

# **PART 1**



## **HOW TO TAP THE INCREDIBLE SECRET**

**Powers of Your Own Mind**

**“The biggest block to any man’s success is found in his head”**

I am very pleased to welcome you to **“How To Tap The Incredible Secret Power Of Your Own Mind”**. I know you are going to find enrolling on this course one of the most important steps you have ever taken.

The above statement may seem a hard one to live up to, nevertheless it is one I fully intend to try.

It is my intention to show you how you can take control of your own mind and therefore your own life from this point onwards. By learning the art of Hypnosis and Self-Hypnosis you will be able to mold your life the way you want it.

Many who have gone before you were staggered by how their lives could have been so utterly changed for the better simply spending just twenty very relaxing and pleasant minutes twice

a day. The idea that something so simple can be so rewarding is hard to understand until you have experienced it.

You will learn:-

**How you can develop the unique talents, powers, and abilities, that we all possess, to undreamed of heights.**

**How to become rich and successful and get anything you want from life.**

**How you can increase your powers of concentration, memory, or physical stamina.**

**How to control and eradicate any fears or phobias** that spoil and disrupt your life and prevent you from enjoying your life to the full. For example fear of flying, fear of insects, of enclosed spaces, or whatever, the list goes on and on.

Smoking is one of the few vices that can be cured with one course of Hypnosis! Think of all that money you could save each year if you gave up not to mention the improvement in your health, more breath and energy, better taste of food etc.

**How to give up smoking and make £130,000 in the process!** Let us assume the average smoker spends £3.00 per day. That comes to £21.00 per week and £1092 per year. Let's assume a smoker gives up and instead puts the money they would have spent on cigarettes into a building society account at say 8% interest. After twenty years they would have amassed £54,000. That is enough to give them a £450 a month income for life. If that person was twenty when they gave up in they would have a staggering £134,000 in the account by the time they reached fifty.

**How to lose weight.** There is a vast industry selling the public one new diet plan after another which seldom work. All that dieting does is lead people to overeat again. After an initial time the

weight might drop off but soon goes up again later, and the whole miserable cycle starts all over again. Would you like to know how to lose weight and maintain that perfect figure?

**How to improve your golf handicap or your tennis swing. How to give confident public speeches.**

**How to become more popular and make friends easily. How to improve your love and sex life!**

In short anything you want from life is yours for the taking and you are going to be shown how to get it in simple easy steps!

I know that to those of you who have not had any experience of Hypnosis and its amazing power for good in our lives might feel that you have read some pretty fanciful claims. They must be too good to be true. Pie in the sky?

Scientific research at the UCLA has established that we only use a tiny percentage of our true mental ability. Early this century scientists believed humans only used about 10% of their brain! Today scientists believe we use less than 2%.

Let me assure you right here and now that those claims are only a fraction of what you can do as a human being. Merely the tip of the iceberg. In America at “Cray Research” they have been carrying out research using a combination of very powerful computers and Hypnosis. Using such advanced techniques they have been able to prove that the human brain can absorb information at phenomenal speeds. Some subjects have been able to process more than 690,000 words per minute! *(More on this at later date.)*

As a human being you are empowered with talents and abilities that you probably never dreamed of. Did you know that your subconscious mind can deal with over 2,000,000 different pieces of information per second?

Most people go through life without ever having tapped a minuscule amount of their true potential as human beings. You on the other hand have shown that you want to learn how to take control of your life and steer it around in the direction you want it to go. You want to improve the quality of your life and live it to the utmost of your ability!

It never ceases to amaze me that most people live out their lives in “Quiet desperation”, to quote Oscar Wilde, only to end their lives in bitter resentment and anger thinking of what might have been if only they had had the breaks and chances ***others*** seem to have.

I find it very sad that many people are content to base the future happiness of their lives on the random selection of a few ping pong balls falling out of a lottery machine every Saturday night! They prefer to throw a few pounds away every week on a *fourteen million to one chance* which they know they will never win rather than actually do something about improving their lives. And even if they do win this money there is no guarantee that money alone is going to make them happy and feel fulfilled in their life as many have discovered. After all there are only so many meals you can eat, houses you can live in, cars you can drive, etc.

**Do you really know what it is you want from life? I mean really know?**

If you just want money and other material riches then that is no problem you will be shown how to get them. It's relatively easy! You will be shown how to program your mind to tap your vast creative resources and put them to work for you. But I hope you will gain much more from



this course than just money. If not then I will feel that I have badly let you down.

Maybe you want to increase your ability drastically to retain facts and information so as to get a first class honors degree. Perhaps you want to master several foreign languages. Or maybe you want to perfect your technique at tennis, football, snooker, or at playing the piano.

Perhaps you want to be more patient with your family. Be a calmer driver. Be a better lover. Get less stressed when problems arise. Look younger, lose weight, get fit and trim. Be more popular and make more friends.

Be the best in your field! Dramatically improve your health. Become resilient against illness. Reduce or eliminate pain. (Even reduce and cure cancer). ***Yes Hypnosis has been, in some cases, successful in treating a number of incurable diseases like cancer!***

**In short anything you want. The only limitation is that of your own imagination.**

You will be taught how your mind works and how to program it to help you to get the best life has to offer you! This course is in part a kind of **owner's instruction manual for your own mind!**

Believe me you are about to start out on a fantastic journey of discovery which will change your whole view of life. The really amazing thing is it is so easy to turn your life around. It really is if only you are just shown how.

## **THE POWER OF HYPNOSIS:**

Hypnosis is probably one of the most misunderstood phenomenon in our lives today. Hypnosis has long been associated with mumbo-jumbo, occult and sinister mystery men bent on

controlling your mind. Despite the proof that exists about the remarkably positive effects of Hypnosis it is widely shunned and ignored by many people.

There are many reasons for this not least the recent spate of TV programs showing stage hypnotists making ordinary members of the audience look complete fools for our ***entertainment!***

I would like to state for the record that I am totally opposed to public displays of Hypnosis for entertainment. Most professional Hypnotists, who use their skills and knowledge to help people, consider stage shows as a bit like watching a surgeon culling off someone's leg for the amusement of an audience!

The problem is that the stage Hypnotist will inevitably be more concerned with the

audiences reaction first and the condition and welfare of their participant second. There is very little similarity between a Professional Hypnotist and a stage hypnotist. Just as there is little similarity between a butcher and a surgeon.

In any case it is estimated that a stage Hypnotist can only really work with less than 2% of the population. Despite what the audiences may think even those people he eventually selects for the show will only co-operate with him as far as they really want to.

***A Hypnotist cannot make someone do anything against his wishes!***

I know the above statement might seem hard to believe after what you may have seen on TV or in a live stage show. People watching others on stage making fools of themselves think that those people have been taken over. They think

that the hypnotist has complete control which is not possible.

Having said this hypnosis is without doubt a very powerful tool. I dare say in the wrong hands it could conceivably be used for evil, however you have to get things into perspective. As I have said before I have never come across a case of harm being caused by the proper use of hypnosis. From my point of view I believe everyone should be taught how use hypnosis and in particular self-hypnosis.

You see a stage hypnotist is in effect working with people who are prepared to go along with him and accept his suggestions. This is the whole essence of what hypnosis is anyway, as you will come to learn as you go through this course.

Typically what a stage Hypnotist will do is ask the audience to put their hands together and then make the suggestion that they cannot pull them

apart. About two or three percent will go along with this suggestion and so he now has a few people who are very suggestive. After a few minutes of work with them he will reject a few more until he has enough suitable people for his act. What he is really looking for are those people who secretly want a chance to go up on stage but until now have not had the opportunity or courage. They will do what the Hypnotist wants, and make fools of themselves, because in their mind they put the blame on the hypnotist. This is known as the “***social compliance theory***”.

This kind of thing simply makes people fear the phenomenon which is hypnosis and therefore ignore its potential and amazing power for good.

I know of someone who suffers badly from psoriasis. She has been hospitalized once and has to endure repeated sun bed treatments, which are harmful to the body in the long run, and powerful dangerous drugs which can only be

given so many times in a patient's life time. If only she realized that hypnosis could probably cure her with NO harmful side effects what-so-ever! I wish the same could be said of conventional treatments she currently has to endure.

I mentioned to her that Hypnosis has had particularly good results with cases of psoriasis and other skin disorders. Unfortunately her local priest had put her off, saying that hypnosis would expose her to satanic powers! Sad but true. This woman has to go around in long trousers and long sleeved blouses all summer even when temperatures are up in the high eighties.

Obviously you are an open minded person and are not swayed by superstition or ignorance otherwise you would not have enrolled on this course.

**Let me just say to you that you already have inside you all that you will ever need to get what you want from life!**

As a Hypnotist of many years of experience, I find it a great shame when people close their minds to something which could be of real significance in their lives. From a purely medical point of view Hypnotherapy offers a completely safe natural way of dealing very effectively with a wide range of complaints without resorting to drugs and other invasive methods.

**Let me just give you a brief list of what kind of things Hypnosis can do:-**

- Give you an easy and powerful way of getting the skills and abilities you require in your job.
- It can enable you to reprogram your mind to think positively and steer yourself



towards your goals (Whatever they might be).

- It can be used to find out what it is you really want from life. That is to say what it is you want and not what someone else wants.
- It can help you to remove the shackles from the past that limit you from achieving your true potential.
- It can be used to greatly reduce stress in your life.
- It can be used to build self-confidence.
- As I have already said it can be used to treat Phobias.
- It can be used to help people stop smoking or reduce eliminate a person's dependence on alcohol or other drugs.

- It can be used to cut off pain in dentistry, child birth.
- It can be used to treat conditions like asthma, psoriasis, eczema, and other skin disorders.

It can even be used to improve a person's eyesight. Some people with short-sightedness, myopia, have had their eyesight improved under Hypnosis by more than 50%.

In fact from a medical point of view hypnosis can be used in a vast number of conditions and ailments.

The use of Hypnosis was very popular in the late nineteenth early twentieth century. When the great Russian composer Sergei Rachmaninov became depressed and unable to concentrate on his music he, in despair, sought the help of an

eminent Doctor in Moscow by the name of Dr Nikolai Dahl.

Rachmaninov had become very depressed because he had received some bad reviews of one of his recent works. He was treated under Hypnosis and given suggestions of relaxation and for relief of his mental “block”. At the right time the Doctor gave him positive feelings of wellbeing and confidence which were fed into his sub conscious mind.

With his powers of concentration revived and increased and the restoration of his confidence he soon went on to compose one of the greatest works in his career, the piano concerto No 2 in C minor. So grateful was Rachmaninov in recognition of the Doctors efforts, he dedicated this work to Doctor Dahl.

## *SICKNESS/ HEALTH*

It is a widely held belief that if you don't have your health you don't have anything!

After all what is the point of having all the money and wealth in the world if you are not fit or healthy enough to enjoy it?

I don't want to go into specific medical complaints at this stage but would rather prefer to discuss health in more general terms. Most physicians will admit that most if not all illnesses have a psychological element to them. That is to say the mind has an important role to play in the cause and cure of any illness.

Some physicians define psychosomatic illnesses as those which have no apparent physical cause. Perhaps someone complaining about a terrible pain in the leg goes to the doctor who X-rays it

and makes other tests but can find no physical reason for the pain. Nowadays many doctors and psychiatrists include illnesses which are physical in nature but are caused by the mind.

Re-educating your mind to help your mind and body become healthier is the most logical first step to take. Of course defining what healthy means can be a little confusing and depends on your philosophical stance. I hope to give you some useful pointers at a later stage.

Sickness can be, and often is, caused by excessive stress that accumulates in the system. Stress is considered a number one killer in the western world. It manifests itself in many ways the most common being heart attacks, strokes and the development of cancer or other life threatening diseases.

Our modern hectic pace of life today exposes us to many more pressures than perhaps our

predecessors had to deal with. Obviously life is easier in material ways but it is the speed and pace that has changed. I personally believe the telephone has a lot to answer for, let alone the fax machine and mobile phone. Nowadays people can be contacted by anyone anywhere twenty four hours a day. It is almost impossible to escape and find a little peace.

Stress at its most extreme level is a fight-or-flight reaction to a potentially threatening situation. In times gone by it would have been triggered if we found ourselves facing a ferocious lion or a pack of wolves. What happens is the brain sends out a message of alarm which in turn releases a flood of adrenaline which speeds through the bloodstream and utterly overturns the normal routine of the body.

Most of the time our cells are preoccupied with renewal of themselves. About 90% of each cell's energy is taken up with the vital task of building

proteins and creating new DNA and RNA. However when the brain thinks there is a threat this process is set aside so that it can ensure your body has enough energy to propel your muscles to either fight or fly from the scene and get yourself out of danger. In order to do this the anabolic metabolism changes over to catabolic metabolism which, far from rejuvenating your cells, actually breaks them down.

When the body introduces adrenaline into the blood stream it causes a whole host of reactions within the body. For example it causes the blood pressure to rise, muscles to tense, breathing to become shallow, digestion to stop, among many other things. Of course as a temporary defense mechanism it is vital but if this condition is not stopped in time the effects on our body can be disastrous.

The reasons for stress can be many and varied but hypnosis has been shown to be a very

powerful method of combating it. I do not want to give the impression that by eliminating stress you will avoid all illnesses. This would be foolhardy. However being able to remain calm in stressful situations is obviously a useful if not a vital aim and one which we will look at first.

It is never the circumstances which cause our bodies to react in a stressful way but how we perceive those circumstances or events. To some people being stuck in a traffic jam for an hour can be incredibly stressful while others simply take it in their stride. There was an interesting study carried out at Harvard fifty years ago where the health of 180 or so students was monitored for forty years. It was found that even those who were perfectly healthy in their youth were likely to die prematurely if they had a tendency to react poorly to stress.



Learning to achieve a relaxed state or peace of mind is of great even vital importance if you want to get everything you want from life.

Your mind is a very complex piece of machinery. You could liken it to an extremely sophisticated computer.

Your brain works best when it is left to work in a relaxed atmosphere. Boxers know, as do the great Taijiquan masters of China that getting angry in a fight is a recipe for disaster. Anger, which is a form of stress, clouds the judgement and causes us to make mistakes.

The old saying “you die if you worry and you die if you don’t, so why worry?” is a very true. **In fact you are more likely to die before your time if you do worry.**

Learning to relax is one of the keys to Hypnosis and most practitioners begin by getting their clients to enter a relaxed state. So a little later you will learn some simple techniques that will get you to relax and so make you more responsive to Hypnosis.

# WHAT IS HYPNOSIS?

One definition of Hypnosis I came across described as:-

“An altered state of awareness effected by total concentration on the voice of the therapist. it will result in measurable physical, neurophysiological and psychological changes which may produce distortion of emotion, sensation, image and time.  
“

This sounds a bit of a mouth full but don't worry entering into a “trance state” is very simple, natural, and very pleasant. As the course progresses you will learn more about the technical background of Hypnosis but for the time being this is not necessary.

Believe it or not all of us go into a kind of hypnotic trance state at least twice a day. Once

just before we drift off to sleep and similarly just before we wake up in the morning. It's that twilight and very enjoyable stage between actual sleep and the waking state.

Even daydreaming could be described as a form of self-hypnosis. After all we seldom know how much time elapses during a daydream.

Simply put most scientists believe the human mind can be split into two different entities. One being the conscious mind and the other the sub-conscious or unconscious mind.

The conscious mind predominately deals with analytical problems on a day to day basis. It responds to information it receives by processing it and categorizing it according to its view of life. For example if someone told you that Father Christmas was having a cup of tea in the next room your conscious mind would reject this as impossible. *We all know Father Christmas only*

*drinks coffee.* No seriously the conscious mind obviously does not believe in Father Christmas and will not accept this statement at face value. It filters the suggestion and rejects it. This is known as the critical factor.

The subconscious mind is far bigger and does not have a critical factor as such. It is the subconscious mind that keeps your heart beating and gets you to fill your lungs with air without you having to make any conscious effort to do it. If you reach out for a cup of coffee your conscious mind makes the decision to do so but it is the sub-conscious mind that gives all the myriad of instructions to all the muscles involved to bring the cup up to your lips.

The subconscious mind is an incredibly complex kind of computer with a huge memory bank. Basically everything you do or have done in your life is stored there. The memory of every sound you have heard, everything you may have

smelled, tasted, or touched. Your brain retains all this information and it is never forgotten unless you suffer some form of brain damage.

Under Hypnosis you can recall memories of your early childhood which your conscious mind has forgotten totally. Your subconscious mind draws on this giant memory bank to solve problems by accessing the information stored there. When you are mulling over one problem and the answer to a totally separate problem suddenly pops into your mind this is when your subconscious mind is at work. It never ever sleeps and is constantly working for you.

The Israeli police force have used Hypnosis to get accurate details of a crime from witnesses. Sometimes people are able to remember the number plates of cars parked in an area a few weeks before a bank robbery. In one instance, under Hypnosis, some witnesses were able to produce accurate descriptions of the occupants

who were seen drinking cups of coffee while observing a bank from across the street several days before a robbery. This information may not have appeared important at the time but their subconscious still stored it away.

One of the most important jobs of the subconscious is to control and regulate the involuntary functions of your body. The pace your heart beats at, your blood pressure, your rate of breathing, your digestion, and much more, are all controlled by your subconscious mind. It is for this reason that Hypnosis is such a powerful tool in dealing with psychosomatic illnesses since it can be used to influence your subconscious mind to reduce stress and high blood pressure.

(Of course anyone with health problems should get a competent medical diagnosis and proper treatment. If you have food poisoning or a serious infection Hypnosis may help speed up

your recovery but you may need a dose of strong antibiotics.)

## Emotions: -

The subconscious mind is where your emotions are held. If you like it is the real you. If you think about it is our emotions that control the strength of our desires and this is why our subconscious mind will always control our conscious mind since our desires govern our behavior. Our subconscious computer has been programmed since birth to believe and behave in a certain way according to the image it has of you. This is why an alcoholic knows full well consciously that his over drinking is doing himself great harm he will continue to drink because his subconscious mind has some hidden reason to make him do so. If our subconscious minds have been programmed badly then our thoughts, decisions and actions will be bad for us and as a result our lives. Our subconscious mind cannot discriminate or



analyze what it is told and will believe anything the conscious mind believes and allows through.

You know this to be true because when you dream at night and find yourself being chased down 22nd street in New York by a two hundred foot pink blancmange, (you mean you don't ?), it is your subconscious mind at work. Obviously your conscious mind would reject the idea out of hand but the subconscious mind accepts it without question.

### Imagination:-

The subconscious is where our imagination is housed. Our imagination is governed to some extent by our early life experiences. Our upbringing and experiences as children are of vital importance to the way we perceive ourselves later in life. Our imagination is colored by those experiences. Imagination is a very useful tool when programming the subconscious. There is an

interesting theoretical experiment I came across many years ago used to describe how our conscious minds cannot overrule our subconscious mind. It went something like this:-

*Put a twelve foot by half a foot plank of wood on the ground and walk along it to the end This would be quite easy to do because your subconscious mind finds no objection to your doing this. Now put the same plank between the roofs of two four storey buildings and try to walk across it again. You will find yourself filled with apprehension because your subconscious mind will make you imagine that you could fall. In fact if you attempted to cross*

*you probably would fall! This is despite the fact that your logical conscious mind knows it is the same plank of wood you walked across before quite safely.*

Under Hypnosis if your subconscious was told that you could cross the plank perfectly safely and it was convinced of this then you would be able to do so easily and safely.

### **Creativity:-**

All creativity is found in the subconscious mind. It is where the great artists, composers, scientists, and inventors draw on their inspiration. Many great men have said that they carried out some of their greatest works while in a kind of trance state or day dream. Mozart, one of the most intuitive composers in history, claimed his compositions were formed in his mind like dreams independent of his will. In fact

the list can go on and on Isaac Newton, Coleridge, Goethe etc.

It is the subconscious mind that gives us the drive to push us through life towards our goals. If you do not decide what those goals should be then it will select them for you. This is why you should know how to direct your subconscious mind in the direction YOU want to go and not the other way round. Without guidance it can direct you in the wrong direction towards illness, failure, and a wasted life, even self-destruction, based on faulty programming from the past. It has enormous power and always achieves what it sets out to.

Anyone who has made a success in their life be it as a famous opera singer, Olympic athlete, highly paid entrepreneur, or whatever have chosen to make that success their goal. It does not make any difference how the goal got there that fact remains that in every case their subconscious

mind will have been there to give them the inspiration and dynamic energy to push them forward. Those who allow their path to be frustrated by distractions like jealousy, anger, or resentment will find their task a lot harder and may even fail. Many very capable people seem to get so close to success only to throw it all away at the last minute, these people have been programmed to fail and it happens time after time.

The fact is whatever we are in life and whatever we achieve is governed by the view and aspirations our subconscious mind has of ourselves. Even if we just want to do nothing at all but stay in bed all day this goal has been buried in our minds somehow and from somewhere. This is a big subject and it will be covered at a later date.

Remember your subconscious mind is like a guided missile except it will always hit the target

it is programmed for. This is why you should make it the servant and not the master of your destiny. The subconscious mind is not meant to reason but to react to the instructions you give it. It is actually meant to serve you that is its role. If you are not happy in life then it is time for you to put that right NOW. It is time you started calling the shots!

The fact is that the energy within you can be harnessed for your own good or it can be turned against you. With Self-Hypnosis you can ensure that this incredible power within you can be directed for your own good and personal development.

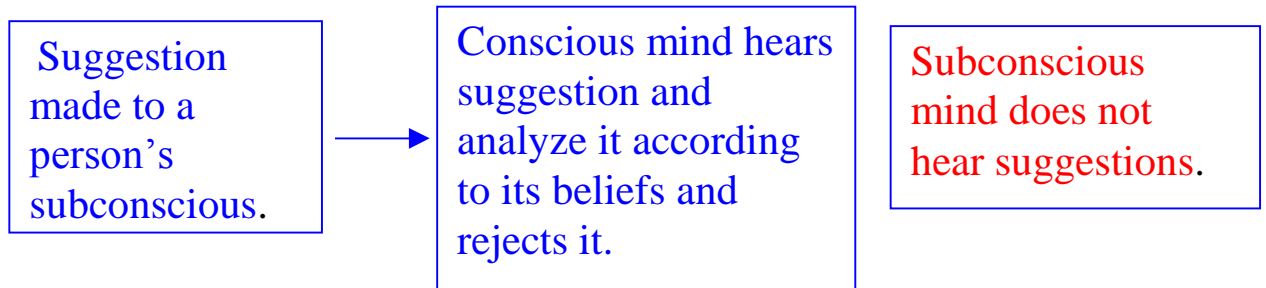
In order to use Hypnosis it is necessary to be able to talk to and influence the sub-conscious mind unhindered. In order to do this we have to be able to go into what is known as a trance state.

The trance state enables us to relax or distract the conscious mind so that the statements and instructions intended for the subconscious mind do not get analyzed and rejected by the conscious mind. There are a large number of methods used by Hypnotists to help people into trance and we shall cover these in detail during the course. However the most common method used is the relaxation method. This is where you, if you are using Self-Hypnosis, or the Hypnotist gets you to relax so deeply that the conscious mind is not interested in the messages being sent to the subconscious mind. It cannot be bothered to interfere because it is enjoying the beautiful relaxed state it is in.

By suspending the critical factor or occupying it elsewhere the Hypnotist can implant positive helpful suggestions into the sub-conscious without interference. See fig one and fig two below:-

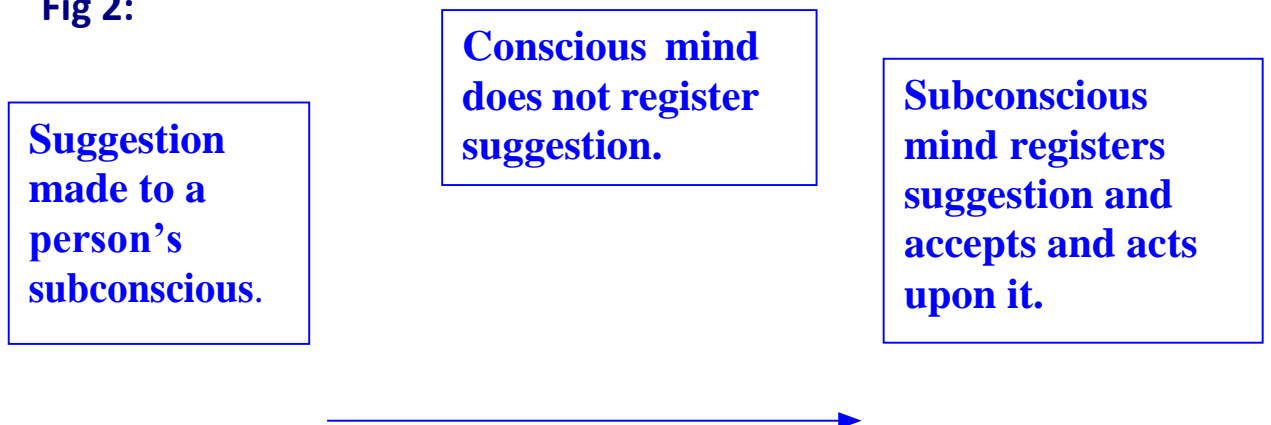
## In Normal Waking State:-

Fig 1:



## In Hypnotic Trance State:-

Fig 2:





Hypnosis has proved very useful in dealing with people with serious burns. By putting a person into trance and suggesting that their arm is cooling down much of the blistering and inflammation can be reduced and so lead to a much quicker healing process. Obviously that person's feeling of pain can be reduced. This would be difficult to achieve if the conscious mind was up and running. After all it saw the arch welder burn the arm and it logically knows it must hurt like hell!!

Some people have been hypnotized into believing that an ordinary coin placed on their arm was red hot. When the coin was removed the body produces a blister in response to the mental image. This is despite the fact that in reality the coin was cold and that no pain was actually experienced.

Your first task is to learn how to induce a simple trance state in yourself Please don't worry it is

totally safe and even very good for you. If you have ever practiced any sort of meditation then you have already learnt how to induce a trance state. Meditation be it transcendental or otherwise is simply a form of Self Hypnosis by a different name.

## RELAXATION EXERCISES:-

What follows is not a specific Hypnotic technique but merely a very simple relaxation exercise. It is very simple but extremely effective at calming you down and relieving tension. Don't be fooled by its apparent simplicity. Without going into all the physical details this little exercise alone can greatly help you reduce much muscular tension in the shoulders and neck and will help relax you ready for going into a trance.

### Step One:-

Sit comfortably on a stool or low backed chair. Now take ten slow deep breaths to calm down your system and put more oxygen into your blood. If possible try to breathe from the abdomen. When you expel the stale air from your lungs bring you stomach in. When inhaling count in your mind up to six, *but if that seems too long hold it for about five or whatever you feel comfortable with*, and hold for a maximum count of twenty. Then exhale slowly counting up to ten.

## **Step Two:-**

1).Gently hold your head up in an upright and central position. Now slowly tip your head forward towards your chest as far as it will comfortably go and hold for a count of ten.

Now gently tip your head back slightly and hold for a count of ten.

Now you will tip your head forward again like you did before but this time slightly move it to your right and hold for ten and then return to the central position.

Once you have done this repeat part 1, 2, and 3 but this time tilt your head slightly to the left.

### Step Three:-

Repeat step one. Take ten slow deep breaths. While you inhale count up to six, *or whatever you are comfortable with*, and hold for a maximum count of twenty.

Again with your head in an upright position tip your head slowly to the left so that your left ear moves towards your left shoulder and hold for a count of ten.

Now repeat this process but move your head down to the right.

### Step Four:-

1). Repeat step one.

2). From your central position turn your head slowly to the left as far as you can without discomfort so that you can see over your shoulder. Now hold for a count of ten.

- 3). **Now return to the center.**
- 4). **Repeat the exercise but this time move the head to the right.**
- 5). **Repeat part 1, 2, 3 & 4.**
- 6). **Repeat step one.**
- 7). **Finally now Relax.**

Hopefully by now you will feel a bit more relaxed. You may find that you hear and feel some strange crunching noises at first. Don't be alarmed these will go after a week or so however if you are experiencing pain then stop the exercises and see a doctor.

Try to do these exercises twice a day once in the morning after your shower or bath and once in the evening or afternoon.

After a few days go on to the next section which will teach you how to go into a relaxed and beautiful trance.

### *GOING INTO TRANCE:-*

Going into trance or Self-Hypnosis is a natural ability we all possess to a greater or lesser degree. The ease and ability to go into trance will vary from one person to another however we can all learn to be better at it with practice and a little time. We all have the ability to use our senses. I have a friend who is in the wine trade and he has developed an uncanny ability to distinguish between one type of wine from another. He can tell you what processes have been used, what country the wine is from, what grape variety, even from what vineyard

the wine has come from, and he can sometimes what the vintage is.

**Self-Hypnosis is an ability we all have** and not something people with special or unique powers can do. Believe it or not you are expected to use this ability which in most people sadly lies dormant. The cultural traditions of many eastern countries are far more aware than we are in the west and meditation is a way of life for many. ***Meditation is another general term to describe Self- Hypnosis.***

The important thing to remember about Hypnosis is that you cannot force it. It is not like doing press-ups in the gym or training for the marathon. I heard about a colleague who had a sixty-year-old businessman for a client. This person did not want to work every day anymore since he felt he wanted to spend more of his time on his hobbies and family. His business was performing well but he needed to keep his hand on the tiller and come up with new ideas from time to time otherwise his competitors would get the better of him.



The trouble was the harder he tried to come up with new and novel ideas for the business the more difficult and frustrated he became. These frustrations were beginning to cause him health problems and so he sought help.

The Hypnotist told him to work at his office from 9.00am until 1 .00 pm then have a break for lunch. When he returned to the office in the afternoon he was told to sit in a comfortable chair at the opposite side of the room away from his desk. Apparently this man's hobby was collecting and reading western magazines so he was told to put a pile of these magazines on a table next to him with a pencil and pad.

During the afternoon he was to relax and read through these magazines but write down any interesting ideas that popped into his mind about the business in the meantime.

This businessman was very startled to find that he was doing far more good for his business in the afternoon than he was in the morning. By not *trying* to think of things consciously he allowed the vast creative resources of his subconscious mind to filter through with the novel ideas he needed. Even reading his favorite magazines allowed his conscious mind to become distracted long enough for his subconscious mind to come through. What we are really talking about here is a daydreaming state.

### **The Induction:-**

Induction simply means the change from the waking alert state into the daydreaming one. As I have said there are a large number of ways it is possible to do this and we will go into them in detail at a later date. By the way am not referring to the mystical or weird and wonderful ways like crystal balls, swinging watches, strobe lights etc.

As you know by now the object of the exercise is to allow your conscious mind to concentrate on something so as to allow your subconscious mind to filter through eventually so that you can tell it what you want it to do for you. For the time being we are simply interested in getting you used to going into trance state easily and back to normal consciousness.

There are three basic elements to Hypnosis:-

- 1.) Going into trance - Induction.**
- 2.) Using the trance/altered state to achieve a certain aim.**
- 3.) Returning to normal consciousness.**

To do this you need to have the intention and desire to achieve the altered state in your own way and in your own time. You will need to allocate time and find suitable surroundings where you will not be disturbed. Remember don't try, don't force it, let it just happen.

And also remember you will be in total control and that what you are doing is perfectly safe.

The first time you go into Self-Hypnosis allocate twenty to thirty minutes and remember relaxation is your aim in these sessions. If you wear contact lenses it is best to remove them and make sure you don't need the toilet. Also it is best to avoid eating a heavy meal just before going into trance since you might feel uncomfortable. If you are feeling very hungry just eat something light first. The following script could be recorded on to a cassette tape or you could memorize it. If you do record it you should read it slowly and take pauses between sentences and phrases. If you memorize it speak to yourself in the first person i.e. *I feel relaxed or I feel sleepy etc.*

Now let us start:-

**1.) Sit in a comfortable chair or lie down.**

**2.) Look up at the ceiling or towards your eyebrows.**

**3.) Take a deep breath and hold it for a few seconds. (The earlier exercises will have helped you with this.) Then exhale slowly.**

**4.) The third time you breathe in hold it for a few seconds and then exhale slowly allow your eyelids to close.**

**5.) Think about how you are breathing and on every out breath imagine you are letting go of the tension in your body.**

**6.) Let you breathing become slow and calm and regular. Start to relax the toes on your feet starting with the right foot. When your feet feel relaxed simply let the muscles in your ankles go limp and relaxed.**

Now let the feeling of relaxation drift up into your calf muscles and then on into your thigh muscles.

Gradually let your muscles relax around your waist and on up into your stomach. With each breath you take and each time you exhale feel yourself letting go.

Let the feeling of relaxation move on up your spine into your shoulders and neck muscles. Just let go now feel your arms begin to relax and feel heavy and lazy.

**The following affirmation should be included in all your Hypnotic affirmations: -**

*Now you do know and do trust that you will immediately awaken totally alert and in normal consciousness should there be an emergency that needs your attention.*

*You always readily accept the suggestions given while in Hypnosis and reach a perfect balance between the conscious and subconscious mind. Each time you go into trance you find it easier and easier*

**7.) When you are feeling totally relaxed just let your mind drift. Let any thoughts that come into your mind just wander in and out. Don't try to stop them or hold onto them just float there like an observer watching life go by from a cafe or on a beach.**

**8.) In your own time when you feel totally relaxed just notice how nice it is just to do nothing. In your imagination talk to the various parts of your body about how nice it is to feel so relaxed.**

**9.) Let that nice feeling of totally calm relaxation be stored in your memory so**

**that you can recreate the sensations at a later date.**

**10.) Remain in this calm state for fifteen minutes or so. Don't expect too much at this stage just let it all happen. A great many things will be happening of which you are not consciously aware.**

**11.) When you are ready to come out of trance just count backwards slowly from ten back to one. While you do this imagine yourself feeling wide awake and refreshed. Then gently open your eyes.**

The technique you have just used is called "Fractional Relaxation". It may seem a bit long winded at first but it is an excellent method for beginners to use. In a short time you will be able to learn the quicker techniques.



Try not to consciously analyze every aspect of your trance as this will alert your critical factor and take you out of the trance state.

The experience is different for everybody so I won't try to describe it for you except to say it will probably feel familiar. You will almost certainly been there before in that twilight zone just before you go off to sleep or just before you awake.

In time you will get very used to this feeling of "parallel awareness" You will come to recognize being there but part of you being somewhere else. This is not to be confused with being in a dream while asleep as you will see later in the course.

**In part two I will show you how to, and how not to, talk to the subconscious in a way that really gets startling results.**

**In part two you will learn how to program your mind to help you become more positive and creative in whatever field you desire.**