

INTRODUCTION

Self-hypnosis is akin to regular hypnosis and Zen meditation in that the mind is guided from alert mode (beta brainwaves) into relaxation or even deeper states of being (alpha and theta brainwaves) without falling asleep. Whilst conscious, but in an altered state, you may feel detached, floating or in another space or time. In this mode, the mind can give itself over to positive suggestion, explore the past and release trapped emotional tension.

There is no right or wrong way to still your own mind, but below are some steps to help coax you into the 'zone'.

Free
your flow

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SOURCE

GETTING STARTED

We enter hypnosis on a regular basis every day, for instance, when driving from A-B without registering the journey. Similarly, in self-hypnosis, the idea is to switch off the over-thinking mind and go into 'automatic' mode (the autonomic nervous system being responsible for a restful state). The more you practise, the more you will train your mind to let go, as you enjoy increasingly deeper states of trance.

Make it a personal ritual:

Before sleep, take 5 mins to practise, having something in mind that you'd like to work on (e.g. "I am strong. I can trust").

Rest your hands over your stomach (solar plexus) and count 10 deep breaths, holding the outbreaths for longer.

Focus inwardly on the space between your eyebrows (third eye/pineal gland) and keep coming back to your affirmation.

*Lift a finger, breathing in. Count 3, 2, 1, "Go!", as you breathe out, drop your finger and allow yourself to let go. Naturally drift off to sleep.

TIP

Keep going! It takes patience and practice to learn hypnotic techniques, although, from the outset, you can only benefit from the pattern of deep, easy breathing, relaxation and positive thoughts.

* Variation on the Light Switch Technique, flicking your finger as though flipping a switch.