# How To Practice Self-Hypnosis: A Complete Guide to Self-Hypnosis Mastery!

Self-hypnosis is a term with which you may have heard a lot or may be familiar. When you first heard about hypnotism, what vibe did you get? Doesn’t it feel like something is mysterious? The stereotypical thoughts about hypnosis give us the wrong idea and are represented as manipulation of our mind. But it is actually not true; this is a therapeutic technique that clears your mind and helps you meet your goals.

Some of the negative rumours that we heard about self-hypnosis are: you may have heard that self-hypnosis puts you in a deep trance where the devil controls you, or that once you try the hypnosis method, you may not come back from it, but not a single piece of information is true. If you still believe in all these rumours, then it's high time to reset your thought process and give self-hypnosis a try. In this blog post, we will learn about what exactly is self-hypnosis, how to do this self-hypnosis technique, what positive changes are expected after self-hypnosis, and many other things. So, keep reading this blog to get the complete information.

**But what exactly is self-hypnosis?**

Self-hypnosis is a technique where you put yourself in a deeply relaxed state. It balances the conscious and sub-conscious minds, where the sub-conscious mind is awakened and the conscious mind is put into a quiet state. But, have you wondered why? Our conscious mind is responsible for logical thinking and decision making whereas, the subconscious mind is responsible for storing memories, beliefs and habits that is why by quieting the conscious mind you can access the subconscious mind more effectively.

While you are under the hypnosis, you are not expected to fall asleep; your mind just transferred into an altered state. Hypnosis is actually the best way to escape from reality and dwell in your dreaming state, which you want to manifest in reality. Does this actually work to turn your desire or goal into reality? If you want to know keep reading the blog! Moreover, if you are dedicated to getting a healthy mindset, reprograming your mind, eliminating negative thoughts, and making your mind ready for positive outcomes, then you definitely need to try the self-hypnosis method. It’s totally up to you how you can use self-hypnosis to influence your life for the better.

**5 Ways to use the Silva Method for self-hypnosis.**

Before learning about the process, let’s understand a little bit about the Silva Method.

The Silva method is an unknown potential that resides in every human mind and gives a breakthrough to your mind and thought. As the founder of the Silva method, [Jose Silva](https://silvamethod.com/jose-silva-method) once said, “The greatest discovery you will ever make is the potential of your own mind.

So, how can you use the Silva Method for self-hypnosis? –

1. In our Silva Method, the self-hypnosis technique is used to control our own minds.

2. We slowly tap into the alpha brainwave state, which results in a slowdown of the brain waves.

3. It creates a gap in the conscious and sub-conscious mind, and you are put into deep relaxation, which is best used for stress management.

4. Hypnosis allows the brain to create positive change in the mind and behaviour. Our mind is shapable; it is designed to adapt and learn.

5. The Silva Method provides techniques and exercises to help you enter this state of focused awareness and empower your mind. Therefore, by using self-hypnosis, our mind eliminates negative thoughts and limiting beliefs.

**What is the purpose of self-hypnosis in our lives?**

Self-hypnosis can not only manage our thoughts and create a positive mindset, but it can also have a positive effect in other parts of our lives.

**1.Weight Management**

The most common use of self-hypnosis is to control weight. When you actually learn to control your mind or thoughts, it is easier to manage your food cravings and patterns.

**2. Reduce your anxiety level.**

Stress and anxiety automatically lead us to try a meditation technique, and for that, self-hypnosis is the most chosen method. Though life is all about stress, a relaxing self-hypnosis technique can heal your mind and give you a break for a while.

**3. Self-hypnosis to beat insomnia and get better sleep**

Self-hypnosis for sleep relaxes your mind by using calming visualization, positive affirmations, and deep breathing. It’s an effective way to promote better sleep and feel refreshed.

**4. Self-hypnosis for boosting confidence**

Self-hypnosis for boosting confidence helps boost your belief in yourself. In this technique, you need to close your eyes, take a deep breath, focus on your mind and body, and repeat positive affirmations about your self-confidence. This will help you visualize yourself in the most confident way and create improvement in reality.

**How can you create the perfect ambiance for self-hypnosis?**

To create the perfect ambiance for self-hypnosis, the first and foremost thing needed is to be comfortable. All you have to do is sit back, relax, and put your arms on the side. Then you have to use the R.E.M. technique, which is known as rapid eye movement, as this helps to enter you into a hypnotic state quickly.

In this technique, roll your eyes up for a few minutes while keeping your eyeballs up. Close your eyes. During this closed-eye state, you can notice your eyes start to flicker, and you can feel a fluttering sensation within you. This helps to relax your mind and improve your mental state.

**Some common techniques you can try for self-hypnosis:**

1. At the very first step, put yourself in a comfortable position.

2.Relax your body and release any tension from your muscles.

3. Clearly state your intention, what your purpose is, and why you need to do self-hypnosis.

4. Try to breathe slowly and deeply and focus on your intentions. Keep doing this until your eyes feel heavy.

5. Visualize a serene and comfortable space by using your senses. For example, you can imagine yourself at a beach, or in the mountains.

6. Affirm your intention. Use your goal as a mantra, while you visualize yourself doing it.

7. About five minutes later, get ready to emerge from the trance. Move your fingers and toes, feel the floor beneath you, and feel refreshed as you return to the room.

**How can you experience a successful outcome in self-hypnosis?**

To get the most successful outcome in self-hypnosis, here are some techniques you can try:

1. The suggestions need to be clear, and should always be in the present tense because the mind doesn’t understand the future.

2. You need to use phrases where you see yourself as the most confident person ever, with all your desired thoughts present in reality.

Some of the common examples you can use are:

I am beautiful and confident.

I am confident in my job interview.

I am socially confident.

 3. While doing the self-hypnosis, you must have a clear image in your mind of what you exactly desire. It is better to visualize your desired future, as it leads your subconscious mind to be more successful at achieving your desired outcome.

The two most important rules to keep in mind are that we have to visualize a positive outcome in our minds as well as use positive words in our minds for ourselves to transform our whole lives in the best possible way.

**Self-Hypnosis or In-Person Hypnosis: Which Path Will You Choose?**

You may wonder now: if you have the power to hypnotize yourself, then why do you need to visit a hypnotherapist?

It’s a valid point, as self-hypnosis and hypnotherapy are both similar. There are several advantages to self-hypnosis; let’s discuss the points individually.

1. Self-hypnosis allows you to have complete control over the process.

2. You can practice it anytime and anywhere, fitting it into your schedule.

3. You can practice self-hypnosis according to your specific needs and goals.

 Both self-hypnosis and hypnotherapy can be effective in developing your subconscious mind, but it totally depends on the individual's needs and goals.

**What caution is required if you are trying to do self-hypnosis?**

Self-hypnosis is usually safe for everyone, but if you are dealing with any of the following conditions, you are advised to consult with a professional therapist before practicing self-hypnosis.

1. If you are dealing with mental health problems like schizophrenia.

2.If you are still in the phase of past trauma.

3.If you are dealing with emotional distress.

**Conclusion**

Therefore, we can conclude that self-hypnosis is definitely a good option if you want to relax your mind, boost your self-confidence, improve sleep, and turn the bundle of your negative thoughts into a positive and healthy one.

If you want to get a complete guide on how you can start the self-hypnosis method, then you can watch our Self-Hypnosis Meditation by the Silva Method:

Click on this link to watch the video[: https://www.youtube.com/watch?v=eizOs3rzn\_Y&t=1s](file:///C:\Users\semic\OneDrive\Documents\%20https\www.youtube.com\watch%3fv=eizOs3rzn_Y&t=1s)

Therefore, maintaining awareness at the alpha and deep levels of consciousness is really a powerful form of art. Jose Silva, the ultimate visionary behind the Silva method, discovered the method of accessing the sub-conscious mind while being fully conscious. The Silva method has impacted millions of individuals worldwide through powerful mind-boosting techniques like self-hypnosis, the 3 scenes technique, the 3-finger technique, and more. If you are ready to bring transformative change into your life, then you must take the first step towards the healing self-hypnosis method.