ways to be formally hypnotized. But many methods include the following steps:

Step #1: Relaxation. Most hypnosis sessions begin with some sort of relaxation exercise to release the body from surface tension. One common technique is called “progressive relaxation” in which a person concentrates and relaxes the body one muscle group at a time until the entire body is calmed. This tends to induce a light hypnotic state or “hypnoidal” condition, as it’s termed.

There are two types of progressive relaxation: passive and active. The passive kind requires only a mental idea or command to each body part to relax. Active relaxation, on the other hand, works by having you tense and then relax each body part -- one at a time.

Experiment – “Active Progressive Relaxation” You may do this experiment with your eyes open, though you may have to look away from the screen at one point:

Start by placing your attention on your feet and tense all the muscles there for the count of three. One . . . two . . . three. Now relax all the muscles of your feet completely.

Place your awareness on your lower leg muscles (the calves). To the best of your ability, contract the calf muscles for the count of three. One . . . two . . . three. Relax the lower legs thoroughly before moving on to the upper legs.

When you’re ready, strongly tense the upper legs for the slow count of three. One . . . two . . . three. Utterly relax your upper legs. Notice how good it feels to relax your legs and feet.

Now, concentrate on the buttocks. Right where you're sitting, tighten the butt firmly for the count: one . . . two . . . three. Then release all stress from the buttocks.

Now take your time and do the same thing with your stomach . . . then your chest . . . then your arms and hands . . . then your face. Do this slowly and thoughtfully.

When you're finished tensing and relaxing your face, notice how utterly relaxed your entire body now feels and how all the surface tension is gone.

Step #2: The Induction. After physical relaxation, a common hypnotic procedure (or "induction") takes place to relax the critical mental processes. There are dozens of possible induction methods, most of which are designed to redirect or distract the conscious mind's critical filter so the subconscious mind can absorb those suggestions unhindered.

Many inductions include some sort of counting, because the numbers may be used as a measurement of levels of relaxation and hypnosis. Note: The willingness and expectation of the participant play a vital role for an induction to be effective though.

Experiment – "Sample Induction" *This experiment will only work if you willingly use your full imagination. You may close your eyes if you wish, or just imagine with your eyes open:*

Pretend you see a magical staircase which, as you descend it, makes your mind feel utterly relaxed and free. There are five steps in all, and each step causes you to feel twice as deeply relaxed as the step before. Imagine going down the stairs now. One... the first step. Use your imagination and allow yourself to feel very relaxed, physically and mentally. Two... you descend another step. This time you relax mentally two times as deeply, as though your mind and body feel very heavy and tired. Three... twice as deeply as you take the third step. Pretend your mind is slowing down and clearing away all thoughts

except for this experience. Four... twice as mentally relaxed as the third step. Pretend your mind is utterly calm and in a state of blissful serenity. Five... you take the last step now, and step into a deep condition of mental relaxation in which you are completely open to the positive suggestion required to change your life.

Step #3: Hypnotic and Post-hypnotic Suggestions. Once a satisfactory level of hypnosis has been achieved, the person is ready to accept suggestions from the hypnotherapist. Sometimes, the first suggestions offered are that the person should go deeper into hypnosis—that they should mentally relax to a greater extent.

This can be done with a simple statement, “*You’re going deeper into hypnosis now*” or some more elaborate suggestion. The condition is sometimes tested with various suggestions to see whether the person is compliant.

But when the desired level is achieved, suggestions for immediate or future change are offered through verbal suggestions. Here's an example: “*You are now and shall remain a non-smoker.*” There might also be suggestions designed to be triggered in the future such as: “*Whenever you see a cigarette, you will find the look and smell of it acrid and repugnant.*” This is what is known as a post-hypnotic suggestion. Many suggestions may be offered in a single hypnosis session, but they typically center on a single topic (e.g. smoking cessation, weight loss, confidence).

Experiment – Hypnotic Suggestion: *Pretend you have successfully entered hypnosis all by yourself, and that you wish to tell your subconscious mind how successful you’ll be with the method and scripts of More Instant Self-Hypnosis. Say out loud in a gentle but sincere tone, “I am very successful with eyes-open self hypnosis and succeed with any script I use to reach my goals.” After you say that, think to yourself: “That’s a fantastic suggestion and I know it will work for me!”*

Step #4: Emerging from hypnosis. Finally, the person is emerged or “awakened” from hypnosis. This is different from being awakened from sleep. It's simply a return from the hypnotic condition to the everyday state of mind. And ***there is no danger of being unable to emerge from hypnosis.***

In fact, while the term “awaken” is convenient, it is slightly misleading. It is more accurate to say that one “returns” or “emerges” from hypnosis. To return to the everyday state, suggestions to that effect are offered and followed.

Experiment – Emerging from self hypnosis. Pretend you’ve been hypnotized. The suggestion for success has already been imparted to your subconscious mind. And you’re ready to emerge from hypnosis:

With your eyes open or closed, count from one to five and tell yourself when you reach the number five that you’ll return to the everyday state of mind, feeling refreshed and alert. Again, use your imagination to make this happen.

Self-Hypnosis for Personal Improvement

To the uniformed, the concept of hypnotizing yourself sounds ridiculous. And there was a time when I didn't realize that it was anything more than self-talk. But, let me share a story that changed my mind:

True Story: "I found out just how real self hypnosis really is!" One day I was experimenting with traditional self hypnosis. It all took place silently with my eyes closed. I began with progressive relaxation, followed by a simple induction and then I gave myself suggestions to go deeper and deeper.

Although I often fall asleep using traditional self hypnosis techniques, on this occasion I managed to stay awake and alert. Furthermore, I really wasn't sure I believed I was self-hypnotized. I did feel exceedingly relaxed though.

So I thought, "I wonder what would happen if I gave myself a suggestion that my nose felt itchy."

Can you guess what happened next? That's right. My nose began to intensely itch. The sensation was real and strong, and it startled me! Even so, it didn't worry me, because in the next moment, I simply exerted my conscious control just a bit and told myself that my nose just didn't itch anymore. And the itching immediately went away.

This illustrates that a person can resist, dismiss or negate any hypnotic suggestion, just as I did.

You don't have to worry that some unwanted idea will take hold of you and not let you go. During hypnosis, your own mind will alert you to any suggestion it finds questionable. If a suggestion is made while hypnotized that you don't particularly care for, you would just say "no" mentally and its effect would simply dissolve away.

I'm glad I had that itching experience, because it demonstrated to me that self-hypnosis can be as effective as hypnotherapy. It also underscored that the hypnotic state I was in was profound enough that I could strongly affect not just

my mind but my body also.

So, for the record...

Self hypnosis is an authentic, achievable method of self improvement — and it works on the mind, body, spirit and emotions!

The Importance of Practice and Preparation

The key to success with self hypnosis is practice and preparation. Many people get quickly discouraged when they practice self hypnosis. Like me, they find that they often fall asleep while attempting traditional eyes-closed methods.

This can be a problem for many people. Because even when you prepare adequately, by the time you've hypnotized yourself to a sufficient degree, the relaxation is so deep that it's common to forget the suggestions or why you chose to hypnotize yourself in the first place!

Again, I know this because it's happened to me on numerous occasions. Maybe it sounds funny; but if it happens to you, it can be frustrating and discouraging.

Fortunately, there's a way around these common problems as you'll learn in the next chapter.

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## **Chapter 3: The Discovery of the Instant Self Hypnosis (ISH) Method**

Let me share how I stumbled onto the “hypnosis as you read” method, and why it works so well.

***True Story: How An Accident Started A New Hypnosis Method!*** One day I was rehearsing a hypnosis script I had written. I planned to record the script for a client so she could listen to it at home. I was in my home office, with the script in my hand, and I was actually pacing a bit as I rehearsed. The script included a progressive relaxation, an induction full of relaxing imagery, therapeutic suggestions and a wake-up to emerge the listener from hypnosis. So I immersed myself in the rehearsal.

*As I read in a soft, lulling voice, I was suddenly startled by the ringing of my phone. The ring seemed to pierce my eardrums and cause a swell of intense irritation culminating in an impulse to smash the phone to bits. (By the way, it was a little tiny phone with a mild and pleasant ring.)*

*Of course I stopped reading, stunned by my overreaction, and I realized I was experiencing a symptom of hypnosis called “atmospheric hyper acuity,” a term which means that while hypnotized, distractions around you become magnified and disturbing.*

*As I looked up from the script, I could feel myself in a daze. Everything in the room seemed distant or unreal, as though it was a holographic projection. Because of my professional training though, I knew immediately that I was in a significant state of hypnosis (near “somnambulism”).*

*I realized I had hypnotized myself with my eyes open while reading the script aloud!*

*And it made perfect sense to me as a clinical hypnotherapist. I was reading in a soothing, lulling tone of voice. The words I was reading were specifically composed to hypnotize someone.*

*So there I was, hearing my voice, listening to my words and completely engaged in what I was doing. That's a recipe for hypnosis if I ever knew one!*

We professional hypnotherapists are certainly not immune to our own devices. Quite the contrary: I recognized long ago that I frequently enter into the hypnotic state while hypnotizing my clients. It's hard not to be especially as I listen to the sound of my voice and the words I'm saying while watching clients relax deeper. You see, hypnosis is such a pleasurable experience that I look forward to that happening. It's an extra benefit I receive when I hypnotize other people for their issues.

Anyway, back to the story...

*Once I realized that I'd hypnotized myself while reading aloud, I began doing research about others who might have had the same experience. However, I found nothing in the literature. There was no data at all about reading a hypnotic script aloud as a means to achieve self-hypnosis. And that's when*  
**Instant Self-Hypnosis** *was born!*

## Why ISH Works So Well

I began using and applying the *ISH* technique to some of my own challenges, like weight control, procrastination and allergies, and I found that it worked extremely well. Perhaps more importantly, I worked *better than* traditional self-hypnosis methods or listening to hypnosis audios.

Here's why I found this technique gets superior results.

For one thing, it's **impossible to fall asleep** while applying it. As I mentioned earlier, it's all too easy to fall asleep while performing traditional self hypnosis or while listening to a hypnotic audio. But it's extremely difficult to fall asleep while reading something out loud! So this eyes-open method works better because that problem is completely eliminated.

Another reason it works better is that **no memorization or significant preparation is needed**. With *ISH*, you simply read an induction script out loud, then you read a suggestion script, and then you emerge from hypnosis. That's all there is to it.

**No great knowledge about self-hypnosis is required.**

You don't have to remember anything.

There's **built-in personal involvement** in the "hypnosis as you read" technique, especially compared with most hypnosis audios. That involvement doubles the chance for success for people who've not been successful with traditional self hypnosis. Though hypnosis audios can be of great value, there's a tendency for people to be somewhat aloof and not fully attentive while listening to them. With eyes-open self hypnosis, attention is constantly required to read the scripts and get the results.

Often hypnosis is partially defined as a narrowed or heightened state of awareness. Therefore, because of the passive nature of listening to hypnosis audios, sustained awareness is many times not achieved. My method changes that.

Many people have asked me if they can record the ISH scripts and play them back to get the same results. While that is certainly doable, you might still fall asleep while listening or still be listening only half-heartedly. I know that results are much better if you're involved completely.

So if you want to experience the success that so many others have with this system, use the "read aloud" approach you'll be taught in the next chapter. It's really worth the effort!

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Chapter 4: Your First Session and the Master Induction 2.0

In the original book, the induction script designed to induce hypnosis is called the *Master Induction*. The script included here is an improved version I call the *Master Induction 2.0*.

If you're familiar with the original book, this 2.0 version can be used in place of the original. And it can also take the place of *The Reader's Induction*. I've made many discoveries over the last few years based on my own experiences with my hypnotherapy clients and from readers' comments. This new and improved induction is just one of them. It's far superior to the 2004 version.

Whether you're new to the ISH concepts or experienced with it, I suggest you first read this new *Master Induction 2.0* all by itself.

Don't follow it with a separate suggestion script for your goal just yet. Please read the entire Master Induction 2.0, and finish your session by reading *The Wake-Up* supplied at the end of the narrative. The first reading will familiarize you with the induction script, and it will condition your mind to enter self-hypnosis more efficiently on your subsequent readings.

After you've done this, you're ready to put your suggestion script to work for your specific goal.

On your very next reading, you will follow the induction with the script of your choice found in the last main chapter, Chapter Five. All the 48 scripts there are specifically designed for eyes-open self hypnosis while you read out loud.

The More ISH Method: How and Why it Works

You're going to read the *Master Induction 2.0* out loud to experience eyes-open hypnosis as you read.

The script is designed to establish in you, the reader, a heightened state of suggestibility. Once that's established, you'll read beneficial suggestions (in your chosen script) that are absorbed and activated toward success by your subconscious mind. To finish, you'll read a "Wake-Up" and gently emerge from the hypnotic condition. The entire process takes about only about 15-25 minutes.

The principles and steps are easy. When reading it, you'll adopt a slow, relaxed, soothing tone of voice—as though you're attempting to gently quiet a young child. And the sound of your own voice will produce a tranquillizing effect on your mind and body. You can read silently for privacy sometimes, but reading aloud is highly recommended for a better results.

The content of the *Master Induction 2.0* uses multi-sensory imagery and other types of techniques to automatically induce a state of eyes-open self hypnosis. As you read it, your mind cannot help but imagine the images presented in the narrative, whether you are consciously aware of it or not. Meanwhile, the conscious mind is kept busy and distracted by scanning the lines of text, resulting in the suspension of the critical and analytical faculty of the mind.

There are also post-hypnotic suggestions included to make your hypnotic experience more effective every time you use ***More ISH***.

The combination of your own hypnotic voice, the conscious visual scanning of the words on the page, and the targeted contents of this induction predictably produce a condition of self-hypnosis with your eyes open. You'll then quickly and strongly absorb suggestions to improve your habits and your life.

You May or May Not “Feel” Hypnotized

It is very important to realize you **may not necessarily feel hypnotized** during or after using the *Master Induction 2.0*. In the original book, I point this out, but I realize it must be emphasized here too.

True Story: A Brilliant Friend Said Something Not-So-Brilliant About How the Original Master Induction Affected Him. An old high school friend, now a literature professor at a prestigious University, wrote me after reading the original book. He said that the induction failed to hypnotize him. When I asked how he determined that, he said he “...just didn’t feel hypnotized.”

He hadn’t read the section in the book about how irrelevant feeling hypnotized is. It seems even college professors are sometimes guilty of skipping important segments of the books they read. (We’re still friends, by the way.)

You might not feel hypnotized while using the More Instant Self-Hypnosis induction and suggestion scripts. Nevertheless, they’re still very effective, and you’ll get show results.

Hypnosis doesn’t necessarily “feel” like anything unusual. People new to this rarely recognize when they’ve successfully entered the hypnotic state. So it’s important not to get attached to the expectation of feeling some strange trance while using *More ISH*.

You will succeed at hypnotizing yourself with the *Master Induction 2.0* the very first time you try it, provided you carefully follow the directions.

Then, as you use it repeatedly in connection with any of the 48 scripts, there will be times where you may “feel” or notice something unusual. Perhaps you’ll become more unbelievably relaxed in this new state of body and mind. At other times, you might unaccountably skip words or phrases in the script, or even add words that aren’t there. Maybe you’ll even slur your words.

All of these are signs you’re simply going deeper into the hypnotic state than

on previous readings. And this is to be expected. But please remember:

If you're motivated to improve your life, even lighter states of hypnosis are enough to make the suggestions effective.

The real “proof” you’ve been successfully hypnotized is found not in some elusive feeling, but in the changes you’ll notice in your life. For instance, you’ll find it easier to say “no” to those extra helpings of fattening foods. Or you’ll begin to have a healthy impulse to get to the gym and work out.

When you give it some time and really try this – without concern for the “feeling” – you’ll have all the proof you’ll need that you were successfully hypnotized while reading the *More ISH* way!

Your First Session

It's time for you to experience the *Master Induction 2.0*.

For your first experience, you'll just be reading the induction script to ready yourself for the method and to condition your mind for future success.

You'll read the induction out loud, including the provided "Wake-up" to emerge yourself from self-hypnosis.

The entire procedure takes only about 15 minutes, yet it lays an important foundation for future success with *More ISH*. So please follow the instructions carefully, and give the experience your full attention. You'll do great!

Preparation and Reading Instructions

Find a quiet place where you can be alone and won't be disturbed. Subdue the room's lighting to support a calming ambience, but it should be bright enough for you to read without straining. Sit comfortably in a chair or sofa.

Then have the eBook reading device (or laptop) with the *Master Induction 2.0* narrative (which follows) on your lap or in front of you. (It's also a good idea if you can print it out, if you prefer.) You may hold the script in your hands or place it on a table in front of you.

When you're ready, begin reading the induction out loud using the following guidelines:

- * Use a soft, gentle tone of voice, as if you were calming a child.
- * Read slowly and pause for a moment wherever you see three dots.
- * Emphasize any italicized words or phrases. It's not necessary to read aloud words found in parentheses. Just note their content and follow any instructions indicated there.
- * As you read, relax and really invest yourself in what you're reading with emotion, rather than parroting the words.

Important: Make certain to read the entire induction to the end—including the “Wake-Up”—in one sitting.

Don't Worry, Don't Think, Just Read!

As some people are reading the narrative, some of them wonder if they're doing it right: "Am I using the right voice? Am I visualizing correctly? Am I really achieving self hypnosis?"

They wonder, ponder and analyze what's happening while reading so much they lose the power potential of the method.

If there's one piece of advice I can offer to assure your optimum success, it's this: **let go of your worries and your analytical thinking, and just concentrate on reading the script as it's written without any self-judgment.** And it will work.

Tens of thousands of people just like you have succeeded with this method with only minimal effort on their part.

You'll get even better results with this version by just following the directions given. So please don't add. Don't subtract. Just read. OK?

Let me give you an example of what I mean:

While you read a novel, you don't stop after every paragraph and ask yourself, "Am I reading this right? Am I visualizing this adequately? Is this book working?" If you did, you'd ruin your enjoyment and enrichment.

Instead, just read and immerse yourself in what you're reading, and you'll have fun and grow from the reading.

The same applies while you read the *Master Induction 2.0*. You'll automatically imagine whatever is described. It's impossible to avoid success if you do this, because your subconscious imagination does all the work for you.

Immerse yourself in the experience, and let the script and your subconscious automatically do the rest. Have fun with it too.

Now on to the Master Induction 2.0 . . .

“Master Induction 2.0”

(Begin reading aloud below)

“I *hypnotize myself* with my eyes open while I read now. I place myself in a comfortable, quiet place where I won’t be disturbed, so that I can gently and easily concentrate on these words as I read them out loud.

“As I feel a sense of privacy and comfort, I use the sound of my voice to *soothe* my mind and *calm* my body. I speak slowly . . . with a gentle but resonant tone, as though I were reading a story to a young child I would like to *feel safe and calm*.

“I can feel *myself become increasingly relaxed* . . . as I hear my own voice now . . . as though everything were beginning to move in slow motion . . . (read slower) slow motion. Moment by moment, my mind becomes as clear as the surface of a calm and quiet mountain lake. Calm . . . and quiet.

“And now I picture myself relaxing in a small wooden boat that’s gently drifting on a glassy lake. The lake is surrounded by majestic, tall trees. The sun shines and warms my skin. I fully imagine feeling its golden rays on my body, gently soothing and relaxing me from the top of my head down to the tips of my toes (take a few seconds and imagine this).

“As I imagine closing my eyes on the *drifting* wooden vessel, I hear the leaves of the trees rustling (pause a moment and imagine you hear the rustling) and feel a refreshing breeze pass over my body (take a few seconds to see this) . . . And I smell the sweet scent of wildflowers on the wind (imagine the scent of wildflowers).

“I draw a slow breath and release it . . . (slowly breathe in and then and

release it). And as I do, I *relax twice as deeply* and I *let go* of all stress in my body and mind It's washed away and replaced with an incredible sense of peace and well-being, as I just allow my mind and the boat to move and drift . . . carefree . . . along the mirror-like surface of the serene water. Just drifting now . . . into gentle pathways of peace and solace . . . easily . . . effortlessly . . . the way I might feel on the border of a restful, deep sleep. A restful . . . deep . . . sleep

"I imagine opening my eyes to discover the boat has come to a gentle stop upon a lush island. Abundant green life looks well cared for as I notice a trail that leads to a magnificent mansion. As I step out of the boat and slowly walk the trail toward the mansion, I am mesmerized by the beautiful architecture and grandeur of the great manor.

"I come to a closed iron gate where a formidable-looking guard is standing and looking at me with a hard glare. But that glare quickly turns to a smile of recognition as the guard opens the gate for me and says: 'Welcome home.' Relieved, I now realize the mansion and the island belong to me and the guard works for me.

"I walk through the gate and up to a grand, ornate door on which my own first name is embossed in pure gold. As I speak my name aloud (say your first name out loud) the door opens all by itself, as if by *some mysterious power*. As I step through the threshold of the door, I feel a deep sense of security and well-being. And walking through the vast, beautifully-decorated foyer, I see a large portrait of me looking healthy, dignified and successful.

"There are many hallways and rooms to this mansion representing the many aspects of my mind and my life. But I make my way to a short stairway with five stairs that lead down to my favorite thinking place in the vast mansion. As I descend the stairs, I count backwards from five to one, and as I do, I use my imagination to *relax deeper* and to glide into a condition of self hypnosis, a condition of deep relaxation and heightened receptivity . . . with my eyes open.

“Five . . . I imagine walking down the stairs and that I feel twice as relaxed with each number.

“Four . . . the deeper I go the more open to positive change I now become.

“Three . . . effortlessly going deeper down the stairs . . . feeling safe and secure yet open and receptive.

“Two . . . down into a calm and comfortable place . . . where creating positive changes is effortless and uncomplicated.

“One . . . at the bottom of the stairs now, and I imagine what it might feel like now to be in a state of self hypnosis with my eyes open.

“I enter into a familiar, welcoming reading room. I approach the most comfortable looking chair and sit down to *relax fully*. Feeling peaceful and supported, I pick up a small book on a table next to the chair. I read the cover, with a title which says ‘Hypnotize Yourself As You Read.’ I open the book and I begin reading out loud. The words speak to me directly and seem to rise off the pages and into my mind. Here is what they say:

““You are now hypnotized with your eyes open. Your mind is receptive and suggestible in this state. Every time you read this induction, you automatically go deeper into hypnosis than the time before. You can and will remain in this deep condition while you read the suggestions pertaining to your goal. Your mind absorbs the suggestions the way a sponge soaks in water. You easily stay hypnotized with your eyes open until you finish reading the Wake-Up.””

*(If this is your first session, read “The Wake Up” below.
Otherwise, continue your hypnotic journey by reading the script
which pertains to your goal.)*

(The Wake Up)

“I emerge myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . .

beginning to return from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward to all I can accomplish with this method of self hypnosis. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!

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## **Was I Really Hypnotized With Master Induction 2.0?**

What was your experience with the *Master Induction 2.0*?

Whether you “felt” something or nothing right then, if you followed the directions and concentrated well it’s extremely likely you hypnotized yourself successfully. The feeling is unimportant. If you *did* feel something: that’s great. You probably have a natural aptitude for hypnosis. Or you might have been formally hypnotized before and are preconditioned to be even more receptive.

Many who experienced traditional self hypnosis methods or hypnosis audios are amazed to find how quickly and deeply they experience hypnosis with the *Master Induction 2.0*.

## **After Master Induction 2.0 – What Do I Do Now?**

Now that you've read the *Master Induction 2.0* your mind is conditioned to enter deeper levels of suggestibility every time you read it. And you'll be reading it again as you apply the method to each of your self-improvement goals -- which you'll discover in Chapter 5, called "48 *More ISH* scripts."

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Chapter 5: Forty-Eight (48) More ISH Scripts

In the previous chapter, you used the *Master Induction 2.0* to enter hypnosis and condition your mind to the *More ISH* method. Now it's time to use it in conjunction with the self-improvement suggestion script of your choice.

I'll make a wild guess: you have already looked over the script titles and there is one or two (or several) you'd like to put to good use. Am I right?

Even though you'll eventually have the time to address all of your self-improvement goals, I suggest you **start with only one** that is the most appealing to you—the one that motivates you best.

To use the scripts in this chapter, follow these steps:

- * *Choose only **one script** for each session. Then bookmark it before beginning.*

- * *Find a quiet place to not be disturbed for about 20-30 minutes.*

- * *Keep the room lighting subdued, but enough to read without eye-strain.*

- * *Begin your session by reading the **Master Induction 2.0** using a quiet, calm tone of voice.*

- * *Read slowly, and even more so when you see this: “. . .”.*

- * *Emphasize any italicized words or phrases. It's not necessary to read aloud words found in parentheses, but take note of their content and follow any instructions indicated.*

Important! At the end of the induction, don't immediately read the “Wake-Up.” Instead there's a prompt instructing you to turn to the script you've selected. Turn to the script you've bookmarked and continue to read out loud all

the suggestions in the script.

Once you've read all the suggestions in the script, read the Wake-Up included at the end of that particular script. It will safely and easily emerge you from the hypnotic state.

Furthermore: If you have two goals, conduct separate sessions for each goal. You could, for example, conduct a session in the morning for the "Joy of Living", then a session in the afternoon for "Becoming More Attractive". But, do this if you're highly motivated and have the time.

For Excellent Results, Adopt the “Yes” Attitude

Once you’ve chosen a script corresponding to your goal, read through it before starting your first session. Beneath each script title is a brief description revealing what issue it addresses. Does it match your goal? As you skim the suggestions in the script, do they resonate with your circumstances and intentions?

To get truly excellent results from *More ISH* scripts, the right attitude is essential as you read the suggestions pertaining to your goal. That attitude must be: ***“Yes, these are fantastic suggestions, and I know they’ll work for me!”***

Because if your attitude is indifferent, you feel that kind of change would be uncomfortable, or if you only *hope* they’ll work for you, your subconscious mind may not accept those suggestions. Instead adopt a positive, serious attitude and you will get the result you’re looking for.

Since the scripts were written to address a broad range of personality types, there may be the occasional suggestion that doesn’t fit your circumstances. Don’t worry. Your mind will alert you then and it will automatically dismiss that suggestion. You won’t be affected by any unwanted suggestions.

Are You Motivated?

You must remember that hypnosis won't make you *want* to do anything. It just makes what you *do* want easier to achieve.

True motivation for your goal is essential in order to expect positive results from this eBook. Here are some questions you should take time to answer:

- * *Why do I want this change?*
- * *How will it affect me? What will I become, have or do?*
- * *What is the primary emotion I'll feel upon accomplishing my goal?*
- * *Am I doing this for myself or for someone else?*
- * *Is my motivation to change stronger than my rationalizations for staying the same (or "stuck in the wrong pattern")?*

To increase your chance for success, answer those five questions **before** you use the corresponding session script.

Reach Your Goal Better by Repeating Your Sessions

You might reach your goal with total results after the very first session.

True Story: A Man Quits Smoking in ONE SESSION! I got an email from a man who said he was so desperate to quit smoking, he locked himself in his bathroom to read my “Instant Self-Hypnosis” paperback. After two hours of reading – after using the eyes open method with the Stop Smoking script -- he never again smoked another cigarette!

You also might find that you achieve your intended goal after just one session.

But I recommend applying a script once or twice a day for three to seven days. In most cases, results begin materializing quickly in the form of a partial or total change in their behavior or attitude. A few people may need to repeat their session once a day for up to twelve days (consecutively, if possible) to achieve their goal. And it may take longer for the results for some goals to become noticeable.

How to Fail with *More ISH*

When people failed to get any results from the method, there are usually some simple reasons why. Some didn't bother reading this eBook carefully, for one. Here are some other reasons they might have had difficulty, along with simple solutions:

*** They thought they weren't hypnotized while reading, so they too quickly concluded the method doesn't work for them.** *Solution:* Please don't expect to "feel" hypnotized when using these scripts. Just follow directions and look for positive changes in your life in the next few days.

*** They were afraid of self-hypnosis.** *Solution:* Re-read chapter two to dispel the most common fears about being hypnotized.

*** They failed to follow the simple directions to read the scripts properly.** *Solution:* The directions for reading the Master Induction 2.0 and using the 48 suggestion scripts are very important. Please don't skip the directions.

*** They used a script once or twice for their goal and when they didn't see immediate results they stopped.** *Solution:* You may need to repeat your session each day, for between three to twelve days, to get results. And don't assume if you don't get results after one or two applications that it's not working for you. Sometimes the benefits sneak up on you later.

*** They really hadn't thought about their motivations for change.** *Solution:* Take a few minutes and make contact with the core emotion you'll feel when you've accomplished your goal. Get very honest with yourself and feel it strongly and fully before using the script for your goal. This first step is so important.

Now on to the scripts! . . .

(Important: While looking at the scripts, you'll notice there are **asterisks (*)** after some of the hypnotic suggestion sentences or phrases. This is an advanced concept which relates to Bonus #1 near the end of the book.)

If you're new to the method, I recommended you disregard this advanced technique for now. It slightly lengthens your hypnosis sessions. Anyway, you

probably just need to get on with the basics first.

...Body, Health & Sexuality Scripts...

“Become More Attractive”

This script is designed to encourage the subconscious mind to make inner and outer changes to become more attractive to others, as well as yourself.

“I want to become more attractive, both on the inside and on the outside.*

“With every passing day I become more and more attractive to myself as I look in the mirror, and to others who see me. There is both an inner and outer change taking place anyone can see as I become more attractive now.*

“I carry myself like someone who is very attractive. My posture is good. My walk is confident. My voice is clear and sure. Even my facial features change now to reveal a more eye-catching me. It shows in my face. It shows in my body. I am nice-looking. I am better looking to others -- to women and men. I am increasingly aware of this increased quality I display.

“My body is changing to make me even more attractive day by day.* My subconscious understands what to do to create a more attractive appearance and I allow myself to enjoy the attention of being more striking. I understand that now. And want others to find me nice-looking and show me more attention for my appearance. I let myself be seen in public places. I enjoy being seen in public places so that others can enjoy *how attractive I appear*.

“I enjoy looking at myself in the mirror.* When I look in the mirror, I notice most what is attractive about my face and body. I notice how attractive I’ve become and how I seem to get more attractive with each passing day. It’s now fun to look at myself in the mirror to see the *wonderful attractive changes* as they occur.

“I am more attractive.* I become more attractive day by day.* With each passing day my appearance improves more and more.* I look forward to the

changes as they continue to happen. I notice that my features are becoming more aesthetically pleasing to me.

“Right now, I imagine what it feels like to feel completely at ease and yet to delight in my own physical presence. I imagine looking in the mirror and smiling with joy and satisfaction, because I like the image of myself. I love myself and I appreciate that this beauty has become manifested in my outer appearance.* I imagine others can see my radiant beauty too. As I walk in a public place, I carry myself as an attractive person.”

(The Wake Up)

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!”

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### ***“Curvy, Slim Body”***

(for women)

*This script is designed to encourage a healthy, more attractive and slim feminine body image.*

“I *feel more beautiful now* as I cultivate a slender, curvy, feminine self-image.\*

“I now cultivate a positive womanly body self-image. I picture my body as

more slender, curvy and feminine.\* I picture myself as healthy, fit and beautiful.

“And I recognize all the wonderful benefits that come along with having such a lovely body. I will feel lighter and more graceful. I will move and behave more elegantly. I will feel more beautiful on the inside and on the outside.

“Other people, both women and men, will see me as a woman who has great self-respect, because of the way I take care of my body. They will see me as feminine, fit and attractive. And that’s the image I cultivate for myself right now.

“So I take a moment to feel that sense of beauty and femininity that this new body image allows me to feel (take 15 seconds to contemplate these feelings).

“It’s this beautiful, slim and curvy womanly self-image that now motivates me to do what I must to make it a complete and present reality. I know that my mind controls my appetites, so I select the healthiest foods, so I can feel the satisfaction of enjoying my fit, slender and lovely body.

“I discover that I get more satisfaction from eating smaller amounts of healthy, lean foods that assist me in achieving my fit body. My appetite now changes and regulates itself to desire the correct amounts of nutritious foods, in just the right proportions, to match the curvy, slender self-image I now cultivate.

“My motivation to exercise and be active doubles now to accommodate this strong drive to match my slender, feminine self-image. And every time I engage in exercise or sporting activities, I feel a great surge of self-pride and growing satisfaction knowing that I am living up to this beautiful image of myself.

“As I exercise, my body will automatically regulate itself to change into the fit and slender self-image I now cultivate.

“I imagine, soon stepping out of the shower and see my body in the mirror. I

feel a wave of feminine grace, confidence and pure satisfaction as I see how lean, *slender and lovely I am!* I look alluring and healthy. And this is the way I look and feel all the time now, in or out of clothes.

“It’s a great feeling. As I gaze at my fit and feminine image, I think back to when I first started cultivating this image of myself. I marvel that it was easy to change my eating and exercise habits to bring this image of myself into the reality I now experience. And I recognize that I am motivated to maintain this lean and potent image of myself.

“I am comfortable with the idea of having a slender, curvy and attractive body image. I am relaxed knowing that I will feel more self-respect and pride. I am comfortable that others, too -- men and women -- will find me more beautiful and attractive.

“I look forward to having the confidence and poise that come with this body image. And whenever I want to feel a surge of strong female motivation to bring this body image to fruition, I run my hand through my hair and say silently or aloud, ‘slender and beautiful’ three times in a row. And as I do that, the motivating feelings of self-respect and beauty will flow through me . . . motivating me to eat the right foods and enjoy more exercise . . . to help me achieve a slender, fit and beautiful body.”

*(The Wake Up)*

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!”

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“Easy Weight Release”

This script is designed to encourage easy, healthy weight loss.

“I am ready to easily release excess weight from my body.*

“It’s time for me to experience more happiness and enjoy the many benefits of a lighter, healthier and more attractive body. I allow nothing and nobody to stand in my way of releasing excess body fat and weight. The decision has been made right here . . . right now . . . to let go of all that contributes to excess fat and poundage. I dissolve all excuses and rationalizations and take responsibility and control. And that feels very good.

“I imagine myself 50 pounds heavier than I am now. I think about how it feels to lumber around . . . how bloated I feel. I feel restricted and encased in excess fat and water. I sweat profusely, feeling uncomfortable, unhappy and ashamed. It’s a very undesirable way to feel and live.

“But now I imagine what it feels like when I have already released all the excess weight.* I am slimmer, trimmer and feel marvelous about the way I look and move. I picture stepping out of the shower and looking at myself in the mirror. I look good and I feel a sense of confidence and poise. I run my hands over my now flat stomach. All the pounds and inches have come off in just the right places. And as I step onto the scale, a feeling of utter satisfaction and elation come over me as I see the number on the scale. It’s just the right weight for me. And this is always the way I want to feel about my body and about myself.

“I ask myself if I would ever trade these wonderful feelings of health, attractiveness and confidence back for fattening, sugary or greasy foods? No way! I wouldn’t trade the marvelous feelings that come with being slimmer, trimmer, healthier and happier for any food or quantity of food in the world.

“Now I imagine myself in my favorite clothing store trying on a new pair of

pants. I discover I must try a size smaller to fit my reduced waist size. And that makes me feel terrific! The smaller size fits me really well, and I look great as I observe myself in a three way mirror—one that shows all the views of my new excellent look. This is a wonderful day! And I know I would never trade these feelings for excessive portions of food. No way!

“I picture myself at a party after releasing all the excess weight. There are buffet tables filled with all sorts of foods I can see and smell. Some of them are healthy and some of them are fattening. As I look over the foods, an acquaintance I’ve not seen in months barely recognizes me and then gushes about how wonderful I look and how I almost seem like an entirely different person.

“I realize that I am an entirely different person.* I am now a healthy, fit and more attractive person. And as I remember this, it becomes an easy matter to place only wonderful, correct foods on my plate, in modest amounts. As I eat these health-giving choices, they taste good and satisfying.

“As the excess pounds drop away day by day, I feel a natural inclination to move my body more. This urge to move may take the form of walking, sporting activities, gardening, doing housework, or anything else that lets me enjoy the improved action and movement of my lighter, leaner body. This increased physical activity makes me feel happy, safe and comfortable about myself as a person in this leaner body.

“When I emerge from this self-hypnosis session in a few moments, I will discover how easy it is to release excess weight. I automatically eat smaller portions of healthy foods that assist me in reaching my goal. I will have no desire for excessive portions of food.

“Every time I say NO to an unhealthy food, I am filled with a feeling of empowerment, health and satisfaction.”

(The Wake Up)

“I will awaken myself from hypnosis safely and easily by counting to five.

When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!"

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### ***“Eliminate Warts”***

*This script is designed to help the body get rid of warts.*

“I want to eliminate warts from my body.\*

“My mind has a great power to *change and heal* my body. Right now my subconscious mind is controlling so many bodily functions. I can communicate with my subconscious today through self hypnosis as I read—to eliminate warts completely from my body.

“My subconscious is my great friend and ally for restoring and maintaining optimum health and appearance, so I know my subconscious is willing to accept the suggestion to heal my body of warts, and renew that part of my body with healthy clear skin.

“With my imagination I can now direct my subconscious mind to heal those useless warts with ease.\* I picture how a wart is structured with many little blood vessels that bring it nourishment. I picture shutting down the capillaries and veins and depriving the warts of nutrients so that they begin to starve. As the warts starve, they now start shrinking. I see those warts shrinking . . . shrinking . . . smaller and smaller . . . until they vanish completely . . . and are replaced by new and healthy skin.\*

“And now I imagine myself soon. All the warts are long gone.\* As I inspect the area where the warts once were, all I see and feel is healthy, vibrant, smooth



skin. I feel a sense of pride and empowerment. I realize my mind's ability to heal my body.\*

“With this awareness of my ability to create positive change, I become instantly more confident and more at ease. I have a wonderful outlook on my body and my life, and I appreciate myself more than ever.”

*(The Wake Up)*

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!”

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“Feel Sexy”

*This script will help you recognize yourself as a sexy and sexual person
(valid for either gender).*

“I feel sexy.*

“I enjoy the idea of feeling and being sexy. When I *decide to feel sexy* . . . I move and behave more playfully and confidently. There's a twinkle in my eyes expressing how I'm alive, dynamic and sensual. Others can pick up on this spark of sexuality, even when it is subtle. And this is useful not only in sexual situations, but also in social and even in business situations. Yes, a *deep awareness* of myself as sexy can help me in many ways and circumstances. People are attracted to and favor confident, sexy people.

“So I increasingly see myself and think of myself as a sexy and sexual individual.* I recognize my body is, in fact, a sexual instrument. I take the time right now to appreciate and *love my body* in all of its sexual and sensual facets. My hands are sexy. My arms and legs are sexy. My chest and back are sexy. My eyes, ears and lips are sexy. My butt is sexy. Every part of my body, including my sex organs, is sexy. Whether I consider myself as good looking, my body is sexy, and I am a sexual being. My sexuality is a fact. I, therefore, fully embrace my body and my personality as sexy and appealing.* And it brings me great fun and fulfillment to accept this truth about myself!

“Because it is a simple fact that I am a sexy and sexual being, I realize that feeling sexy is a state of mind I can cultivate right away. I choose now to *feel* sexy, sexual and sensual and to allow myself to fully enjoy this aspect of life. I release outworn and false notions about sexuality and about myself that have kept me from this enjoyment. Instead, I adopt an inner awareness and attitude of sexiness that empowers me. Even now, I can *feel that confidence* welling up inside me that I can carry with me, wherever I go.

“Because I feel sexy, I can feel confident attracting those I want to attract. I imagine myself now in a social venue enjoying the company of someone I find very attractive. I allow my natural sexiness and self-assurance to shine forth. The way I speak and move is gently laced with movements that reveal my inner confidence in my own sexuality. Because I believe in myself, this special person believes in me, too.

“In everyday social or business situations, I imagine that poised and confident attitude. The awareness of my own sensual qualities exudes a subtle influence and attractiveness friends and associates respond to.

“And when I am in intimate situations with a partner, I see myself totally enjoying feeling and being sexual.* There is an ease and a flow to my newfound confidence that increases feelings of intimacy and pleasure. And my partner responds very well to my ease and sexual confidence.

“Even when I am by myself, like right now, it’s as though some part of me, deep down, is confidently smiling at this wonderful sense of my own unique

sexiness and sensuality.

“Being sexy is a natural part of me.* I awaken myself to that part and enjoy it as a part of life. And as I do, I discover that I am so much sexier than I ever realized before. All I had to do was recognize it, believe it and embrace my sexy self as I go about my life.”

(The Wake Up)

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!”

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### ***“Feminine Pleasure”***

*This script is designed to help women feel more sexual pleasure.*

“I am ready to enjoy greater sexual pleasure and fulfillment.\*

“As I engage in the sexual activity of my choosing, I relax my mind and let my body and subconscious bring forth natural, pleasurable sexual feelings.

“Studies say that sex naturally reduces stress. So as I immerse myself in sexual thoughts, feelings and pleasure—any stressful thoughts about work, home, religion or childhood memories fade from my mind as foggy mist does before the sun. All that remains is my sexual self, and my desire and attraction for the person of my affections.

“The most important sexual organ of my body is my brain. And my subconscious knows exactly what kind of thoughts, desires and activities tap into the sexual pleasure center in my brain effortlessly and automatically.\* Sexual desire and powerful *sexual imagery flow* freely through my mind and body, arousing me more and more.

“The touch and even the *anticipation of the touch* of my partner trigger a feminine sexual response in me to become sexual and intimate. And this sexual response is automatic. My body becomes flushed with sexual desire. I really like that sensation. All I need to do is relax, feel it rise in me and enjoy *my sexual pleasure*.

“Part of enjoying the sexual pleasure is in appreciating my own feminine body and all of its functions. I recognize every part of my body as part of my sexual apparatus. My body is beautiful, sexy and feminine. And I can touch myself during times I want to be sexual and feel how sexy and sexual I am to myself and any sexual partner I may have.

“All of my senses become heightened as I playfully encounter my partner’s body and touch. My attraction toward my partner is like a sexual current—electric and magnetic. I let this electromagnetic feeling sweep through my mind, emotions and body, taking me deeper into pure sexual bliss.

“Erotic activity may be simple or creative. Whether it’s simple or creative, I enjoy each erotic activity the way I would enjoy a feast of many kinds of wonderful food. Just as I can savor a ripe fruit or a sumptuous gourmet dish, I allow myself to sample and *savor the sexual* activities I enjoy.

“Sexual pleasure and desire *come in waves*.\* I naturally sense these waves as they rise and fall within me. As I ride the waves of love and erotic pleasure, the peaks of pleasure of these waves grow higher and higher until my body naturally reaches its erotic zenith. As I breathe deeply, I release and let ultimate pleasure run through my entire body.\* I have a right to experience this wonderful human pleasure, so I embrace my ecstasy fully and joyously.

“And when the intimate sexual connection finally wanes, I feel a profound satisfaction in mind and body. There is a certainty that I have met my desire and need for sexual contact and intimacy with another human being. And I feel proud that I let myself enjoy myself thoroughly and unreservedly.

“It feels good being a sexually satisfied woman.\*”

*(The Wake Up)*

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!”

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“Firmer, Lasting Erections”

This script is designed to encourage firmer and longer lasting erections for men during sexual pleasure.

“I want to experience and enjoy firmer and long lasting erections during sexual activity.*

“My subconscious self completely regulates my sexual functions, including the quality and longevity of my erections. I easily direct my subconscious self through hypnotic suggestion now to generate *firm and enduring erections*, whenever I engage in sexual experiences.*

“Sexual arousal is natural and automatic.* It’s nothing I have to work at or try to do. As I relax and allow those instincts to emerge from my deep mind and

affect my body, my erections *automatically become fuller, firmer* and longer lasting.

“I am relaxed and at ease right now. I let all stressful thoughts about things like work, performance and relationships gladly drift farther and farther away . . . Those things seem distant or unimportant while I enjoy this wonderful hypnotic relaxation. It’s a time and experience I’ve set aside for myself, and I can just let go and *enjoy the pleasure* of relaxing and letting go.

“And I also enjoy the pleasure of letting go when I get sexually aroused. Everything else seems to drift away as I enjoy my growing desire and the way my body automatically responds and gets excited. As I mentally relax and just enjoy my sexual pleasure, my penis automatically becomes firmer, more erect, and stays that way as I continue to enjoy myself.

“Even thinking about sex, allowing my imagination to run freely onto sexual situations, positions and activities, is enough to *generate a firm and lasting erection*. There are certain conscious and subconscious sexual ideas and images which, as I relax, strongly *stimulate my sexual desire* and result in a firm, potent erection.*

“When I see and touch my partner, and when my partner sees and touches me, the intensity of my sexual instincts increases my sexually arousal. My desire to feel and give pleasure grows stronger. And as my desire for sexual pleasure rises, my *penis becomes very firm*.*

“I imagine right now that I am with my partner as we are beginning to be sexually intimate. As each piece of clothing is removed, all non-sexual thoughts and self-consciousness are removed at the same time. What remains are my love and attraction for my partner, and my emerging, powerful, male desire for sexual pleasure.

“It’s as though I have entered into a *deep sexual* kind of trance, where strong and arousing feelings *flow easily* and freely. I relax and enjoy each sexual moment and let all of my senses *become engorged* with the sensations of sexual pleasure. My penis becomes quickly engorged, as well, and I delight in my sexual prowess and the longevity of my arousal. My penis remains stiff until

after I release myself.*

“I will notice how firm my erections become when enjoying sexual arousal. I discover how easy it is to let my mind and body flow instinctively to create strong and long lasting erections, and I appreciate the confidence this brings me from this day forwards.”

(The Wake Up)

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!”

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**“Go to the Gym”**

*This script will motivate those who have a gym membership to take action and exercise.*

“I want to go to the gym regularly.\*

“A key to a happy life is balance. And part of that balance is taking care of my body by giving it the right exercise it needs to be fit and healthy. And by going to the gym regularly to exercise, I feel more alive, energetic and balanced.

“Right now I am determining how many times a week *I want to go to the gym*. And I also determine at what time I will go. I now make a positive commitment to myself to *go to the gym* at these appointed days and times. I think now of the very next time I will go to the gym.\*

“I joined my local gym because it provides a well-equipped place of like-minded people who want to improve the quality of their bodies. It’s a place I can

*go and focus* on the appearance and well-being of my body.\*

“I give myself full credit for taking the step to join a gym. This signals to my subconscious that I care about my health, my appearance.

“And now it is time to go to the gym regularly and work out my body so that I can enjoy the benefits of a fitter, healthier body.

“I imagine myself walking through the door of my gym now. I am motivated by the others which are at the gym. Many of them are very fit, healthy and powerful. I am inspired by their figures and physiques and realize how good it will feel to maximize my own body’s fitness potential.

“There are also people in the gym whose bodies are quite out of shape, overweight and weak. But, I feel equally inspired by them, because they show the *courage and positive commitment* to come to the gym and change their bodies for the better.

“As I begin to work out, a strong feeling of enthusiasm fills me. The physical activity makes me feel alive and strong. And I realize by just deciding to come to the gym, I am making my whole life work better.

“Going to the gym is a treat.\* The gym is like a mini-vacation from all of my other concerns. It gives me time to focus simply on my body and my health.

“I picture myself getting ready to go to the gym now. I gather any clothes, shoes or other items I need to work out properly. I imagine taking the transportation I use to get to the gym. As I get closer and closer to the gym, a wonderful sense of balance and satisfaction with my choice emerges in me.

“As I walk through the door of the gym, I leave the stresses of my life behind. I totally concentrate on my wellness, my fitness, my happiness.\* And as I picture myself working out now, I sense the natural stress-reducing hormones filling my body and making me feel so happy and alive!



“I am so excited about my very next *visit to the gym*. I love what going to my gym does for my body, my mind and my life.”

*(The Wake Up)*

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!”

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“Good Posture”

This script is designed to establish correct standing and sitting posture and enhance confidence through body language.

“I display excellent body posture on a continuous basis.*

“I walk tall, with my head held straight up, my chest out and my shoulders back.*

“My subconscious remains vigilant to keep my posture excellent whether I’m sitting or standing. My posture is like that of someone who is self-assured, confident and poised.*

“My posture as I walk, stand or sit gives me an air of nobility and authority. People can sense this good kind of pride I take in myself, and they respond well to it.

“Right now, even as I am reading this script, I adjust myself in my chair, or

wherever I am seated. My back is straight yet relaxed. My shoulders are back and relaxed. My chest is out, slightly forward. And I can feel as I adjust my posture . . . self-confidence comes over me. It's as though my improved posture and my feelings about myself are linked.

“And that feeling of self-confidence is something I want to experience all the time. So I maintain excellent posture so that I feel good about myself in any and all situations.* I hold myself like a royal . . . like a king or a queen. Even the regal way I position and move my head displays poise and balance.

“I realize now that the way I position and display my body has a direct influence on the way I feel about myself. I, therefore, choose to have *excellent posture at all times*, because I enjoy feeling good about myself at all times.*

“I imagine walking down the street from where I live now. Though I walk in a relaxed manner, my head is up, my shoulders back and I feel regal, I feel special, I feel good about myself. As people walk by me, they see a person who is confident, self-assured, dignified. They admire the way I carry myself.

“I now imagine sitting at a meeting or at a restaurant. Some of the people around me are slumping, and I feel sorry for them. Because I sit with my back straight, my head upright, when people look at me, they see someone who has high self-esteem and is self-possessed. And that's the way I feel, as I sit with good posture.

“I consciously and subconsciously make a habit of maintaining excellent posture.* I recognize that having an excellent posture is a secret to having and expressing more confidence. So anytime I want to boost my self-confidence, I check my posture and make it even better.* And this improvement in posture gives me an inner sense of nobility. I feel like a queen or a king. I am poised and I am dignified both inside and out.”

(The Wake Up)

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward

with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!"

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## ***“Healthy Choices, Healthy Body”***

*This script is designed to encourage healthy food choices.*

“I now become aware of all of my lifestyle behaviors so that I may make healthy, positive choices.\*

“From this day forwards, now on, as I am about to eat a meal or a snack, I become vividly aware of the choices before me . . . vividly aware . . . of my options with food. And in those vivid windows of awareness and clarity of mind . . . I have complete freedom . . . to choose the healthiest available options for me. And *I can choose* to avoid entirely foods that might disrupt my well-being. I can decide which foods will bring me health and happiness. And I will notice . . . as I freely choose the healthier foods to eat . . . a wonderful sense of self-satisfaction and great control . . . to make the best possible choices.

“I am acutely aware of how I feel throughout the day . . . how my body feels. . . and of my emotional wellness. Because this heightened awareness gives me the opportunity . . . to change how I feel . . . and to make better choices. So if I discover my body or mind feeling stressed or tense, the awareness allows me the freedom to *release those feelings*.

“I can easily choose to release stress, tension or negativity by drawing and releasing three slow breaths and saying to myself, silently or aloud . . . ‘Peace, peace, peace.’\* And as I say it, my body and my emotions return to a calm and centered place.\* And from that place, I can continue to make the best choices for my well-being and the life I want to live.

“There may be other healthy lifestyle choices I can make . . . simple changes that make me feel better physically and emotionally. And I enjoy the freedom of movement . . . that comes with making choices . . . that grant me greater health and happiness. And it all begins with my thoughts . . . and recognizing how much I care about myself . . . and how much I value the freedom of choice . . . that good health brings me.

“And part of good health . . . that gives me the freedom of choice . . . is the care I give my body. By choosing to carefully select what I eat . . . by giving my body the proper amount of exercise . . . and by releasing all unnecessary tension . . . I am showing my body the proper amount of love and respect it deserves. And in return, my body thanks me . . . by maintaining optimum health and performance . . . so that I can experience greater health and happiness . . . every day of my life.

“I imagine now that I am at a buffet table. There are so many wonderful looking foods in front of me. As I stand there with my empty plate, I become very aware of my freedom to choose the foods that I want and to avoid the foods that do not serve my well-being. It is easy to recognize which choices will add to my health and happiness, and I see myself picking those foods, in moderate amounts to put on my plate. And as I make the right choices for me, I feel a wonderful sense of self-respect, because I am treating my body well. That means I am treating myself well. And that makes me feel good.

“The buffet table is a metaphor . . . for all the areas of life in which I have the freedom to make healthy choices and to feel really good about myself. Because good health means I can continue to have more freedom in every area of life.

“And that freedom brings the opportunity to experience greater levels of happiness and satisfaction in every area of my life.”

*(The Wake Up)*

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward

with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!"

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“Increase Metabolism, Burn More Calories”

This script is designed to encourage the subconscious to increase the metabolism and burn more calories safely.

“I want to increase my metabolism to burn more calories safely and have more energy.*

“My subconscious is in command of my bodily functions, including metabolism. Through self-hypnosis and the power of suggestion, I now instruct my subconscious to begin to raise my metabolism to that healthy level most effective for burning more calories and experiencing increased vitality.*

“I will begin breathing deeper on a consistent basis, starting now. Inhale . . . (inhale a deep breath) . . . and exhale (release the breath fully). As I breathe deeply from this day forwards, the increased oxygen will be charged, and my metabolism will increase along with my energy level. And I will remember how easy it is to take deep, relaxing lung-filling breaths to charge my body and my brain.

“I will also notice an urge to move my body more in day to day life. I find myself stretching my muscles and joints every day. I discover myself walking more and more, taking the long way just so I can enjoy the activity of walking. While I know the limits of what my body can do, I discover new ways to become more active. All of these activities will assist my body in raising my metabolism . . . and burn *more calories automatically*.

“I imagine now that I am looking at a burning fire in a great fireplace that

burns day and night. The fire represents my metabolism which I want to raise with control. So I select only the best quality wood to place on the fire to make it burn bigger and hotter. I don't put too much wood on the fire at any one time, because that might smother the fire. Instead, I put just the right amount of fuel so that the fire can thrive. I pick up a bellow and blow more oxygen on the fire and watch it blaze hotter and brighter. And I feel a wonderful sense of satisfaction tending the fire and making it burn hotter and better.

"The fire represents my metabolism which I want to raise gently. The wood represents food. And the bellow represents my level of physical activity. My metabolism works day and night to burn calories and fat. And I select moderate quantities of high quality foods to fuel my body at carefully spaced intervals in order to encourage my metabolism to raise and burn more calories. I breathe deeply and find ways to move my body to circulate the blood and fill my body with more oxygen . . . and this also helps me to burn more calories and maintain a safely raised metabolism.

"I instruct my subconscious mind to subtly and safely raise my metabolism, whenever I eat a meal.* As I sit down and feel the chair beneath me during mealtimes, a post-hypnotic suggestion is activated to raise my metabolism safely to a level that is perfect for burning fat and calories. So whenever I sit down to eat, my subconscious mind will automatically and raise my metabolism conservatively.

"As my metabolism is raised and burns more calories, my body will become fitter, and my muscles will be better toned. And I will have more energy and feel more alive than ever before."

(The Wake Up)

"I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!"

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## ***“Love Low Carb Eating”***

*This script is designed to encourage discipline and enjoyment of a low carbohydrate eating program.*

“I love low carbohydrate eating.\*

“I now choose to adopt a regular diet of low carbohydrate foods and do so with great delight and enthusiasm.\* As I decide to release any attachment to sugary and starchy foods, I reap the many rewards!

“I love eating low carb because it *makes it easy* for me to control my weight automatically.

“I love low carb eating because my blood sugar levels remain healthy.

“I delight in *only eating low carbohydrate* foods because my mood and energy levels remain even, clear and bright!

“I fully commit to my choice of a low carb eating lifestyle, so I can enjoy becoming healthier, fit and happy.

“I dissolve any appetite for the fleeting and disappointing experience of eating high carbohydrate foods.\* I realize those foods made me feel sluggish, tired and irritable. They spiked my blood sugar and made me fatter. So I turn my back on those higher carb foods and choose now the foods that assist my body in feeling and looking at my best. High carb eating made me unhappy and unhealthy. So I gladly adopt low carb eating as my lifestyle of choice, because I want to feel happy, healthy and energetic.

“I love eating low carb because my mood and energy levels are measured and consistent. Even as I think about it now, I feel my mood brighten and balance.\* My emotions are no longer being negatively influenced by high carbohydrate foods.

“I imagine standing with an empty plate at a buffet table with a wide variety of available foods. Some are low in carbs, others are high in carbs. There is meats, vegetables, bread, pasta and much more. I automatically find myself bypassing the pastas and breads and choosing only low carb foods. It’s as though the high carb foods are virtually invisible to me, because they have *lost all the appeal* they might have once had.

“It’s easy and pleasurable for me to fill my plate only with those low carb foods because they will satisfy my taste buds and my appetite completely. As I sit down to eat, I *feel a sense of pleasure and satisfaction* with myself and my choices, even before I eat a single bite. I genuinely *enjoy choosing foods low in carbs* and passing over high carb foods entirely. And as I eat the delicious low carb foods on my plate, I allow the full taste and texture of the foods to please my palate.\*

“And I realize that eating low carb is more than a diet for me. Low carb is my normal, everyday way of eating. Some people are vegetarian as a lifestyle, and they love it. It’s something they choose and they have *no desire to deviate* from it. Some people are allergic to certain foods. And they *avoid those foods that cause them harm*. Like a vegetarian, I love eating low carb as a lifestyle. And like those allergic to certain foods, I avoid the high carb foods because they cause my body harm.

“I make eating lower carbohydrate foods a wonderful and positive habit. It’s now automatic for me to choose to eat low carb.\* And as I discover how easy it is to choose only low carb foods so that I can be healthier, fitter, and clearer headed, I will realize how much I love eating this way every meal, everyday.”

### *(The Wake Up)*

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . .



beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!"

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“Reduce Hot Flashes”

The suggestions in this script assist in the reduction of hot flashes women may experience during menopause or from hormone therapy.

“I reduce the number and severity of hot flashes.*

“My mind is amazing and can be trained through hypnosis now to affect my body. With the help of self-hypnosis, I instruct my subconscious to *cool down hot flashes*, reducing their severity and frequency.*

“Estrogen has a role to play in regulating my body’s temperature. When it fluctuates, my brain sometimes gets the wrong signal and thinks my body is too hot and tries to cool me off with hot flashes and sweating. However, I can tell my body and brain, I’m not overheated through simple imagery and self-hypnosis now, and control, reduce and even *eliminate hot flashes altogether*.*

“I reduce the stress in my mind and body to ease and reduce hot flashes. Stress can sometimes trigger them, so I do everything in my power to minimize and lower stress levels. Even now, by hypnotizing myself, I am dissolving stress, because hypnosis naturally relaxes the body and mind. So I automatically discover a reduction in the number and severity of hot flashes just by taking this time to hypnotize myself.

“I think of the color blue as a cooling color now. I can think of a cold icy blue or an airy sky blue or even a comfortable deep and relaxing blue shade. No

matter which blue I think of, just thinking of that color sends a signal to my brain that I feel cool and comfortable, and I'm not overheated.

"I can even turn that dial even now in my imagination to reset my internal temperature to a much lower level (imagine turning the dial to blue color). And by doing so, I find a wonderful reduction or complete absence of hot flashes in my daily life from this day forwards.

"It's remarkable just how much control I have over my own body. By communicating with it properly, it automatically balances and adjusts my internal temperature, so I remain comfortable almost all the time. If I find myself beginning to feel too hot, I imagine with my eyes open myself turning that dial to the left while thinking of the color blue. And this immediately tells my brain, I am not overheating, and that I am cool and comfortable."

(The Wake Up)

"I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!"

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## ***"Reduce Stress and Blood Glucose Levels"***

*This script is designed to reduce stress levels in order to lower blood glucose levels.*

"As I reduce my stress levels, I reduce and maintain healthy blood glucose levels.

"I acknowledge the relationship between the mind and the body. I recognize

the potential link between stress and blood glucose levels.

“And as I now take control over my stress levels through self-hypnosis and the power of suggestion, I experience a positive effect on my blood glucose levels. Eliminating unnecessary stress from my life, I effectively lower my blood glucose to safe and healthy levels.\*

“Stress is the body’s natural fight or flight mechanism. It is initiated by my brain, whenever there is a perceived threat to my well-being. It is a good and life-preserving mechanism if I am ever in danger. However, when there is no danger to my body, I feel no real need for the stress mechanism to initiate.

“I now instruct my subconscious mind to allow my body to remain calm and relaxed except in times of physical danger. By remaining carefree, unwanted stress is eliminated so that my other bodily functions can perform in a balanced and healthy manner.

“I imagine two big round gauges on a control panel. One is labeled ‘Stress Level,’ and the other is labeled ‘Blood Glucose Level.’ There is a vibrant green control knob right beneath the ‘Stress Level’ gauge. I turn the green control knob counterclockwise with my hand, and I see the meter on the gauge begin to lower. And at the same time I see the meter on the ‘Blood Glucose Level’ is lower. And I realize that whenever I take control to lower my stress level, I *automatically safely reduce my blood glucose* at the same time.

“As I now decide to become aware of and to control my stress levels, I simultaneously gain more control over my blood glucose levels. I use the skills and knowledge this self-hypnosis session has brought me, whenever I choose. And I am provided an effective means for gaining more mastery over the health of my body. What I desire most is a healthy body.”

*(The Wake Up)*

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware

of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!"

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“Relieve Chronic Back Pain”

This script is helpful for relieving psychosomatic back pain.

“My back feels healthy, normal and comfortable.*

“My subconscious mind is very powerful. And I know that it sometimes creates discomfort in various parts of the body to distract me from very strong feelings of rage or sorrow that I have been hiding from myself. At times, it creates pain in the back to keep me from feeling powerful emotions it thinks I can’t handle.

“I appreciate that my subconscious mind wants to protect me through this distraction. But, I consciously decide now to discontinue manifesting pain in the body as a distraction from difficult emotions. I, therefore, instruct my subconscious, which is ready and willing to take my direction, to discontinue creating distractions of pain in the back or any other part of my body. I instruct it to return the blood flow and oxygenation in the back to normal.* Return the *blood flow* and oxygenation of those nerve endings to normal, healthy levels.*

“As I read these words, I simultaneously place my awareness on my back in the area where discomfort manifests. I now imagine that part of my body can breathe in and out much the same way that I breathe with my lungs. I see it draw in relaxing breaths of oxygen and releases all conscious or subconscious tension (draw two breaths and imagine this). Now I picture those drawn in breaths are made of a pure golden color . . . that the air my back breathes has a golden yellow hue (draw two breaths and imagine this). As I release these breaths, all discomfort is released as well. The area I’m concentrating on returns to feeling normal and healthy and pain free.*

“I now imagine that my whole body can breathe in the same way. Every time I draw in a breath through my nose and mouth, I simultaneously imagine my entire body draws in the golden yellow air that soothes and normalizes my whole body and my entire nervous system (draw three slow breaths while seeing this). My body is now free of any psychosomatic discomfort.* And it will remain that way because I have instructed my subconscious to do so.”

(The Wake Up)

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!”

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### ***“Strong, Lean and Powerful Body”***

(for men)

*The following suggestions are designed to promote a lean yet strong body.*

“I feel great satisfaction when I think of my body being strong, lean and powerful.\*

“I now cultivate a positive masculine body image.\* I picture my body possessing lean muscle.\* I picture myself as strong, powerful and fit.\* I recognize all the wonderful benefits that come with having such a fine body. I will feel so self-confident with this self-image of strength and fitness. I will feel healthy on the inside and on the outside.

“With this body of strength and health, I will carry myself with self-respect

and great dignity. Other people will see me as an energetic and healthy man, vital and capable. I feel truly proud of myself as the outer man shows off my inner power and motivation. I take a moment now to bask in the way this image of myself feels (wait 15 seconds before continuing). . .

“It is this self-image of a powerful, fit and lean body that motivates me to do what I must to bring it into full reality. I know that since the mind controls my appetites, I will select the healthiest foods, so I can feel the satisfaction of possessing a lean, strong and fit body.

“I discover that I get more satisfaction from eating smaller amounts of healthy, lean foods that assist me today in achieving my fit body. My appetite now changes and regulates itself to desire the correct amounts of nutritious foods, in just the right proportions, to match the fit, strong self-image I now cultivate.

“As I exercise, my body will automatically regulate itself to change into the fit and powerful self-image I now promote.\*

“I imagine myself soon stepping out of the shower to see my body in the mirror. I feel a wave of male prowess, confidence and pure satisfaction as I see how lean and powerful I am! I look strong, sexy, and vital. Now... this is the way I look and feel all the time -- in or out of clothes.

“It’s a great feeling. And as I regard my fit and masculine image, I think back to when I first started developing this image of myself. I marvel that it was easy to change my eating and exercise habits to bring this image of myself into the reality I now experience. And I recognize that I am motivated to maintain this lean and potent image of myself.

“I am satisfied with the idea of having a lean and commanding body image. I am comfortable knowing that I will feel more self-respect and pride. I am comfortable that others, too, will find me more manly and attractive. I look forward to having the confidence and authority that comes with this body image.

“Whenever I want to *feel a surge* of manly motivation to bring this body image to powerful reality, I make a fist and say silently or aloud, ‘fit and powerful’ three times in a row.\* And as I do that, the motivating feelings of self-respect and vitality will surge through me . . . motivating me to eat the right foods and enjoy more exercise . . . to help me achieve a lean and powerful body.”

*(The Wake Up)*

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!”

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...Mind, Behavior & Spirit Scripts...

“Achieve My Potential”

These suggestions motivate you to find and seek your fullest potential in life.

“I want to and am ready to achieve my potential in life.*

“I am able to become, attain and acquire more than I have yet to imagine. I refuse to settle for less from life. I refuse to settle for less from myself. It’s time to feel motivated and live my life passionately and with excellence.

“I’m capable of *so much more*, and I’m willing to do whatever it takes to reach my potential. If I need to learn more, I find ways to become better educated. To obtain new skills, I find those who can teach me. If I need to shake hands to get where I want to go in life, then I find those hands to shake. To reach my physical peak, I alter my eating and exercise habits. Whatever I want to achieve, I set my whole mind and body to it now.

“I recognize that things take time and effort to achieve. So I break down my larger goals into smaller ones and fulfill those goals one by one until I achieve my ultimate goal.

“I stay positive as I put my goals in motion. I dissolve all negativity, whether it comes from my own mind or from the minds of others.*

“I establish a balance within myself, so I am self-disciplined yet forgiving if mistakes are made. Even mistakes lead me nearer and closer to my potential.

“I take full responsibility for myself and what happens in my life. I stop blaming people, society or institutions for my circumstances. Any unfair treatment from the past or the present only makes me stronger. And the more powerful I get, the more fully I can live my possibilities.

"I build in my imagination a picture of my most successful self. I look healthy, attractive, and secure. I am dressed in fine clothes and have a regal countenance. In my eyes, there is a look of strength, high self-esteem, combined with wisdom and compassion. I carry the look of success and achievement.*

"The power to change, improve and reach for what I want to be, do and have is mine. I now use that power to spring forward in my life and live to the fullest. I see every circumstance and every person that comes my way as a means to live, learn and grow.*

"A powerful *shift is taking place in me* during this self-hypnosis session.* From this moment forward I will have a 'Can Do!' attitude about what I want to do. I find that life is worth enjoying on many levels that I previously took for granted, or that I simply didn't notice.

"But now I notice. And I see that life is good and full of *opportunities for me* to become better. With every passing day, I grow more and more into the image of my most successful self.

"I live to my fullest potential now."*

(The Wake Up)

"I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!"

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## ***“Assertive, Confident Salesperson”***

*This script is designed to assist the salesperson in becoming more confident and assertive in business situations.*

“I now want to become a more assertive, successful salesperson.\*

“I am a unique individual, which means there is no other salesperson exactly like me. Customers like my unique and friendly personality whom I bring to my presentations. And because *they like me*, they are more likely to purchase what I offer. I am persuasive, knowledgeable and effective with sales.

“Successful selling depends on the relationship and intelligent conversation between me and my perspective clients. I begin building the relationship with a little small talk. Then I look for something we have in common. And as I listen to how the customer communicates, I find a way to match their style. If the customer speaks fast, I speak fast. If they speak slowly, I speak slowly.

“I pay attention to the customer and focus on what they say and do with genuine interest. And this makes the customer more interested in me. The more we talk, the more the customer trusts me. Sometimes, this will take some time or even more than one conversation. That’s fine to me.

“My job as a salesperson isn’t to force anyone to do anything. Instead, I offer information and potential solutions to my customer or client, they may not have realized.

“All interactions I have with a customer, even those not dealing directly with sales, provide me with the opportunities to expand my understanding about the customer’s life. The more I understand my customer, the more I understand how my services or products can fit their needs and desires.

“People buy things when it makes sense for them to do so. When the reasons in my offer, proposal or presentation are strong and compelling enough—those people will buy from me!

“Sometimes customers aren’t ready to buy after our first conversation. And this is completely okay. But, by building a relationship with the customer, they are likely to return to me when they are ready to buy. They will remember my sincerity and professionalism.

“I imagine myself with a potential client now. This potential customer happens to speak somewhat quickly. So I subtly adjust my way of talking to match his quick speaking style. As I ask questions, I look for common ground. When I find similarities, I let the customer know in what way we are alike. And I can feel the customer beginning to relax and feeling a rapport with me. I inform the client how my service or product meets their needs. At the end of the conversation, I can sense the client likes what I have to offer. I ask for the sale. The client says yes.

“I’m an excellent and assertive salesperson.\* My confidence in my personality and my way of selling products and services increases daily.\* I recognize there’s a place in my market for someone like me. I use my personality and powers of observation to become outstanding in sales. I’m excited to bring my unique skills and gifts to perspective clients and customers.”

*(The Wake Up)*

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!”

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“Astral Travel Tonight”

This script is designed to encourage an out-of-body experience.

Recommended Instructions: Read right before bedtime.

I am ready to experience astral travel tonight.*

“After I go to sleep tonight, I will have a self-aware out-of-body occurrence.* I will experience myself in my astral body and enjoy safely travelling on the inner planes of reality.*

“Having an out-of-body event is a joyous adventure that may prove to me that I exist beyond the physical dimension. It is a voyage to other dimensions and possibilities.

“Astral travel is a natural phenomenon. People often experience astral travel while sleeping, yet they fail to remember their experiences, or else they mistake their journeys for a dream. But, my mind will alert me when I’ve left my physical body so that I may be lucid during my out-of-body experiences.

“I dissolve fears or worries about astral travel. I can return to my physical body at any time by the simplest desire to do so. In the unlikely event that I am not enjoying my out-of-body journey, I return to my physical body safe and secure.

“I am an astral traveler tonight.*

“I imagine that I have already gone to sleep. I suddenly find my mind active and aware even though my physical body remains asleep. I discover that I am floating near the ceiling of my bedroom, looking down at myself several feet below. Even though I’m amazed now, I remain calm and peaceful and completely self aware. I become alert to the fact that I am having an out of body experience.

“And I feel a sense of freedom, wonder and joy. I see, hear, feel and

experience things while astral traveling. At first I choose to stay in my own bedroom, and within the rest of my home.

“But then I discover I can go wherever I want to go and even venture to planes of reality I never imagined. So I enjoy my travels out of the body until I sense it is time to return to my physical body. When I do so, I discover I automatically return to my physical body and awaken naturally. When I awaken, I remember my journeys while out of the body. And I feel greatly empowered by this ability of mine.

“I relax and expect to experience and remember having an out-of-body experience this very night*. Astral voyages are common and natural. And through suggestion, I now give my subconscious permission to allow me to lucidly experience astral travel so that I can expand my awareness of myself and the universe.

“I astral travel tonight.*”

(The Wake Up)

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!”

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***“Attract a Mate”***

*This script is designed to assist in building a positive and expectant attitude toward finding a suitable romantic mate.*

“I want to enjoy the act of attracting a healthy and loving relationship.\*

“I am now ready to attract a healthy romantic relationship, and I allow this awareness to bring into my life a worthy, loving mate.\*

“Because of my decision to attract a loving relationship, certain events and circumstances will come together to bring to me just the right person. This special someone will be very attractive to me physically, mentally, emotionally, and in all other ways that matter to me. Also, this individual will be drawn to me and find me compatible in all the important ways.

“I trust the universe and my intuition to bring the right mate to me. I will attract someone on my level of growth, with a well-matched life path. We will quickly recognize all that we have in common and begin a beautiful relationship.

“I expect to find this special someone any day now. I am at total peace as I wait for our first encounter. All doubt and anxiety vanish as mist before the sun as I feel my ideal companion drawing closer to me. And while I am confident and at total ease, I *pay attention to new and familiar people* I encounter as I go about my daily life. That special someone may be among them, and I will observe opportunities or unusual coincidences that indicate the possibility of a budding romance for me.

“I imagine, for example, I am attending a party. There are many people at the party. Some I have known for a long while. Others I have never met before. With a sense of ease and patience, I observe every person to whom I speak, whether they are a new acquaintance or an old one. I know which of them I find attractive on some level. And as I observe them, I realize who finds me attractive.

“And I imagine now that there is one person whom I find very appealing. We are talking. There are a lot of eye contact and subtle flirtations that tell me that this may be the person I’ve been searching for. I listen to my heart, my intuition and my rational mind to tell me if it is right to be open to pursue a relationship beyond this social situation.

“Loving companionship is a basic human desire. I have a right to want that, and to attract a loving relationship now. By using hypnosis to attract a mate, I will discover a change occurring in myself and in my life. I will radiate a subtle signal to potential lovers leading to the possibility of romance and relationship.

“And just as my mate is being drawn to me and my life, I am being drawn to that person and their life as well. Day by day, the universe is assembling circumstances and situations so that we will come together romantically.

“I am ready to attract a mate. That amazing person is ready for me, too. Our paths will intersect any day now.”

*(The Wake Up)*

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!”

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“Attract Surplus Money”

The suggestions of this script will assist in manifesting extra money to help me to enjoy life more.

“I attract surplus money to myself.*

“While I am *genuinely thankful* all of how my basic needs have been met, I now use the power of my mind to *manifest surplus money*, so I may experience

more enjoyment from life.*

“I imagine what it feels like to have already manifested extra money to spend. But, I choose. I envision looking at my checking or savings account statement and feeling so good when I see how much extra money I now have. It feels so good to know I can put money toward things that make me happy or to just know I have money in savings, whenever I need it.

“Now I think about what it is I want to possess or enjoy with this surplus money. I picture myself paying for something I really want with the same sort of glee a young child expresses when paying for candy. Pure joy. And now I see myself enjoying what I paid for. And I am thankful that I am experiencing the fulfillment of my desires.

“I graciously permit myself to enjoy surplus money in ways that please me.

“I imagine money falling from the sky as I hold out a strong, open cloth bag to catch it. I see gold and silver coins, precious jewels, paper money and checks made out in my name raining from the heavens. As I reach out with my bag, I imagine my bag’s opening growing larger and larger, allowing me to catch the bounty and hold more wealth. I watch as the coins, jewels and money fall into my sack. It becomes so full that it starts spilling over onto the ground below. A great feeling of abundant wealth and satisfaction are mine.

“So I open myself to *receive overflowing amounts* of money and wealth now.

“And now I stand beneath a tree holding a rake. The leaves are made of dollar bills and are falling to the ground as if it’s autumn season, and I rake the money toward me. The leaves of this money keep on falling and covering the ground, and I have great fun forming a great mound of leafy dollars totaling such a huge mound of wealth worth many thousands of dollars. With complete joy, I jump into the soft pile of money and roll around in it like a child at play. I throw some around and into the air and have a lot of fun with my newfound wealth. This expansive treasure pile is just for me, and I can do what I want with it.

“I harvest a great surplus of money.*

“New opportunities to manifest surplus wealth and money come my way. I open my mind to receive and accumulate extra. My subconscious uses its untold resources to bring surplus money to me quickly. I look forward to using my extra riches toward things that bring me happiness, pleasure and satisfaction.”

(The Wake Up)

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!”

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### ***“Become a Leader”***

*This script is designed to encourage taking on a leadership role.*

“I become a leader in life.\*

“I step forward and take the initiative to lead small or large groups of people, whether socially or professionally.\*

“I believe in my intelligence and capabilities and am confident that I make a fine leader.\* While there are times when I can and should follow others and a chain of command, in an ever greater measure I now take charge of life situations and groups of people.

“I am bold and decisive and choose now to use my initiative to become a leader whenever it is warranted. I am full of energy and desire to lead so I *step up to the plate* and become the leader whom I know I really am.

“My ideas are excellent. Others respond to my ideas and my leadership. They are looking for leaders. There are too many followers in life. I *choose to lead*. I have a ‘can do’ attitude and grow confident in my ability to lead others.

“I imagine being in a group of people, many of whom seem to wander and have no particular direction. I step forward and announce to the group that I am willing and able to lead them, to give them direction and purpose. The group is very happy and excited to have my leadership. They want me to lead them. They want me to give them direction and to delegate and deploy. I feel a sense of self-confidence and satisfaction as I see them acknowledge my leadership. And I realize now that people are waiting for good leaders.

“I am a good leader. I am a good leader because I know how to lead people with fairness and authority. I balance compassion and authority in all of my decisions, and people respond well to that kind of leadership.

“I look forward to opportunities to lead. I enjoy making decisions for groups of people. I enjoy stepping out of the crowd and taking charge of situations and events. It’s fun to lead. And I like the way leading makes me feel about myself: that I’m confident, smart, empowered.”

*(The Wake Up)*

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!”

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“Better Golf Score”

The following suggestions are designed to increase focus and confidence while playing competitive golf to obtain a better score. Note: This More ISH script does not teach game mechanics. So prior golf technique instruction is required.

“I want to improve my golf score.*

“I use self-hypnosis now to focus automatically during the game.* My intense focus enables me to confidently tap into my golf skills and knowledge. And when I easily tap into improving my golfing skills, a better score becomes the natural result. I easily take strokes off my game.*

“I trust the expert instructions I have received about how to play golf. I understand and remember the fundamentals of excellent stroke-making. The memory of making good shots is already firmly implanted in my mind. I know what excellent golf drives, chips and putts look like and how they make me feel. The knowledge is here inside me like a computer.

“I now engage completely in the process of practicing excellent golf form and energy, rather than just the final score result. Before I begin playing, I already embrace my intention to have a great score. But, as I begin to play, I let go of the outcome and concentrate on the process of playing. By letting go of the possible results of the game, I free my mind to focus totally and enjoy the process of excellent shot making.

“Whenever it’s my turn, I let go of everything, and everyone else, and *simply concentrate* on what I’m doing.

“I imagine watching myself from the outside as I prepare and line up a shot. I see myself with *100% focus* and confidence getting ready to strike the ball. I imagine a look on my face of calm energy as I get into the flow of the stroke. As the club hits the ball, I see it glide gracefully exactly where I intend it to go.

“From now on, after I’ve lined up the shot, before I strike the ball, I say to myself silently, “Flow!” And as I say the word, “Flow!” and begin my stroke, it’s as though my mind and body become one with the swing, and I *feel*

*connected.** With the perfect mixture of calm control and muscular tension, I contact the ball and observe a magnificent and accurate shot.

“Whether it’s a drive, a pitch, a chip, or a putt, saying the word “Flow” puts me into the perfect flow of connection with this golf game I enjoy.* My swings are balanced and easy as though they were all automatic.*

“I imagine I’ve just finished the last hole of the game. As I look at my score, I am *delighted and amazed* my score has lowered so much. By deciding to focus and enjoy the process of the game, my score improves.

“And every time I play or practice, my mind and body make new improvements I can trust. So when I play competitively, I can access the greater skill levels, using my magic word ‘Flow.’ And when I do, I can expect more and more accurate shots which give me better and better scores. This brings me *more joy from golf* than ever.”

(The Wake Up)

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!"

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## ***“Brighten Your Aura”***

*The following suggestions may be used to strengthen and brighten the aura (in other words, a personal magnetic field) to assist in protection, health and attracting success.*

“I strengthen and brighten my aura now.\*

“Through the power of suggestion and imagination, I easily charge and brighten my aura. And with a bright aura, I can experience greater protection from harm, better mental and emotional healing and health, and I’ll discover success flows more easily to and from me.

“As I breathe, I imagine the air is made of gold and yellow light. And as I breathe in, I am bringing that golden yellow energy into my body (take a breath and imagine this) . . . The golden yellow radiance fills my lungs. And as I exhale, that radiant light goes to every organ, every cell, every nerve ending and all other parts of my body (exhale and imagine this) . . . This radiance particularly fills the center of my chest. And there I picture it forming a bright sphere of golden yellow . . . like a miniature sun. That sun’s center shines a powerful aura of light that surrounds my entire body and extends far from me.

“I imagine feeling the power of this radiant light giving me strength, vitality and a sunny disposition. I see the light vanquishing any undesirable conditions in my body. The field of light surrounding me protects me from negativity. Undesirable things are automatically repelled or dissolve as they approach my aura.

“Every breath I take vitalizes and circulates my bright, protective aura of light.\* Now there is an unlimited supply of energy available to me.

“Because my aura is bright and powerful, I automatically attract success and happiness, because like things attract. Whatever is sunny, happy and healthy is attracted to me, just as I am now automatically attracted to it.

“My aura remains bright and powerful for minutes and hours that follow this session.\* And every time I repeat this session my aura brightens faster more powerfully.

“As I pay attention after this session, I become aware of the overt and subtle ways in which having this bright aura enhances my life.”

*(The Wake Up)*

"I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!"

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"Deeper Voice"

This script will help deepen the register and resonance of my speaking voice to help me wield more authority.

"I want to speak with a deeper, clearer and more resonant voice.*

"From this day forward I speak with a deeper, richer vocal pitch.* Even as I read this hypnotic script out loud, I find a vocal tone and pitch that have a strong, resonant sound. I read this entire script with that voice.

"I keep the register of my regular speaking voice deeper and more resonant now and forever.* I speak with a rich resonance and pleasant pitch so the sound of my voice is more pleasing and authoritative.

"I use my diaphragm to speak with power, clarity and at a low and resounding pitch. If I ever discover myself speaking in a high or shrill tone, I immediately drop the pitch and recover the rich tone of my natural voice. Because it is now natural and normal for me to speak in a lower register using my diaphragm. This enables me to get more air into my voice so that it carries farther and sounds true and deep and authoritative.

“And I feel more confident as I use my deep and resonant speaking voice.* It is my true voice. The lower sound of my voice reminds me that I am a poised and confident person who expresses words and opinions that are clear, intelligent and worth hearing.

“To make sure I have found my true voice, I place my concentration right now on my diaphragm, just below the ribcage. I imagine that my voice is coming from this area of my body. The vocal quality, pitch and tone rise up from this area. I can hear and feel a stronger deeper voice coming forth from my body now. The sound is richer, more powerful and fuller than before. It is my true voice. It is the voice I now use regularly.

“Right now, because I am speaking aloud, I practice using my deep, resonant and natural speaking voice. I find a comfortable pitch and sound as I read these words. It’s easy to find this sound, because it is the sound of my true speaking voice. And I realize that this is how I will now speak most of the time in my daily life. When I need to speak louder, I simply use my diaphragm to project this deep and significant voice of mine farther.

“And I like the sound of my true voice. I like the sound of my vocal tone. I enjoy hearing the sounds I make as I speak words. I feel relaxed, confident, powerful and in control just by hearing the sound of my deeper sonorous voice.

“I imagine now that I am in a public place. As a significant and pleasant tone comes forth from me, those who hear it recognize it as the voice of someone who is confident, self-assured and authoritative. I need not shout or even speak loudly. Others give me more respect as they hear my resonant voice, and this pleases me.

“In the past my voice may have been shrill or higher pitched at times. It projected uncertainty and timidity I wished to eliminate from my image . . . the image I project to others and my own self image.

“I choose now to project an image of graceful certainty and self-possession.* So I release forever the unconscious habit of speaking in a high, shrill or thin tone. As I find my true voice, I will not only project a stronger, more confident image, I will actually begin to feel more powerful and more self-assured.

“If I notice my voice becoming high or shrill or less confident, I will immediately, whether consciously or unconsciously, think of the part of my body below the ribcage: my diaphragm. When I do, my voice will quickly but subtly change to a deeper, more authoritative sound. It is my true voice, and I will discover myself feeling confident as I speak.

“With my true voice, others listen to me more attentively. My words have more weight to them. And it feels good to be heard. I realize now that I feel more confident in my abilities and my rights as an equal to all other persons. My voice reflects that realization. And I speak from this day forwards in a deeper, stronger voice.*”

(The Wake Up)

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!”

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### ***“Emotion Control”***

*The following suggestions will help you control runaway emotions, such as anger and fear.*

“I am ready to gain self-mastery of my feelings.\*

“Emotions are wonderful because they add spice to life. Without strong emotions, life would be bland and boring. So it’s marvelous I am so *in touch*



*with my emotions.* I celebrate and nurture the part of me that feels things strongly, even as I decide now to *regulate those emotions.*

“I know as an adult, how important it is that I not only have access to my feelings, but also *learn now to control my emotions.* In the past, there were times when my feelings overwhelmed me, and I might have made some bad choices or said things that were inappropriate or even damaging. I see the value of those experiences, because they have taught me why controlling strong emotions such as anger or fear is important.

“By deciding to control and master my emotions, I experience more harmony in relationships, more success and may avoid embarrassment and potential health problems that runaway emotions can cause. Using self-hypnosis to gain control and mastery of feelings, my life becomes *immediately happier* and better in many ways.

“From this day forwards now on I automatically monitor and gauge the intensity of my emotions. When a car’s engine begins to run too hot, there’s a gauge with an indicator to let the driver know. When the indicator reaches toward the red, it warns the driver to *attend to maintenance.* And there have been specific instances in my life in which I could feel strong emotions beginning to rise, when I could feel my internal indicator warning me.

“*I will pay attention* to that automatic signal telling me if my emotions are rising toward the red zone. As I become aware of my feelings, I can *choose to cool* my emotions quickly and easily. I take a slow deep breath and in my imagination, I imagine shifting the control lever of my emotions down toward the blue zone. And as I do, my emotions immediately cool off, so I can think calmly and rationally about the situation at hand.

“This *control works perfectly* on any strong emotion I wish to temper, whether anger, fear, lust . . . I *control the level* of my emotions now.

“I imagine I’m having a disagreement with someone in my life. As words are

exchanged, I sense my internal gauge indicating my temper beginning to rise. While I allow myself to feel and express a bit of appropriate anger, I feel my emotions rising too far toward the red zone. The moment I sense it, I picture myself drawing a slow deep breath while the other person is busy talking. I imagine the control lever of my emotions suspended in the air.

“And as I exhale my breath, I picture shifting the lever down toward the blue zone. As I do, I discover the intensity of my anger decreases, giving me continual access to rational thinking and expression. I imagine feeling proud and dignified concerning the way I handled myself during the disagreement. Self-control feels great!

“At first, I may have to practice this shift. And whenever I do, I feel a wonderful sense of self-control and mastery, as I can easily reduce the intensity of my feelings to a cool, comfortable blue.

“But then I will discover, whether expectedly or unexpectedly, that my mind and body *automatically gauge and regulate my emotions* within reasonable and manageable limits. Just an automobile has an automatic cooling system to keep the engine running safely, so too does my mind have its own cooling system.

“And right now, I am adjusting and maintaining that system to work perfectly and automatically through the power of suggestion and self-hypnosis.\*”

### *(The Wake Up)*

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!”

## ***“Find Misplaced Objects”***

*The following suggestions are designed to help you recall the location of a lost object.*

“I want to remember the location of the object I am now thinking about (think about the object for a moment).

“My subconscious remembers everything I’ve ever done. It faithfully records, better than any mechanical device, every event down to the smallest detail. And because it remembers everything, it knows the exact place where I left the object I wish to recover (think about the object in question for a moment).

“Through the power of self-hypnosis, I request conscious access to the memory of where I last placed or saw the object I wish to recover. And because this is an easy thing for my subconscious mind to do, I *relax and allow* it to bring this information to my conscious mind. There is no sense of conscious effort required. I request the information, and my subconscious brings it to my awareness because my subconscious is my powerful and efficient friend and ally.

“Right now with my eyes open, I imagine the mislaid item. I imagine that I have already recovered it. I feel the sense of happiness and relief being reunited with this object now. Maybe I found it right where I last laid it, or maybe someone moved it. Either way, I think of it as being back in my hands, and I experience pleasure right now being reunited with the item. And now that I rediscovered its location, it makes perfect sense to me. Of course, that’s where it was! And as I look back, I remember knowing exactly the chain of events that brought this item to the place where I found it.

“I find the object.\* I’m aware of its current location and that information comes to me. Even now, my subconscious mind locates the image of where I last saw the object. And in short order, that information becomes available to my conscious mind.

“I now imagine a little bubble. This bubble shows the image of the memory of the location of the item I’m looking for. I pretend that this bubble begins rising from somewhere below the surface of my mind. The memory bubble rises up toward the surface . . . higher and higher. And when it reaches the surface, I can see in my mind the image on the bubble that reveals the exact location of the object.

“In a short time or even sooner, after emerging from this self hypnosis session, I will go and recover the object, because *I remember exactly* where it is. All I have to do is relax and allow this information to surface. And it does, because my mind knows exactly where to find it now.”

### *(The Wake Up)*

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!"

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“Forgiveness”

This script is designed to assist in the forgiveness of others, forgiveness of oneself and accepting the forgiveness of the Divine.

“I forgive myself and others of all perceived wrongdoing.*

“I ask for and recognize the forgiveness of the Divine as I understand that which has always been available to me.

“And because I freely and totally accept Divine forgiveness, I now *freely and totally forgive* other for any wrongdoing. And since the Divine is greater than me, certainly it is acceptable for me to . . . forgive myself.

“I release both conscious and unconscious guilt and shame now from any wrong thoughts, words and deeds of the past. What’s past is past. It’s gone now. And I am a different person than I was then. I have more understanding, for I am a growing and developing human being. And I am ready to move on to become even better, unburdened by guilty thoughts and feelings — so I dissolve them. They no longer serve any useful purpose because I forgive myself totally and completely.

“In turn, I forgive now all persons who have ever harmed me in any way, whether intentionally or unintentionally. Knowing that the Divine forgives me, it makes it easy to forgive myself and to forgive others. So, I forgive them. I forgive all persons or groups of people from the depths of my being.

“People do hurtful and immature things sometimes. I’ve done them and so have others I’ve known. So it only makes sense that if I forgive myself, I should also forgive others at the same time. It makes little difference why they hurt me or even how many times they did. I’ve hurt others more than once and without good reasons. So if the Divine forgives me, and I forgive myself, I now extend that same forgiveness to those who have hurt me.

“Holding on to anger and resentment toward others keeps me from moving forward in my life. It keeps me from experiencing more joy and love. It keeps a part of me in bondage to the past. And I want to be free. So I am ready to let go of all resentment I feel toward anyone of anything that hurt me in the past . . . so that I can live more joyfully and abundantly.

“I allow my mind to bring to me those who have hurt me . . . one by one

(pause and think) . . . And as each person comes to my mind, I imagine that there is a heavy metal chain that is unpleasantly binding the two of us together. As I say and feel the words, 'I release you and wish you well' to that person, I imagine the chains breaking and dissolving entirely and *releasing us both* from bondage.*

"I imagine them walking away from me, free and smiling. And with this forgiveness, I realize that I am free also! Nothing holds me back. And *I now have the freedom* to move forward. I am free to express greater love toward myself, toward others and to the Divine.

"From this day forwards now on when I think of myself, I see a person learning and growing. When I see other people, I know that they, too, are learning and growing in their own way and in their own time. And when I think of the Divine, I realize that any obstructions between us have been cleared . . . like a clear pond of fresh water. I am free and clear now."

(The Wake Up)

"I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!"

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### ***"Get Out of Bed in the Morning"***

*This script is designed to motivate you to arise from bed after sleeping. For best results, use this script right before bedtime.*

“I want to get out of bed effortlessly and eagerly after sleeping.

“When I wake up in the morning at the appointed time, I feel refreshed and emerge from bed quickly and easily.\*

“I program my mind now to grant me a *very restful* sleep. And when my sleeping hours are over, and it’s time to continue with my waking life, my subconscious prompts both my mind and body to awaken safely and to *get out of bed*.

“Staying in bed after awakening tends to make me feel sluggish and tired. And I want to enter my waking day empowered and energized. So I no longer linger in bed after waking in the morning. I safely and automatically *get out of bed* within one minute of awakening.

“Each waking day holds a world of good things and opportunities for me. I look forward to partaking in the day as it unfolds. The sooner I *arise from bed after waking*, the sooner I can start enjoying both the simple and the complex pleasures that only waking life can offer me.

“While awake, I appreciate the magic of my senses. I find wonder and satisfaction in everything I see, hear, taste, smell and touch while fully awake. Every day offers me the chance to understand myself and my world better, and that’s worth getting out of bed for!

“Sleep allows me to relax my body and mind and restore my energy so that I can enjoy the day that follows. Sleep enables me to live full, healthy and productive waking hours. And those waking hours begin immediately following sleep time. So within the first minute of awakening from my resting period, I feel a powerful and joyful *urge to get out of bed* to experience waking life.

“I imagine waking up from sleep. The moment my eyes open and I draw my first waking breath, I realize it’s morning now. I have a deep seated appreciation to experience another waking day. I immediately feel in my body a strong urge to sit up in bed and gently stretch my body. So I obey my body, and sit up. It’s as though my body is telling me that it is finished with its sleep cycle and wants to

get up and move about, because my body was made for movement.

“Again, I oblige and gently *get out of bed*. It feels great to get up and out of bed after a good night’s sleep. It feels natural, and as though I am in the correct rhythm of life. I look forward to now to experience whatever this day holds and making choices that allow me to enjoy my life even more.

“It feels good to *get out of bed* and start the day immediately after sleeping without delay. And as I do, I feel energetic and enthusiastic about everything I experience.”

### *(The Wake Up)*

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!”

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“Honoring Your Feminine Self”

The following suggestions are designed to increase feelings of self-worth and self-confidence within the feminine mind and perspective.

“I am ready to feel empowered and joyful about my feminine self.

“I embrace my feminine self as powerful, beautiful and noble.* I dissolve limiting thoughts and ideas about femininity and myself. I identify and dismiss male sexism and bias coming from people, media, culture or religion, and I

choose instead to see my feminine self as strong, intelligent and secure.

“My feminine mind is complex and versatile.* I have vast knowledge and understanding from a perspective the masculine mind cannot readily see. Without my voice and perception, the world is flat, cruel and ugly. So I honor the way I think as a woman. I express my observations and viewpoint. My thoughts and opinions have great value.

“My female body is supple and enduring.* It’s well known that women live longer than man, on average. I treasure what’s special, lovely and strong about my feminine body and its functions. I see my body as glorious and beautiful.

“I celebrate my feminine spirit!* I am courageous, nurturing and patient. So I courageously nurture my own feelings of high feminine self-esteem and patiently observe my life change as a result.

“I imagine now I am a queen of a magnificent realm. I picture myself sitting upon a throne surrounded by the nobles of my court, who await my commands. I hold a scepter in my hand and rule the land with intelligence, justice and mercy. As a queen, I feel feminine and powerful at the same time.

“I allow the feelings of femininity and empowerment to continue hours and days after this session concludes.* I revere and embrace my feminine power and sensibilities, and recognize myself as vitally important to my friends, family, community and world.

“I honor my feminine self and express the joy of being a woman.*”

(The Wake Up)

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . .

I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!"

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## ***“Job Interview Confidence”***

*The following suggestions are designed to boost confidence and professionalism during a job interview.*

“I want to be confident as I am interviewed for possible employment.\*

“Employers are most often looking for people who are competent, enthusiastic and confident. They may get many resumes for a given job, and many applicants may have similar credentials, so it’s sometimes the interview that determines who they hire. When they interview someone for employment, it’s primarily to see if the personality and demeanor are a match for the job. I easily meet and exceed their expectations.\*

“I believe in myself. I trust my abilities, my intelligence and my ability to present myself favorably. I recognize myself as a valuable person, perfectly suited to get the job I desire.\*

“I present myself in a professional, self-assured and enthusiastic manner during a job interview. I dress and groom myself in a way that reveals respect I have for myself, and my respect for my potential employer. I dress for success for all job interviews, because how I look makes an impression on potential employers. And I want their impression of me to be excellent.

“I make eye contact with the person who interviews me and with everyone I meet throughout the interview process.\* I make it known I would enjoy working at their company, and I know I would be a great asset to them. I let what is appealing about my personality shine through my words, my facial expressions and my body language. I smile when appropriate while also demonstrating I take the interview process seriously.

“Whether I consider myself a reserved or an outgoing person, I express my personality during any job interview. My words and responses to questions flow easily and confidently from my mouth.\* I speak with a clear, strong voice. I know who I am, and that I deserve to be hired. I respectfully and subtly allow this attitude to express itself.

“I imagine now I am about to be interviewed for employment. I am dressed well to show respect and to present myself as someone who has to be taken seriously. As the personnel manager comes to greet me, I smile and make strong eye contact.

“As I am invited inside an office for the interview, I feel relaxed, confident and professional. The personnel manager reviews my qualifications and asks me questions. I answer in an audible, clear and confident voice, continuing to make eye contact.

“As I answer each question, I express my natural personality with poise and professionalism. I also feel confident as I ask a few questions I have about the job and the company. I volunteer that I would very much like to be considered for this particular job and company. I confidently reveal why I think I would be of great value to this company.

“As the interview draws to a close, I thank the personnel manager for the interview and ask when I can expect to hear whether I have been hired. As I exit, I walk away with poise and dignity. Regardless of the outcome, this was a great interview, and I feel great about myself!

“As I approach a job interview, I repeat three times to myself aloud or silently, ‘Relaxed, confident, professional.’\* Whenever I do this, I will experience a boost in confidence and empowerment that lasts throughout the entire interview.\* Repeating ‘Relaxed, confident, professional’ immediately puts my in a self-assured and professional state of mind and body.\*

“I am ready to be employed. I make a valuable addition to any company that interviews me.”

### *(The Wake Up)*

"I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!"

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"Joyful Living"

This script will help you awaken feelings of joy and appreciation for the beauty of life.

"I want to experience the joy of life.*

"It's time for me to feel the wonder and enchantment of life! *I am ready* to start noticing everything and everyone in my life as sources of marvel, beauty and joy.

"Life is a miracle. And by taking time to appreciate the miracle of even the simplest aspects of daily life, I allow myself to *experience blissful appreciation* of all that I experience. And it's so very easy to *feel the joy* of life . . . as I just take the time to do it.

"There are so many things I once took for granted—things that have become so familiar to me, that I forgot to *recognize truly the beauty* and fascinating qualities of the people, places and things all around me every day. But, now I remember. Now I look for the beauty of all things and easily find it.* And when I see beauty, *joy blossoms inside* me.

"My body and all its functions are amazing. My ability to see, to taste, to

hear, to touch and to smell are incredible and mysterious. I delight in all of my senses and use them to stir up the *joy I feel*. I take time to notice the banquet of experiences my senses allow me to have.

“Even at this moment, I can feel the richness of life. My hands touch and hold these images or pages before me, and I take time to notice that sensation now. With my eyes, I am able to read these words and understand them. I can hear the sound of my own one-of-a-kind voice, which allows me to express myself. But, I wish. And my voice allows me to express myself.

“The complexity involved in this experience reveals the wealth of life’s riches I enjoy every day of my life. So I will take time to enjoy my senses as I go about my day and fully experience the joy of life, as though each activity were special and magical—because life IS amazing and full of magic. All I need to do is observe and enjoy!

“There are magnificent and precious people in my life. Whether family, friends, co-workers, or strangers, everyone I encounter is a living miracle. And observing them and seeing and thinking about how remarkable they are becoming sources of joy for me.

“I imagine that I am an alien from a far away planet that has just arrived on earth and is experiencing everything for the first time. I have been lent this spectacular human body with all of its senses and abilities to observe things. I find great novelty and delight in the colors and vibrancy of flowers and foliage. The sight of animals and even insects is glorious to behold. I talk to other human beings, and I experience their unique personalities and appearances. As I go about my daily activities, the entire experience feels exotic and alive. And there is joy in this human experience.

“As I go about my daily life, I experience the joy and beauty of living. I now recognize the wonder of every activity and life experience. I am both a full participant and observer of the joy of living. I revel in the power of my human body and the experiences it allows me to have. And most of all, I have joy in my ability to think, feel and love.*”

(The Wake Up)

"I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!"

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***"Lighten Up!"***

*This script encourages a happy mood by letting go of burdensome thoughts.*

*"I lighten up my mood and enjoy life ever so much more now!\**

"I enjoy a lightness of being, and I see the wonders and beauty of life that is all around me everyday. I have fun with the tasks and chores of life, recognizing them as opportunities for me to . . . feel *more alive*. I now discover that physical and seemingly inconsequential tasks remind me of the *joy of movement* and my physical body. I undertake all physical tasks with enthusiasm and lightness of heart.\*

"I realize more fully with every passing day that life is like a banquet that I enjoy and treasure.\* I *relax and have fun* with the relationships I have, and choose to . . . focus on positive and uplifting aspects . . . of those relationships. I bring light and *fun to all* of my relationships, and I see others as little children who need to be liked and enjoyed.

"I stop taking myself so seriously starting right now. Yes, starting right now, I recognize that the ups and downs of life are all part of a great ride, as in an amusement park roller coaster. It's all part of life experience, and I choose to have fun with my experience during every single phase of my life.

“I now imagine that I am in a fun house at an amusement park. I am there with other people I know and care about, and we are having a great time. Everything in the funhouse is there to enjoy . . . and makes me feel and see things . . . with a lighthearted attitude . . . and to make me laugh . . . at the way I look and feel . . . as I experience things. I see my reflection in the distorted mirrors . . . one makes me look like two feet tall. One makes me look very stretched. Another makes me look squeezed tight . . . and I laugh . . . at the way I appear . . . knowing that it’s all in fun . . . as I’m passing through.

“And the funhouse is a metaphor for the way I can choose to respond to life . . . even when things seem wacky or out of place. I choose to lighten up . . . the way I do in a funhouse . . . and even laugh at life . . . or the way I appear . . . to myself or others. I have a good time with it . . . no longer taking things too seriously . . . instead choosing to enjoy the twists and turns that show up in my life.

“I walk, think, act and talk with a lightness of heart. I move like someone who is happy and full of vigor and joy. I think lighthearted thoughts and I speak lighthearted comments.\*

“As I lighten up now, things that used to bother me or made me feel small, squeezed or stretched . . . now make me shrug my shoulders and laugh at them. And it feels so good . . . to be able to enjoy my life . . . with a lighter heart now. It keeps me happier, brighter and *more joyful*. And that’s a good way to go through life.”

*(The Wake Up)*

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!"

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“Lucky Me!”

This script is designed to instill the belief that you are a lucky person. The idea is that when you accept and believe this, it will become a manifest reality!

“I am a lucky person.*

“I am now a lucky human being.* All fortunate things come to me, as though I were a luck magnet. I am a luck magnet.* I draw to me wonderful experiences that remind me of what a lucky person I really am.* I am so lucky.

“I imagine walking in a meadow full of clover. I look down and right away spot a four leaf clover. I pick the four leaf clover and take it with me. It reminds me that I am lucky.

“I imagine walking on a sidewalk. As I walk down, something shiny catches my eye. It’s a lucky penny. I pick up the lucky penny and take it with me. It reminds me that I am a very lucky individual . . . because lucky things happen to me all the time.

“I imagine entering a raffle. The number picked from hundreds of entries is mine! I hear the number. I’ve won! I feel so lucky. And this is the way I am all the time. It’s as though I am a magnet for lucky experiences. And it’s fun to be as lucky as I am. I am lucky.

“I realize that as I accept now that I am a lucky person, the universe around me will act on that realization and send even *more lucky experiences* to me. So I choose to believe and *accept that I am lucky*. I am destined for lucky experiences. And the universe answers me by sending me *luck in life* and all of my endeavors.* It sends me the right people and circumstances to make my fondest wishes come true. And I realize that the four leaf clover, the shiny penny and the winning raffle number are inside of me. Luck begins inside of me, inside my own thinking and feeling processes. So I embrace my luckiness. I absorb the

notion that I will be lucky in all of my endeavors.

“I know that my mind is very powerful. And I recognize that my subconscious has hidden abilities to draw more luck to me. As I decide that I have this ability, and that I am a lucky person, my subconscious will use its hidden abilities to *manifest more luck* in my daily life.”

(The Wake Up)

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!”

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### ***“More Faith in the Divine”***

*This script is designed to increase faith and reverence for the Divine.*

“I enjoy an *ever stronger faith* in the Divine.\*

“My rapport with the Divine is very strong. My belief in the Divine Creator and my connection to the Source of all things grows stronger and stronger with every passing day.

“I see the hand of the Divine in all that I do, guiding and protecting me.\* I feel the Divine Presence in every breath I breathe, in every sound of life. I grow increasingly aware of the Divine Presence in and around me even now.

“My faith is more than belief. It is a strong force that connects me to what I believe in . . . and I believe in the Divine. I believe in Divine Love, Divine

Wisdom, and Divine Truth. So I connect with the Divine in all of these aspects and many others on all levels of mind and body.

“This faith of mine is more than doctrine, more than dogma, and goes beyond the words and constructs of human beings. The Divine is real. The Divine Presence becomes ever more real to me with every passing thought. I realize the Divine in an ever greater measure in all that is, and all that I do.

“I am open to receive more Divine love, wisdom and Truth in my mind and in my life. I pay attention to the subtle messages the Divine sends me daily that confirm my faith, confirm my truth. And yet I am also open to change, because the Divine changes me, transforming me into the fullness of being intended for me. And as I change, I become wiser and more loving to all in my sphere of influence.

“I take a minute now before awakening from this session just rest and feel the Divine Presence, so my faith may bask in the experience.”

*(Take a minute and contemplate your faith in the Divine.)*

*(The Wake Up)*

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!”

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“Neat Freak”

This script is designed to encourage the user to become neat and tidy.

“I now choose to *be neat and tidy* in every aspect of my life.*

“I *clean and organize* my environment regularly, methodically and thoroughly. I *find great pleasure* in straightening and cleaning things, as it makes me *feel clean* and organized emotionally and mentally. When my environment is neat and tidy, it makes me *feel neat and tidy* in my life.* So I recognize that there are fringe benefits to cleaning and tidying up.

“I take pride in my appearance, and make sure that I am neat, clean and well put together. This lets me put my best foot forward, whether professionally or socially. I come to understand that my appearance does reflect on me and even affects how I feel about myself. So I make every effort to have a neat and purposeful appearance.

“I clean and organize my workspace regularly.* Whether it’s a desk, a table, a counter, I have a strong desire to keep it clean, neat and orderly. It actually bothers me if it looks messy or unclean for any length of time. So I find myself cleaning my workspace quite often.

“I clean and organize my living space regularly now. It gives me a feeling of pride and peace to clean and organize my living space. It’s as though my living space and my being are linked and that the condition of my living space affects me. So I straighten and clean it often and find that I feel better in my body and my mind. I get a sense of peace as I straighten and clean. And when I’m finished, I feel a wonderful sense of accomplishment and satisfaction.

“I symbolically straighten and organize my life affairs, including finances and relationships. I regularly maintain them with care and precision so that they work for me. As I clean and straighten my physical environment, I simultaneously purify and clarify my thoughts so that my life becomes more orderly. I take pride in my environment and in my life.”

(The Wake Up)

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . .

beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!"

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## ***“Okay to Be Gay”***

*This script is designed to assist gay men and women in the self-acceptance of their sexual orientation.*

“It’s completely okay for me to be gay.\*

“Same-sex orientation is a healthy variation of sexuality found in nature. It’s found in many species of animals as well as in human beings. Homosexual behavior and coupling have been documented in hundreds of animal species, including many creatures of the seas and lakes, dolphins, zebras, lions and gorillas. As human beings we are a part of nature. So it is logical and wise to consider my own same-sex orientation as part of the natural order of things.

“I love myself and embrace my sexual orientation despite objections from individuals or groups of people. Whether their objections stem from their interpretation of their religion, personal preferences or from deep seated fears regarding their own sexuality, I reject any judgment or criticisms regarding my homosexual orientation and behavior.

“Others have a right to their opinions, and I have the right to *discard those opinions*. The views of others represent neither facts nor the judgment of the Divine. People think and believe all sorts of erroneous, false, negative and judgmental things. I *disallow their views* to harm the way I feel about myself in any way.

“Instead, I acknowledge, accept and decide to *appreciate my same-sex orientation*. I know who I am and the way I feel. I understand my sexuality better than someone with a different orientation. I decide what is right and good for me. And I choose to love myself, embrace my same-sex romantic and sexual nature and *move forward confidently* with my life, attracted and loving whom I choose.\*

“I imagine right now that there are derogatory words written in magic marker all over my body. These are words prejudiced people have used to describe me or gay people—words such as FAG, QUEER, BULLDYKE, HOMO as well as words or phrases that describe sexual activities between same-sex people in a demeaning way.

“And now I see myself standing beneath a gentle, healing waterfall. As the water cascades down over my head and over my body, the black ink of those hurtful and demeaning words begins to smear and smudge away until they are not readable. Then my skin becomes clean as the water washes the last of the ugly ink away entirely. And I feel cleansed of all harmful comments and opinions about my orientation.\*

“Instead, I allow life, love and all thoughts about myself and my attraction to my own gender to run free and clear, like that pure, healing water from the waterfall. Now the healing water goes way down . . . down beneath the surface of my skin . . . healing my entire body, mind and soul of all feelings of shame and guilt about my natural gay orientation.

“Who I choose to reveal my orientation to and what I choose to do with my sexuality is my own choice. Sexual conduct between consenting adults is their own business. Just because some people are uncomfortable with this idea of love doesn’t make any kind of adult consensual love wrong or immoral. So I *decide what is appropriate* for me. I form my own opinion of my sexuality and my own code of conduct according to my values. And my opinion is that it is okay to be gay.

“Whether it’s an evolutionary expression of genetics or a psychological manifestation of a person’s upbringing, gay people exist in every culture and in every nation in the world.

“So I am part of a dignified sexual minority and have a distinctive perspective of life which only gay people can possess. And with every passing day I more and more recognize my gay orientation as a wonderful and precious gift. And I honor this gift and myself as special.”

*(The Wake Up)*

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!”

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“Overcome Alcohol”

This script is designed to assist in the complete quitting of drinking beverages containing alcohol.

“I am ready to stop drinking alcohol.*

“I am ready now to stop drinking beverages containing alcohol once and for all. I have decided to use alcohol is not good for my body, my mind or my life. So the decision is made to walk away from alcohol altogether and already feel a tremendous sense of pride about my decision now *live alcohol-free!*

“I already know how unhealthy drinking alcohol is. It turns a healthy liver into one that is scarred and enlarged. The good news is now that I have decided to become *alcohol-free now*, my liver can and will heal completely!

“And the same thing is true for other areas of my life that have been

damaged by alcohol. By making this revolutionary decision to *stop drinking alcohol* in any way, shape or form, my brain will return to its normal and optimum functioning. My moods will become even, and my outlook will be optimistic. My memory will be stronger than ever! My sex drive and potency will be recharged! My relationships with loved ones and associates will get much better. I will become *the real me* as I now become alcohol-free!

“Of course, I may have my own special reasons for deciding to *live alcohol-free now*. My reasons are personal and very compelling. So I take a moment to think of why I have made this decision and what it will mean to me to live alcohol-free (take a moment and think of your reasons). . .

“I have all the right reasons for *discontinuing the behavior of drinking alcohol*. I may wonder why I ever drank alcohol in the first place. People sometimes drink as part of a social ritual. Some drink it because of the taste of certain beverages. Some drink it to become socially less inhibited. Some drink because it seems to relax their minds or bodies. Others drink alcohol to avoid feeling bad about themselves.

“Whatever reasons I had for drinking alcohol, I can find healthy and superior ways for fulfilling my needs. For instance, I can take part in any social or cultural ritual by simply choosing or requesting an alcohol-free beverage.

“I select very tasty non-alcoholic drinks to enjoy whether at home or in social situations so that my taste buds are satisfied. If I think back to when I was a child and first tasted alcohol, I might remember that it burned my lips and throat and tasted simply awful! If I had it to do over, I would have chosen to drink something else without any alcohol. And now, as an adult, I make the choice to drink delicious alcohol-free libations when I am in the mood for something tasty.

“If I ever drank alcohol to become more social, I discover now that I feel relaxed, talkative and interesting all by myself. It really doesn’t make anyone else more fun or interesting. It just distorts the personality and makes people act

ridiculous. I'm an adult now and I can decide to just be myself at parties or in social circumstances. From this day forwards, if I want to become more relaxed and sociable, I will take a sip of any alcohol-free beverage of my choice.

“And when I swallow, I automatically discover my lips are looser, and I automatically relax and want to talk. And as I talk, I feel really good about what I am saying and how I am saying it. My words are no longer slurred by the inebriating effects of alcohol. Now that I'm alcohol-free, all my words make sense, and that makes me want to be even more social.

“Of course, some people drink alcohol just to reduce physical or mental stress. But, there are many ways to relax. Some people choose to take a hot bath. Others choose to exercise. Some learn the relaxing art of meditation. Or, I can even choose to practice self-hypnosis, like I'm doing right now, and I will discover that I feel relaxed physically and mentally. Whatever healthy form of relaxation I choose to practice, I quickly find that it's far superior to the dizzy and muddy sensations of alcohol. I look forward to finding my way to relax and relieve stress.

“And if I ever drank alcohol to suppress bad feelings about myself or my life, or to avoid things that I should deal with, I recognize now that it was a poor strategy. I can never hide from myself, and I have no need to. I can, instead, let go of feelings of shame, guilt or low self-esteem by forgiving myself and moving forward. If I need others to help me sort out these feelings, I will seek the counsel of a psychologist, a trusted member or the clergy or even a very good friend I trust. When I let go of all anger and sorrow toward me, or other persons . . . or even life, itself . . . I discover what a wonderful person I really am. And then I realize I don't need to feel bad at all. So there's no reason to hide from my feelings any longer.

“I now imagine I am standing in front of a table on which are open bottles of what were once my alcoholic beverages of choice. There is a photograph on the table partly submerged in a thin layer of sick. I feel utterly disgusted as I look at my face in the picture. There are circles under my bloodshot eyes. I have a stupid and drugged expression on my face. I am ready to go the other way.

“I turn my back and walk away from the sad picture and the bottles of alcohol on the soiled table. They get farther and farther away, smaller and smaller in my sight until they are now a blurry dot. And then I approach a beautiful table with fine, white linens and lots of bottles of water and other thirst-quenching beverages. There are people I care about surrounding the table who smile and welcome me. I select one of the non-alcoholic drinks and drink. We talk and laugh and have a great time. I feel so comfortable within my own skin. And most of all, I feel a terrific sense of self-esteem and accomplishment—because I have changed my life by walking away from alcohol.

“I know that my subconscious mind is very powerful. And through self-hypnosis I am able to direct my subconscious mind to change my behavior in positive and beneficial ways. So, as I shortly emerge myself from self-hypnosis, I allow the full power of the suggestions to remain alcohol-free to fully activate. The changes will be manifest quickly and effortlessly.”

(The Wake Up)

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!”

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## **“Overcome Depression”**

*This script is designed to help those with minor depression through the use of strong positive imagery. (Note: If you’re feeling tortured by sad thoughts for longer than two months or your feeling suicidal, please see licensed mental health professional. There is hope for you. And the pain can be overcome with determination, good treatment and support.)*

“I overcome feelings of depression.\*

“I fill my mind and feelings with happy and light feelings. I concentrate my attention on whatever is beautiful and filled with energy. And as I concentrate on these things, my feelings and *thoughts are transformed* so that I feel wonderful and good about life and about myself.

“Love and joy overcome depression. I search for ways to love.\* I find people, animals or any living thing to give love to. I give them love by serving them in big or small ways. As I serve them out of love, I find that my thoughts and feelings are lifted, and I am full of vigor and enthusiasm about things.

“I find little tasks of life enjoyable. As I go about my day, I give full attention and interest to the little chores. As I do, I find what is enjoyable about them. I find I actually take pleasure in the little tasks of life, as well as the bigger ones. And as I decide to take part fully in every task, I find that my attitudes, my feelings and thoughts *rise above* all disheartened thoughts.

“Things of splendor make me feel wonderful. So I make an effort to surround myself with things of beauty whenever and wherever possible. Even the magnificence of a colorful flower brings to me a feeling of joy and peace. As I concentrate on the beauty of the flower, my feelings are immediately lifted and remain that way for as long as I want. And I want to feel good. I want to feel happy, alive and enriched. So I permit myself the experience of *feeling wonderful* as I put my attention onto beautiful things.

“Right now I am thinking of people, places or things I love. They come to my mind easily. And I notice as I continue to think of what I love, I begin to realize that I feel much better. As I remember this love, my state of mind grows brighter and brighter . . . like light bulbs on a dimmer switch that is being turned up to make the room brighter and lighter. That’s the way thinking about the people or places or things I love make me feel.

“My new state of mind turns up the dimmer switch making the room of my

being and mind *light and bright*. It's a great feeling! I can access this feeling any time I wish by simply thinking of them. I can even imagine turning the knob of the dimmer switch to make my love and state of mind brighter and clearer. I use this technique anytime I want to, any time I need to. And it works better and better each time I use it."

*(The Wake Up)*

"I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!"

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“Overcome Fear of Failure”

This script is designed to end the fear of failure.

“I want to overcome fear of failure.*

“I am ready to completely *dissolve any conscious or unconscious fear* of failure from my mind.

“I decide now to take action toward accomplishing my goals. I do my best to find the most reasonable course of action, and then I take the necessary steps toward success. I realize there may be unforeseen challenges that arise, but I *trust myself* to deal with those intelligently. And any setback or challenge only increases my knowledge and understanding of what is required to bring my goals to full manifestation.

“Many people of great achievement encountered failure on their path to success. If Thomas Edison had stopped after his many failures, he would never have succeeded in finally inventing the light bulb. He may have experienced frustrations. He may have endured the ridicule of others when he failed. But, his self-resolve to see his project successful was stronger than frustration or embarrassment.

“So, I easily release worry about experiencing failures on my way to success.* It’s okay if there are frustrations on my path to achievement. And what others think of me is unimportant. I replace that fear of failure with a new expectation of discovering how *strong, resourceful and intelligent I truly am*.* Because if my projects don’t work out the way I want them to, I can analyze the problems and try again until I experience success.

“The only real failure is the failure to take action. Any *step toward my goal* takes me closer and closer to its completion. So *I move forward* with my plans,

taking things one step at a time. And I decide to enjoy the process.

“There is something important in my life that I want to do. I know it will take my planning, thinking and acting to make it happen though. And I realize that taking the necessary measures to see my desire fulfilled gives me great satisfaction. The joy is in the journey! There are several unanticipated challenges that arise as I take this journey. But, I *find the challenges interesting* and thought-provoking. And as I find ways to overcome those temporary obstacles, I feel even more confident about myself, my intelligence and my ability to accomplish what I want. This greater belief and self-knowledge allow me to accomplish even greater things in the future.

“And now I imagine in front of me a great door, a door that leads to my success. Next to it is a great big block of ice. Inside it is a golden key which unlocks the door. The key represents my ability to take action. The ice represents fear of failure. As I say out loud with conviction, ‘I dissolve the fear of failure,’ the ice begins to melt. As I say, ‘My belief in my intelligence and abilities grows stronger,’ the ice cracks.

“And when I speak the words, ‘I am ready to move forward and face all challenges,’ the remaining ice completely melts, leaving behind only the golden key. As I pick up the golden key, I realize I now have the ability to move forward. So I put the key in the lock of the great door and turn it. The door opens as if by some mystical force, and I take a step through the door toward the completion of my goal.

“The fear of failure has melted away completely. And I can move forward with my plans.”

(The Wake Up)

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . .

I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!"

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## ***“Reduce Smoking Easily”***

*This script is designed to help you to reduce smoking 80% or more easily within a one week period. You would use it for seven consecutive days prior to using the “Stop Smoking Finally” script.*

“I want to reduce how much I smoke.\*

“I acknowledge right now and after this session that reducing smoking is within my power. It’s as easy as a *simple decision*. I admit to myself, it’s an easy matter for me to reduce smoking approximately 20% each day. That means if I smoked 10 cigarettes yesterday, I only smoke two less today. And if I smoke 8 today, I may only smoke 6 tomorrow. And so on.

“It’s easy and gratifying to smoke just a little less each day. And in about a week or so after first reading this script, I will have automatically and easily reduced my smoking about 80%.\* I can then decide whether I am ready to stop smoking altogether.

“As I see how easy it really is to cut down on smoking, it becomes clear, I have much more control than I thought I had. And I understand now that quitting is not only possible, but very reasonable, logical and remarkably easy for me.

“I’ve acted as though cigarettes are in control of me. But I know that isn’t true. The truth is I am actually in control.\* The only reason I haven’t quit smoking is because I didn’t really want to. I pretended that to smoke had some sort of ridiculous power over me. But it doesn’t. Cigarettes or any kind of tobacco has absolutely no hold over me.\*

“I can relax all by myself, like I am doing right now with self-hypnosis . . .

and I don't even want a cigarette right now. I am relaxed and happy doing something else. I can choose to relax and feel good, take a break from my day without a cigarette.

"Cigarettes are a poor substitute for the true feelings of self-acceptance and confidence. I choose to cultivate and nurture feelings starting this minute of self-worth, self-confidence and self-acceptance.

"After the session is over, I can decide to *say NO to a cigarette*. And when I do, and every time I say NO to a cigarette, I notice how proud of myself I feel . . . because I am recognizing my own power and ability to be in control of myself. Saying NO to smoking a single cigarette gives me a strong feeling of freedom. I've always had this power, but this hypnosis session is just reminding me of this.

"I'm not going to insist I stop smoking altogether right away. If I make a choice to smoke a cigarette, I can choose to do that. But the choice will be clearly and freely mine. I will have a moment when I can freely decide whether to smoke, or whether to just say NO for now and save it for later or just decide not to smoke at all. And each and every time I say NO, I'll notice how good I feel . . . how confident, how healthy and empowered.\*

"Instead of smoking, I'll take a few deep proud breaths of clean, fresh air and feel the relaxation that comes with that. I might reach for a bottle or glass of water instead of smoking and when I sip the water, it will remind me of what a healthy thing I am doing for myself.

"I find it easy to reduce smoking right now. Every day I find it easier to reduce the number of cigarettes I smoke at least 20%. In one week's time, I will have reduced the amount I smoke about 80%."

### *(The Wake Up)*

"I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . .

I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!"

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“Remember Past Lives”

This script is designed to encourage the recovery of past life memories in dreams. For best results, read this script right before bedtime.

“I want to remember who I was in former lifetimes.*

“My dreams can and will recall to me who I was in previous lives. As I go to sleep this very night, I will have one or more dreams that are direct memories of my life in a previous incarnation. And when I awaken naturally from sleep, I will remember the dream vividly. I will remember the dreams pertaining to my past lives. I remember my past lives.*

“My subconscious has access to all of my memories, whether in this lifetime or any others I have ever had. These former lives and all of my experiences are part of me and have brought me to who and what I am and experience in this lifetime.

“Through my dreams, I wish to lift safely the veil that hides my past life memories from me so that I can understand myself more fully. I wish to learn about my past lives for further self-development in this lifetime.

“I want to know who I was and what happened so I can grow in my wisdom and self-knowledge. And with this intention, I direct my subconscious to reveal safely who I was in one or more previous lifetimes.

“I imagine going to sleep this very night. And during the night I have a very vivid dream. I imagine I am someone else from a previous time. Everything I see and experience in this dream is very familiar to me, because it actually happened in a previous life. I even catch a glimpse of my face in a mirror or the reflective

surface of water. It is my face from a previous life.

“And everyone I know in the dream is also very familiar. They are the people I knew when I lived before. As the dream fades, I imagine waking from sleep. The dream is vivid in my mind. I write it down in a journal or on a pad of paper, so I can remember it always.

“And I’m intrigued and overjoyed my dream, because I recognize it revealed a true memory from a past life. Now I can take what I learned about my past life, and understand how things relate to my current circumstances. I can use the dream to make my current life better.

“I have lived before.*

“I have had previous lives.*

“I can safely recall who I was and what I experienced in my past lives.*

“I will dream of who I was and what I experienced in my past lives.*

“I remember my dreams of my past lives.*

“I will experience joy from the self-knowledge I gain.”

(The Wake Up)

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!"

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## **“Smile!”**

*This script encourages smiling as an authentic expression of warmth with old and new acquaintances.*

“I now smile more often.\*

“Smiling is natural, inviting and disarming. When I smile at people with sincerity, it immediately communicates friendliness and warmth so that they are more receptive to me. As I *decide to smile more*, I will enhance the quality my relationships, both personal and professional.

“The studies confirm that over 90% of communication is non-verbal. The expressions on my face communicate more than the actual words I use. So I now become aware of my facial expressions and prompt myself to smile when I want to communicate sincere warmth or welcome. This will improve my influence and rapport with everyone I know and meet.

“When I greet someone, I let a smile flood all over my face and my eyes like a warm wave. And when I am introduced to a new acquaintance, I reward that person with a cheerful and inviting smile. I also look them in the eyes as I smile, letting them know that I think they are very special.

“As I smile, I feel a well of gladness rise up from deep within me. That gladness reaches my face and then culminates in a bright, authentic smile. It’s as though the sun is rising within me, and my smile lights up my whole face. My smile expresses a feeling of goodwill and happiness.

“As I become aware of my facial expressions and learn to *smile more*, smiling becomes automatic. It becomes my new way of greeting people I know or want to know. Smiling is automatic.

“I pretend right now that I am meeting someone for the first time at a social event. As I purposefully make eye contact, I pause for just a moment, then I smile warmly and enthusiastically to let the person know I’m glad to meet them.

“I can tell that my smile and sincerity are well received, because naturally, the person smiles back at me just as cheerfully. And as the conversation continues, I smile whenever appropriate, expressing myself as a happy person who is easy to talk to. I create and develop rapport with my smile. And when the conversation is over, I smile again and tell the new acquaintance how wonderful it was to meet them.

“A smile is worth more than a thousand kind words. It expresses so much and it’s so easy to *remember to smile*. So I will *use my smile* from this day forwards to help me communicate and build rapport with people. And because smiling on the outside makes me feel good on the inside, it’s always a pleasurable thing to smile.”

### *(The Wake Up)*

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!”

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“Stay in the Now”

This script will help you to focus on what is happening and keep your mind from wandering.

“I am ready to focus on the here and now.*

“I reserve daydreaming and contemplation of the past or future in times when I am alone and not engaged in any other task. During those times, it’s healthy and acceptable for me to allow my mind to relax and wander where it wants to. So I set aside special and definite periods of time to let my mind drift, recognizing that daydreaming has value.

“Yet when I engage in conversation or in the tasks of life, I decide to remain focused on what I am doing and experiencing.* By staying present and focused, I experience and enjoy my life to a much greater extent. Staying in the now helps me in all areas of my life.*

“I now program and train my mind to stay focused on what is happening in the present. From this day forward, I become acutely aware anytime my mind wanders from the persons or tasks at hand. And when I notice it wandering, I subtly make a fist with my right hand and squeeze it to remind myself to return my attention to the present moment. And as I release my fist, my *mind returns its focus* on the present circumstance.

“I imagine myself now having a conversation with a friend. In the middle of conversation, as my friend is telling a personal story, I discover my attention has wandered and I am daydreaming. Because I want to appreciate my friendship and listen to what’s being said, I quietly and subtly make a fist with my right hand. As I do, my focus returns to what my friend is saying. My *attention completely and fully returns* to the present moment.*

“And after only a short while, I will recognize that staying in the now and focusing on the moment becomes my new habit . . . my everyday way of thinking and doing. And I envision this making me very happy. My relationships will greatly improve because I’ve learned how to listen and connect with the other person. The tasks that I need to do will be done with more precision and excellence, because I am able to concentrate on them. Even my joy of daydreaming will improve because I reserve it only for special times when I’m alone and willingly allow for it. And I will be glad that staying in the present has become my normal way of being.”

(The Wake Up)

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . .

beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!"

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### ***“Stop Complaining, Stop Gossiping”***

*This script is designed to reduce complaining and gossiping in order to express and experience more positivity.*

“I want to stop myself from speaking negatively . . . I am ready to discontinue gossiping and complaining.\*

“From now on, I express and concentrate on all the good in my life. Expressing optimistic and uplifting thoughts . . . makes me happier and healthier. So I stop myself from speaking negatively.\* I let go of misplaced desires to complain or to make any unkind remarks about anyone or anything . . . because what I really want . . . is to feel content about myself and my own life.

“As I remember to control the words I speak, it becomes easier to control my thoughts, so that even my thoughts now become consistently positive and happy. And as my words and thoughts now become constructive and affirming, I become a *happier and healthier* person.\* I *feel better* about myself and my life.

“Sharing gossip with others is a form of negative speech. It may come from a misplaced inner need to feel superior to others. And I know that gossiping doesn’t make me feel better, and it certainly doesn’t make me superior than anyone. So from now on I stop myself from gossiping.\* If I catch myself saying anything negative about anyone, I will simply stop in mid-sentence.\* I then instead may decide to say something positive and uplifting about that person . . .

because I see myself as a positive person now.

“I imagine myself right now among a group of friends who are about to gossip about someone we know. But, just as I begin to speak negatively about that person — I stop myself. I think about what I’m about to say . . . and I simply decide to say nothing instead or try to say something positive and kind about that person. Furthermore, because of that positive statement, now a wonderful feeling of self-control and self-confidence fills me. It's a feeling that's so much better than the way petty gossip made me feel. It feels good to speak well of others or just to remain silent. This is my new way of speaking about others.

“I can also imagine myself now around a group of friends or business associates who are beginning to gossip. And I discover that even the idea of listening to unkind words about anyone is now completely uncomfortable to me. So I quickly excuse myself from their presence and move on to more positive tasks and conversations. I feel a sense of goodness and pleasure whenever I remove myself from negative conversations.\*

“So from this day forwards I stop myself from complaining . . . because what really makes me happy can never come from complaining about circumstances outside of my control. I take action to correct my problems . . . and that gives me a feeling of self-reliance and confidence. I replace my need for attention with a proactive and positive approach to people and circumstances. And I find that people automatically respect and pay attention to very positive individuals.

“I see myself right now in a situation where once I might have complained. But, instead of complaining, I stop myself, and ponder whether there is anything I can do to change the negative situation. I know that complaining rarely solves any problems. So I just decide to let the complaints dissolve from my mind without expressing them.

“Instead, I now decide to take a long, slow breath . . . . As I release it, I release all my tension. And as I do, I immediately realize how good it feels to take control over my words. That feeling of self-control feels more gratifying than complaining.

“I discontinue gossiping. I discontinue complaining. With every passing hour, I find that my vocal expressions are more positive and kind.\* As a result, I find that I feel good about myself, my life and everyone around me. Speaking well of others and circumstances is a beneficial and empowering habit of mine.”

*(The Wake Up)*

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!”

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“Stop People Pleasing”

This script encourages the reader to say no to people, when appropriate, and to create self-respect and necessary boundaries in relationships.

“I am ready to stop compulsively pleasing people.*

“I now release myself from any conscious or unconscious need to overexert or overextend myself physically or mentally just to please another person.

“The right people will like me and love me even when I choose to say no to their requests. I continue to both love and be loved . . . even when I say no to others. So I only do things for others when I want to . . . when it feels right and appropriate for me to do so.

“And if someone doesn’t like me anymore, because I say no to them . . . then I have to wonder if they ever really liked me in the first place . . . or whether they just liked me for what I did for them.

“From this day forwards, I override any compulsion to please out of habit, guilt or to gain the approval of others.* Whether in my social life or in my professional life, I *create boundaries* with others . . . and establish my self-respect. Because as I now learn to respect myself better . . . and respect my own time and effort, others will respect me more.* That’s only natural.

“There are times when it is in my best interest to serve or help another person or to say yes to a request. And there are times when I want to show someone I care about them by doing a good or helpful deed or chore for them. And it is fine to help someone out of charity or love. But, there are times when helping is a great inconvenience, and I now find I can choose to *say no* to that request for assistance. I place careful boundaries on my effort and my time.

“I am as important as any other person. I am important. I matter. I matter to me. And as my own guardian and friend, I make sure that I am treated well by others.* The part of treating me well and protecting me is in realizing that I can say no to most any request made of me. Saying no is a way of protecting me. Saying "No" establishes important boundaries. These restrictions are right and good for me to establish and maintain with family, friends, coworkers and employers. And anyone who does not respect my boundaries is unworthy of my respect or time.* I disregard anyone who does not value my borders.

“I imagine being asked by a family member, or friend or coworker to do something that is not an emergency and would greatly inconvenience me. I easily and respectfully tell them ‘No.’ And as the word ‘no’ comes out of my mouth, I immediately feel good about myself. I imagine that the person respects me and my right to say no to their request. And I imagine that they can find another way or another person to help them with their request.

“I now imagine what happens when I say ‘no,’ and the requester looks angry with me. I continue to feel very good inside. I feel good because I am my own guardian and best friend, and it is not my responsibility to comply with all requests made of me. I enjoy setting my limits and guarding those boundaries.

“I am still a good person, even when I say ‘no’ to people. In fact, it makes me a better person because it proves that I have self-respect. I have limits on what I will do. And this is a very good thing.

“I look forward to saying ‘no’ to people who make unreasonable demands of me. I say calmly but emphatically ‘No, I can’t do that,’ or ‘I’m sorry, but I can’t help you with that.’ And it feels good to say those things out loud.”

(The Wake Up)

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide

awake and fully alert!"

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## ***“Stop Smoking Finally!”***

*The following suggestions are designed to eliminate the behavior of smoking cigarettes and using tobacco.*

“I am ready to stop smoking now.\*

“I am ready to stop smoking for myself. Smoking is poison to my body, and I want to live. So it’s time to choose to live *smoke free*. I use the power of hypnosis, suggestion and imagination to communicate this truth to my subconscious.

“I imagine that I smoke three times as much as I ever did. And that all the horrible aspects of smoking are three times worse. My breathing feels labored and heavy. My clothes smell constantly of smoke. My teeth are stained with tar. The smoke fills my nostrils and there’s an unpleasant sensation in my throat, lungs and chest. It’s a terrible feeling.

“But now I imagine something different.

“I imagine I am smoke free and have been so for many years. I picture myself walking along a white, sandy beach on a cloudless day. The air is crisp and fresh, and it feels so good to fill my lungs with the pure air. I walk spiritedly, full of energy and vitality. I feel clean and a part of nature.

“Would I would ever trade these wonderful feelings of cleanliness, vitality and freedom back for a lousy cigarette?

“Now I imagine myself in a place where I used to smoke: in the car, after a meal, or while on the phone. And I see myself without a cigarette because I am a non-smoker. I am completely smoke-free and feeling great. I’m smiling and very proud that I have let go of such a deadly and disgusting habit.

“I see myself with friends. Some of them might even smoke in front of me. But it doesn’t bother me in the slightest. In fact, when they smoke, I feel sorry for them—because they have a bad habit they haven’t kicked yet. Yet I feel even better about me, because I remember how completely smoke free I am, and how my life has dramatically improved as a non-smoker.

“With this feeling of control and empowerment I also discover how easily I control how much I eat. I eat normal portions of healthy food. So as I now become a non-smoker, I remain at my current weight, unless I choose to lose weight with my newfound confidence and self-control.

“I feel relaxed and calm without smoking.\* I’m more confident and secure than I have ever been. It’s like having a whole new life. I discover I don’t even want a cigarette anymore.\* The smell of them has now become unappealing and the thought of putting one to my mouth is *utterly repulsive*. Instead, when I want to feel more relaxed and calm throughout my day, I take a break from what I’m doing. I find a place where I can draw five to ten slow deep breaths. I let oxygen fill my body and brain, refreshing and relaxing me naturally . . . cleanly. When I do this, it reminds me what a great choice I made to become a happy, healthy non-smoker. It is one of the best things I’ve ever done for myself.

“I realize smoking didn’t make me attractive, cool or special. Cigarettes stained my teeth. I looked totally silly sucking from a little white paper tube filled with ugly brown stuff. And the only ones who might have thought of me as special for smoking are employed by greedy tobacco companies.

“I now think about what it will feel like after this hypnosis session to be free of cigarettes.\* The thought of smoking will seem ridiculous and distant . . . as if it was someone other than me who smoked long ago and far away. And I embrace my smoke-free identity fully and resolutely. I see myself breathing air, drinking lots of pure fresh water and enjoying my new life. Temptation to smoke

doesn't exist, and there will be no withdrawal symptoms whatsoever, because my body accepts its identity as a non-smoker.\*

"I'm ready to experience my smoke-free life. I am now and shall remain a non-smoker from this time forward.\*"

### *The Wake Up)*

"I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!"

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“Stop Worrying”

This script is designed to provide release from everyday worry habits.

“I release myself from worry.*

“I *let go of the heavy* burden of worrying about my life, my relationships and the world around me. Instead, I choose to focus on the present. I concentrate my attention on making the happiest, best decisions I can make for me at this time. And I allow that to be satisfying and sufficient.

“I realize that worry is counterproductive, and I want to do things that develop more happiness and peace for me and others. So any time I discover myself worrying about anything, I gently and *immediately remind myself* to return to the present moment and focus on good and helpful things.

“Worry is imaginary. It’s a product of the imagination. It’s a negative projection of fear and has no basis in reality. Letting go of something that is unpleasant and imaginary is easy for me to do now.*

“I imagine that I am on a beach and carrying heavy bags of sand on my back and shoulders. The bags of sand represent all the worries I have been carrying. They are very heavy and make it very hard for me to move forward. The bags of sand are a heavy burden, and I ask myself ‘Do I need to carry these worries around?’ I instantly recognize the answer is ‘NO!’ So I now drop the heavy bags of sand. I let go of the heavy burden of worries I was carrying. I release all worrisome thoughts. I let them drop to the ground with a loud ‘thunk.’ The moment I drop them, I feel so much better, so much lighter, so much freer! I can now move forward with great ease. I can now go and do whatever I wish, and let the worry go.

“I imagine walking along the beach now, happy and light. I look back and see the bags of sand on the ground far behind me. As I walk farther, the bags are getting smaller and smaller . . . smaller and smaller . . . until they are just a dot

and a blur. They are so far away now that there is no point in even looking back. So I just look forward to now. And now I know *I am free* to think positive thoughts. I am free to get on with my life and let things happen as they may. As I walk on the beach, I see a beautiful sunrise ahead of me. I walk toward that sunrise, feeling light, joyful and free.”

(The Wake Up)

“I will awaken myself from hypnosis safely and easily by counting to five. When I reach the number five I will become fully alert and wide awake. One . . . beginning to awaken from hypnosis now. Two . . . becoming completely aware of my surroundings as I sense myself awakening. Three . . . looking forward with detached expectation to the results from this self-hypnosis session. Four . . . I feel wonderful, hopeful and happy. FIVE . . . FIVE . . . FIVE . . . now wide awake and fully alert!”

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## **Bonus Section**

## ***About the Bonus Section...***

In the last few years I've made several innovations to the basic method of Instant Self Hypnosis that may be of great value, particularly to those of you who've already been using the method. (If you are new, I suggest you first master the basic method before trying any of the techniques found in the Bonus Sections here.)

Once the basic principles and technique are familiar and comfortable, you may employ one or more of the techniques contained in this more advanced Bonus Section.

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Bonus #1: Enhance the Impact of the Scripts

If you would like to make your sessions more potent, it's easily accomplished. Here's how:

(Important: You may have noticed while looking at the scripts that there are **asterisks (*)** after some of the hypnotic suggestions. These suggestions are usually of a fundamentally strong, important kind, designed to help you produce the essential change you're seeking.)

Whenever you see an asterisk after a suggestion, re-read the sentence aloud. Then continue reading the script as usual. For example, if the script reads:

"What others think of me is unimportant. I replace the fear of failure with an expectation of discovering how strong, resourceful and intelligent I truly am,"*

...then repeat the second sentence. Read that section like this:

"What others think of me is unimportant. I replace the fear of failure with an expectation of discovering how strong, resourceful and intelligent I truly am. I replace the fear of failure with an expectation of discovering how strong, resourceful and intelligent I truly am."

You may use the same tone of voice as you did when reading the first time, or you may add a bit of emphasis to make the suggestion even stronger for you.

The repetition has a compounding effect and makes a very powerful impression on the subconscious. It will marginally lengthen the duration of your session, but it's well worth the time.

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## **Bonus #2: Deeper Instant Self-Hypnosis**

Experiencing a deeper level of self-hypnosis is easy, as long as you don't mind taking an extra few minutes to accomplish it. I've included two deepening scripts here.

Each is designed to be read after the **Master Induction 2.0** but before using a script for your goal. You may choose to use just one of the two deepening scripts or, if you really want to experience something extraordinary, use both deepening scripts, one after the other, before reading the script pertaining to your goal.

The first script, the **Super Deepening Script**, offers a wonderful technique to command more focus and quiet the mind so that it is even more receptive to the subsequent suggestions.

The second script, called the **Ultra Deepening Script**, uses an original mixture of eyes-open and eyes-closed techniques to relax the mind and nervous system deeply.

*Note: Make certain to place a bookmark in all the scripts you decide to use before you begin your session so the transitions are smooth.*

*(Go to the next page for the script.)*

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“Super Deepening Script”

(to be read aloud)

“I easily go deeper into self-hypnosis now.

“I’m going to quiet down all the other thoughts and ‘voices’ in my head so that I can relax my mind completely and focus only on this self-hypnosis session.

“I imagine I’m a teacher in the middle of a room full of noisy, chattering children. Some are talking endlessly to one another. Some of them are calling out to me to get attention. Others are showing off things they saw on television. Some sing random popular songs they know.

“To get their attention and quiet them down, I say to them, “It’s time to quiet down now and pay attention.’ When I do this, I notice the children who were calling out to me immediately become quiet and attentive.

“Then I put my forefinger to my mouth and gently make the sound ‘Shhhh.’ The kids singing random songs or showing off become calm and attentive now.

“Once more, I slowly draw out the sound, ‘Shhhhhhhhhhh.’ And when I do, the kids stop chattering to one another and pay total attention to me.

“I tell them, ‘Very good. I’m going to read to you now as you listen. So I want you to *remain quiet* and pay total attention as I read it. Okay?’

“The children nod their heads with understanding, while they remain silent and pay close attention to the words I speak.

“The children represent parts of my ever-developing mind, and their voices represent the many thoughts they naturally generate.

Those parts of my mind are now calm, quiet, relaxed and completely receptive to the hypnotic suggestions as I read them.”

(Turn to your selected script now and continue reading.)

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## ***“Ultra Deepening Script”***

*(read aloud)*

“I want to go much deeper now.

“In a moment, I will close my eyes and count slowly to three, feeling twice as relaxed with each number. When I reach the number three, I will open my eyes and continue to read and notice how utterly relaxed I’ve become.

*(Close your eyes, count to three while relaxing deeper, then open your eyes and continue.)*

“I feel much more mentally relaxed and receptive. So in a moment, I will close my eyes again and slowly repeat the phrase ‘Deeper relaxed now’ three times and use my imagination to relax ten times deeper every time I say the phrase. Then I’ll open my eyes and continue reading.

*(Close your eyes, repeat ‘Deeper relaxed now’, then open your eyes and continue reading.)*

“Now I really, really feel so wonderfully relaxed, and my challenges feel light and easy to master. And I am ready to absorb the suggestions I read now.”

*(Please turn to your selected script.)*

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Bonus #3: About “Rapid ISH Induction”

Many people have asked me whether it is necessary to read the entire **Master Induction 2.0**, as it becomes a bit monotonous to read the same material always.

After several readings of the Master Induction 2.0, the mind develops a conditioned response to it and you’ll find yourself becoming hypnotized in a matter of only **moments** after beginning to read it.

If you’ve used the Master Induction 2.0 to hypnotize yourself a minimum of six times, you may use the **Rapid Induction Script** instead (provided below). It allows you to shorten the total length of your sessions. Essentially, it’s a condensed version of the regular Master Induction 2.0.

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#### ***“Rapid Induction Script”***

*(to be read aloud)*

“I *hypnotize myself* with my eyes open now. I find myself in a comfortable, quiet place where I won’t be disturbed, so that I can gently and easily concentrate on these words.

“I use the sound of my own voice and the power of my own imagination to *deeply relax* my body . . . from the top of my head . . . down through my feet and toes. It feels so good to *relax now*.

“Now I imagine a grand, ornate door on which my first name is embossed in pure gold. As I speak my name aloud (say your first name out loud) the door

slowly opens all by itself, as if by *some mysterious force*. And when I step through the threshold, I feel a deep sense of security and well-being.

“I make my way to a short stairway with five stairs that leads down into my favorite thinking place in the vast mansion. As I descend the stairs, I count backwards from five to one, and as I do, I use my imagination to *relax deeper* and deeper and glide into a condition of self-hypnosis, a condition of deep relaxation and heightened receptivity.

“Five . . . I imagine walking down the stairs and feeling more relaxed with each number.

“Four . . . the deeper I go, the more open to positive change I now become.

“Three . . . effortlessly going deeper down the stairs . . . feeling safe and secure.

“Two . . . down into a calm and comfortable place . . . where creating positive changes is effortless and uncomplicated.

“One . . . at the bottom of the stairs now, and I imagine what it feels like to now be in a state of self-hypnosis with my eyes open.

“I imagine entering into a welcoming reading room and approach a plush, comfortable looking chair and sit down to *relax fully*. I am now hypnotized with my eyes open. I am highly suggestible in this state and remain in this deep condition while I read the suggestions pertaining to my goal.

“I easily stay hypnotized with my eyes open until I read the Wake-Up. I remain calm and focused as I begin reading the suggestions for my goal.”

*(Please turn to the script of your choice.)*

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Bonus #4: Script to “Instantly Hypnotize Others”

In the original book, I revealed how to use the *Master Induction* to hypnotize others by reading aloud and changing the pronouns. While many people have written to tell me of their success with it, I actually found that version to be a bit awkward but still effective. I’ve changed that.

Here’s why. The passages don’t quite make sense when read to someone else. And it takes a bit of thought to maneuver around them. (My hindsight’s 20/20.)

So, I’ve decided to modify the *Master Induction* (called **2.0** now) so you can hypnotize other people more easily.

Here’s how. All you do is read the induction below and then turn to the script of their choice. Then with just the suggestion script, simply replace the pronoun “I” for “you.” As always, you’ll finish with the *Wake-Up*.

Whoever you decide to hypnotize, it’s important that they first have a basic understanding of hypnosis. It’s vitally important they remove any fears they have about being hypnotized. If they have any fear whatsoever about it, then their experience will probably be unsuccessful. They won’t relax and participate fully.

To hypnotize someone else you’ll need to follow these steps:

- * Have them select a goal/script they wish to work on. Then bookmark that suggestion script before you begin.

- * Find a place where you won’t be disturbed during the session.

- * Have the person you are hypnotizing sit in a comfortable chair or sofa. You may sit across from them or next to them in a chair.

* Begin by reading the induction below aloud. Use a soft and soothing tone of voice. Take your time between sentences and paragraphs. Pause slightly where you see three dots. *Note: Do not read words found in parentheses, but follow any directions they offer.*

* At the end of the induction, turn to the script you've book marked and continue reading, replacing pronouns from the first person to the second person (e.g. change "I" to "you").

* Finish by reading the "Wake-Up" provided at the end of the script.

* Repeat the session once a day for three to seven days until results show.

Now, begin reading the script below when ready...

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## ***"Modified Version of Master Induction 2.0"***

*(to be read aloud)*

"Are you ready to enjoy a relaxing hypnosis session now?" *(wait for answer)*

"Are you willing to follow my directions so that you will be successful?"  
*(wait for answer)*

"Very good. Now close your eyes, and make sure your hands and feet are uncrossed.

"As you feel a sense of privacy and comfort, let the sound of my voice *soothe* your mind and *calm* your body.

"Use your imagination and feel yourself *become increasingly relaxed . . .* as though everything were beginning to move in slow motion . . . *(read slower)* slow motion. Moment by moment, your mind becomes as clear as the surface of

a calm and quiet mountain lake. Calm . . . and quiet.

“Imagine yourself now relaxing in a small wooden boat that’s gently drifting on the glassy lake. The lake is surrounded by majestic, tall trees. The sun is shining and warms your skin. Pretend feeling its golden rays on your body, gently soothing and relaxing you from the top of your head down to the tips of your toes.

“As you imagine closing your eyes on the *drifting* wooden vessel, hear the leaves of the trees rustling (pause a moment to let the person picture) and feel a refreshing breeze pass over your body (take a few seconds to let the person imagine this), and you smell the sweet scent of wildflowers on the wind.

“Draw a slow breath and release it. And as you do, *relax twice as deeply* and *let go* of all stress in your body and mind . . . All tension is washed away and is replaced with an incredible sense of peace and well-being, as just allow your mind and the boat to move and drift . . . without a care . . . along the mirror-like surface of the serene water. Just drifting now . . . into gentle pathways of peace and comfort . . . easily . . . effortlessly . . . the way you might feel on the border of a sound, deep sleep. A sound . . . deep . . . sleep.

“Imagine the boat has come to a gentle stop upon a lush island. You look and see the abundant green vegetation looks well cared for as you notice a pathway that leads to a magnificent mansion. As you step out of the boat and slowly walk the path toward the mansion, you are *mesmerized* by the beautiful architecture and grandeur of the great manor.

“You come to a closed iron gate at which stands a formidable looking guard who looks at you with a steely glare. But that glare quickly turns to a smile of recognition as the guard opens the gate and says to you ‘Welcome back.’ And you realize that the mansion and the island belong to you and the guard works for you.

“You walk through the gate and up to a grand, ornate door on which your

first name is embossed in pure gold. The door opens all by itself, as if by *some mysterious force*. As you step through the threshold of the door, you feel a deep sense of security and well-being. As you pass through the vast, beautifully decorated foyer, you see a large portrait of yourself looking healthy, dignified and successful.

“There are many hallways and rooms to this mansion representing the many aspects of your mind and life. But you make your way to a short stairway with five stairs that leads down into my favorite thinking place in the vast mansion.

“As you descend the stairs, you count backwards from five to one, and as you do, you use your imagination to *relax deeper* and to glide into a condition of hypnosis, a condition of deep relaxation and heightened receptivity . . . with your eyes open.

“Five . . . imagine walking down the stairs, and you feel more relaxed with each number.

“Four . . . the deeper you go, the more open to positive change you now become.

“Three . . . effortlessly going deeper down the stairs . . . feeling safe and secure.

“Two . . . down into a calm and comfortable place . . . where creating positive change is effortless and uncomplicated.

“One . . . at the bottom of the stairs now, and you imagine what it feels like to now be in a deep, receptive state of hypnosis.

“You are now highly suggestible. And every time you choose to be hypnotized in this fashion, you will go deeper and faster than the time that came before.

“It’s a relaxing wonderful experience you enjoy. And you can remain in this place while I now offer your subconscious positive and beneficial suggestions that will change your life.

“So just relax even deeper now with every breath as I continue reading to you.”

*(Please turn to the selected script and continue reading)*

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Bonus #5: Everyday Self-Hypnosis

There's a simple technique you can incorporate into your everyday routine that will get you to your goals faster than just using either ISH or More ISH alone.

I wrote about it at length in my 2007 book, *Self-Hypnosis Revolution: the Amazingly Simple Way to Use Self-Hypnosis to Change Your Life*. But, I'm going to reveal it to you here, as a kind of bonus because it's so effective when used as a companion technique to *More ISH*.

Here's a breakdown: I discovered that the things we do everyday are loaded with natural symbols and lessons that can be combined with verbal suggestions for double the life-changing results!

Here's a good way to start to understand what I mean.

When you think of conventional hypnosis or self hypnosis, you probably just think about closing your eyes and entering a deep trance. But, you're leaving out those trances you enter every single day, which are called "**natural trances**."

Those trances can be used to promote powerful personal growth when repeated through the various, multiple daily tasks you perform.

Natural trances are a kind of hypnosis you experience in daily life. You slip into and out of them while performing common chores like cooking, cleaning or driving. You tend to go on AUTOMATIC as your brainwaves slow down into what is called the "alpha state."

I will show you how you can take advantage of these natural trances as you go about your everyday routines.

How I Discovered Everyday Self Hypnosis

To improve my physical and emotional well-being, I began using this easy technique a few years ago.

It started like any other morning: I was taking my usual shower. I was becoming very relaxed as the warm water passed over my body. And my mind was drifting off very pleasantly. But, instead of just humming or singing in that private moment, I carried out an experiment.

Little did I know I was about to stumble upon a way to use that simple exercise (showering), apply its symbolism to my life, and then rearrange it into a personal meditation (or self-talk mantra) that would help me reach my life goals.

This "simple" idea helped my life begin to change even more positively over the next few months. Today it's an effective, easy habit.

The following list outlines how I achieved it -- and how you can too:

*** *I attached the correct symbol to the task.*** I asked myself the question of what kind of symbolism showering or bathing carried. The answer was "cleansing". Then I thought about how I could create a kind of auto-suggestive mantra for that task next...

*** *I created an appropriate auto-suggestion phrase.*** I'd repeat that out loud three times with emotion:

"I cleanse myself of all accumulated anger, fear and self-doubt. I cleanse myself of all accumulated anger, fear and self-doubt. I cleanse myself of all accumulated anger, fear and self-doubt."

*** *I imagined that the symbolic form those negative emotions took*** became like dirt leaving my body and going down the drain.

Taking that shower had become a symbolic ritual to cleanse my inner self!

At first, I barely notice anything. Nevertheless, after several days of repeating this “everyday self-hypnosis” I noticed my mood brightening and my thoughts turning more positively toward how to get what I needed and wanted in my life.

I found that the *natural trance state together with the power of everyday self-suggestions based on appropriate symbols* (Everyday Self Hypnosis) was really paying off.

*** Finally, I created a list of task-symbols-suggestions to cover most common daily tasks.** Here are just two examples (of many in the book): Ironing my dress shirts became a way to use natural trance to "iron out the wrinkles in my relationships." Driving to the farmer's market became a way to work on "driving myself to greater success."

Achieving Everyday Self Hypnosis Easily – Step by Step

There's nothing complicated about the Everyday Self Hypnosis technique. Here's how you can start to incorporate it too:

- * Select an ordinary activity
- * Recognize its underlying or symbolic meaning as it applies to you
- * Create a beneficial suggestion to accompany the activity
- * Recite the suggestion three times as you initiate the task
- * Await the positive life changes you want

In the book, you can choose among several activities you perform on any day. If you follow the rules of the technique, after about a week you'll start to notice genuine change start to manifest in your thoughts, emotions, actions — and then your behaviors. (For stubborn habits I suggest that you stick with this new system for at least three weeks.)

Combining Techniques for Optimum Impact

You can easily combine the techniques of *Everyday Self-Hypnosis* (called *ESH*) and this *More ISH* eBook with minimal effort and time commitment.

More ISH can be performed easily under 15 minutes. And the technique using natural trance (*ESH*) takes virtually no extra time out of the day at all -- once you figure out which activities you want to use and craft the correct and appropriate suggestions to repeat silently as you perform a task.

For example: Say your goal is to experience more joy in your day to day life. You would use the “*Joyful Living*” script once a day for seven days. And on each of those seven days, you might decide to use “eating” to use for your natural trance activity. Eating carries with it the symbolism of assimilation—not just of physical nutrients but also of thoughts and ideas. So whenever you eat, you repeat to yourself (aloud or silently), “*I feast on joyful thoughts and attitudes.*” Over the seven day period, the power of those two techniques would undoubtedly get you to your goal of joyful living beautifully.

More Information Available...

If you would like more information about creating a self-hypnosis program using your everyday routine, pick up a copy of my paperback ***Self-Hypnosis Revolution: the Amazingly Simple Way to Use Self-Hypnosis to Change Your Life***. It reveals the symbolic meaning of hundreds of mundane chores and offers pre-written self-suggestions to use in your own self-improvement program.

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## Frequently Asked Questions

Here are the most common questions asked about the More Instant Self-Hypnosis method, along with helpful answers.

**\* *Do I have to read the scripts out loud?*** I've received emails from practitioners of *ISH*, who **read the scripts silently and get excellent results**. This is particularly true for deaf readers. So, yes, it's possible to read silently and still achieve great results. All in all, I still suggest that you read them aloud, because your voice can assist the relaxation process, it distracts the critical factor (the "security guard"), and it intensifies the results.

**\* *How many times should I perform ISH for each of my goals?*** Repeat your sessions once a day (per goal for consecutive days) until you see results. Some people get results after just one session. For others success materializes after three to seven sessions. For a few it can take up to 21 consecutive days (because of ingrained bad habits or resistant personalities). Furthermore, some people have used scripts twice a day to accelerate their results.

**\* *Can I use several suggestion scripts per day, so I can work on more than one goal?*** Yes, but studies strongly show the importance of using just one suggestion script in a single session. If you still insist on doing two at a time (you'll lessen the results from each), I don't recommend more than a total of two sessions a day.

**\* *When is the best time of the day to use ISH?*** Choose a time when you won't be disturbed. Many people report excellent results when using it just before bedtime. But, any time of the day produces great results. Do what's most comfortable for you.

**\* *Can I write my own suggestions for any goals not included here?*** Yes, you can write your own suggestions, and I highly recommend you do so. You will find detailed instructions about how to write original ones tailored to your needs and wants in the original book, "*Instant Self-Hypnosis: How to Hypnotize Yourself with Your Eyes Open.*"

**\* *Why didn't I feel hypnotized while using ISH?*** You may not “feel hypnotized” because hypnosis isn’t a feeling. It’s a self therapy to bring forth results. In fact, trying to recognize just when you’ve been hypnotized can sometimes be difficult. But, – believe me – it will work for you. And here’s how to tell. When positive results for your goal begin to manifest in your life, you’ll have all the proof you need you were successfully hypnotized.

**\* *Can I use this method for serious medical conditions?*** No. The scripts of are not meant as a replacement for professional medical or psychological advice or treatment.

**\* *Can I record the scripts and play them back to get the same results?*** Yes, you may read the scripts into a recording device and play them back. But keep in mind that by doing so, you are changing this method of hypnosis. Then your attention might wander or you might fall asleep while listening to those audios. This hypnosis-as-you-read method (More ISH) gets you more involved. So you bypass that problem. I realize that listening to a hypnosis recording takes less effort than reading a script aloud. But, that’s exactly what makes it so much more effective than hypnosis audios. Because you’re really involved in your own self-growth completely, and I think it’s worth that little bit of extra effort. Don’t you?

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## About the Author

**Forbes Robbins Blair** - is a *clinical* hypnotherapist and the author of: “*Instant Self-hypnosis: How to Hypnotize Yourself with Your Eyes Open*” and “*Self-Hypnosis Revolution: the Amazingly Simple Way to Use Self-hypnosis to Change Your Life*” . . . as well as numerous eBooks and articles. He began teaching his innovative techniques in 1997 and has appeared on national radio and television for his expertise. He lives in Silver Spring, Maryland. Visit his website at <http://www.forbesrobbinsblair.com>

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About the Editor-Designer

Robert Morrison – A graduate with a Master's Degree in Counseling Psychology from Stanford University, he has now worked for several years in the fields of writing, website design and editing. Since 2001, Mr. Morrison has made major contributions to Forbes Robbins Blair's trade paperback ***Instant Self-Hypnosis*** and ***Self-Hypnosis Revolution***, as well as the Law of Attraction/Hypnosis eBook and audio program called ***The Genie Within: Your Wish is Granted***. Robert can be emailed about his services at... robubc@yahoo.com.

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## **Books and Programs by Forbes Robbins Blair:**

### ***“Instant Self-Hypnosis” -- How to Hypnotize Yourself with Your Eyes Open***

The original bestseller, teaches you an easy-to-use self hypnosis method which allows you to enter a hypnotic state to improve your life while you read. It includes wonderful suggestion scripts like Have Great Sex, Stop Procrastinating, Overcome Fear of Public Speaking, Feel More Energetic and many more. Available in trade paperback (amazon.com, barnesandnoble.com, etc.).

### ***“Self-Hypnosis Revolution” -- The Amazingly Simple Way to Use Self-Hypnosis to Change Your Life***

...shows you how to reprogram your mind for success while you go through your everyday routines. Break bad habits, heal emotional wounds, increase physical and mental well-being, make more money, improve relationships and spirituality. Learning the technique takes minutes and can lead to a lifetime of empowerment. Available in trade paperback (amazon.com, barnesandnoble.com, etc.).

### ***“The Genie Within” -- Your Wish is Granted***

...**is** an eBook and audio mp3 program (basic and deluxe) – that reveals how to acquire and use your own magic lamp to manifest your fondest desires while making the most of the Law of Attraction (with an assist from self hypnosis techniques). The lamp and the genie are powerful symbols for your fiery intention and the seemingly magical power of your subconscious mind. Attract love, manifest money or just about anything else using this astonishing and original method. Available as an eBook and mp3 package at this webpage: [www.forbesrobbinsblair.com/geniewithin.html](http://www.forbesrobbinsblair.com/geniewithin.html)

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