

A Simple Self-Hypnosis Procedure

A practical guide from Brisbane Hypnosis Centre

WHY DO SELF-HYPNOSIS?

All hypnosis is self-hypnosis. You might use this technique for pain control, when you're feeling stressed or anxious, to strengthen a personal goal, or simply as a mindfulness practice. The benefits of taking a few moments to focus your attention in this way are immeasurable.

WHAT IS IT?

Hypnosis is a state induced by a narrowing of your focus of attention. It isn't sleep — it is a special state of **heightened awareness** that can be used to enhance mental or physical performance.

Like anything that encourages you to pause and breathe mindfully, this technique tends to produce beneficial physiological changes: a lowering of blood pressure, a slower pulse. Regular practice may even help balance the body's production of stress hormones such as cortisol and adrenaline.

THINK ABOUT AUTO-SUGGESTION

You don't need to use suggestion for this process to be beneficial — but you might like to. Auto-suggestions work best when they are simple 'I' statements, phrased positively. Here are some examples:

"I am noticing my breath as it evens out, and I am feeling in control."

"As I take this time now, I support myself in body and mind, and I have all that I need."

"With each breath I take, I am bringing my ideal future closer to Now."

Before you begin: Sit or lie down somewhere you can safely close your eyes. Take three deep breaths, imagining the tension releasing from your body with each exhale.

1

Count to yourself and perform these three actions:

ONE — Look up towards your eyebrows (the "third eye")

TWO — Keeping your eyes upturned, slowly close them. Keep looking up with eyes closed, and take a deep breath.

THREE — Exhale, and relax your eyes, keeping them closed.

2

Simply be in this state

You are not trying to make anything happen. Simply notice your breath. If you are using an auto-suggestion, say it quietly to yourself now. Repeat it as many times as you wish.

3

Return to full awareness

When you are ready, count yourself back as you breathe:

ONE

[inhale] I am getting ready to open my eyes [exhale]

TWO

[inhale] I open my eyes [exhale]

THREE

[breathing normally] My eyes now focus. I am wide awake, alert and relaxed.

FURTHER THOUGHTS

The more you practise, the more natural it will feel. Once you are proficient you might find it even more effective to leave your mind clear, rather than using auto-suggestions — allowing your subconscious to work without the direction of your conscious mind.

With regular practice your responses become more conditioned, and you'll find you can slip gently and quickly into — and out of — the trance state.

■ **DIY audio:** If you find it easier to follow spoken guidance, record yourself reading through this procedure on your smartphone. **Only play it back when you can safely close your eyes.**

Want to deepen your practice? Visit brisbanehypnosis.com.au or contact us to enquire about self-hypnosis training with one of our clinical hypnotherapists.