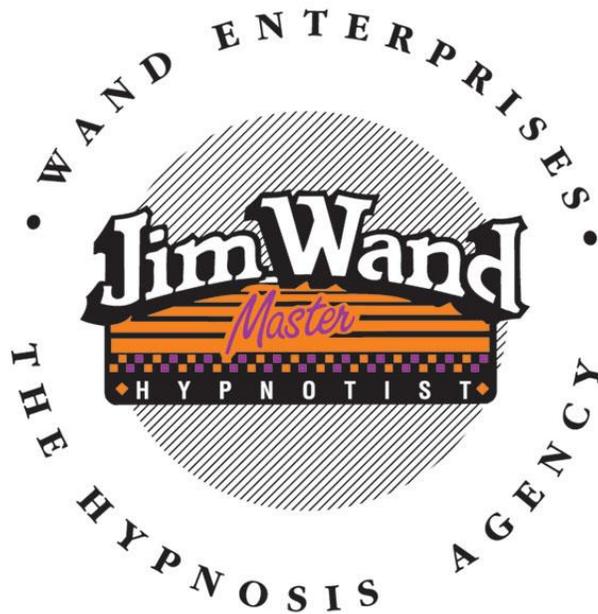


# GUIDE TO EFFECTIVE SELF-HYPNOSIS

DEVELOPED BY  
JAMES H. WAND, Ph.D.



WAND ENTERPRISES  
2 Woodlawn Street  
East Dubuque, IL 61025  
815-747-6954  
FAX: 815-747-6967  
E-Mail: [jwand@hypnotism.com](mailto:jwand@hypnotism.com)  
<http://www.hypnotism.com>

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## **HYPNOSIS**

***What is hypnosis?*** Hypnosis is an altered state of consciousness whereby direct access is gained to the subconscious mind. It is a state of increased suggestibility. Once a suggestion is accepted by the subconscious it is automatically and uncritically acted upon. It is a very natural condition that people experience on a daily basis (examples include: highway hypnosis, daydreaming, etc.)

### **MISCONCEPTIONS CONCERNING HYPNOSIS**

***Under hypnosis a person will carry out any suggestions given.***

FALSE An individual will not accept a suggestion that is contrary to his/her principles, nor will he/she commit an anti-social criminal act. While in hypnosis a person has the power to select only the suggestions that he/she is willing to accept to follow. The subconscious mind has an automatic filter system that decides what is acceptable and not in each situation.

***Is it possible to get locked into hypnosis?***

ABSOLUTELY NOT! A person will only remain in the hypnotic state for the length of time he/she wants to. We actually have an internal alarm clock function which can be utilized in other situations as well.

***People who are easily hypnotized are weak-willed or feeble minded.***

FALSE The opposite is more accurate. The more intelligent and imaginative a person is, the easier it is for him/her to be hypnotized.

***Who can be hypnotized?***

Anyone has the ability to be hypnotized providing that he/she wants to participate, the setting is right and the technique utilized is appropriate for the individual.

### **USES OF HYPNOSIS**

The uses of hypnosis are virtually unlimited in nature. The most common are weight and smoking control. It can also be used to alcoholism, drug addiction, stress, and various other psychological problems such as depression and compulsion. Hypnosis can also be utilized to develop memory, increase concentration and improve study habits and test taking. It can also help improve self-confidence and enhance athletic abilities. Presently

hypnosis is being used effectively in many different settings, including educational, medical, dental and legal areas as well as in sales.

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## **4 Primary Ways to Utilize Hypnosis**

### 1. Therapeutic Hypnosis

A session conducted by a hypnotherapist and one client. The only problem with hypnotherapy is that most states have very few if any laws governing the utilization of hypnosis in a therapeutic or clinical setting. To find a certified person in your area contact the National Guild of Hypnotists (website: [www.ngh.net](http://www.ngh.net)) You will be given the names of several certified hypnotherapists in your area. Contact those individuals and make sure you are comfortable with the person before setting up a session.

### 2. Group Hypnosis

Usually conducted in a group session for the purpose of:

- A. A self-help session to work on taking off weight, quit smoking, learning self-hypnosis, etc. Not as effective as a one-on-one session, but considerably cheaper.
- B. Done in a format for entertainment purposes. Can be very effective, as a fractionalization process is utilized, thus conditioning an individual to go deeper into hypnosis more quickly.

### 3. Self-Hypnosis

This is probably over an extended period of time; one of the most effective ways to utilize hypnosis is one's personal life. Once a person learns the self-hypnosis process he/she can continue to utilize it as a tool to bring about many positive changes.

### 4. Hypnosis CDs and Downloads

This format is effective for those people who have a difficult time developing self-hypnosis skills or does not have the time to work on the process. A CD or Download can be listened to at bedtime and is very effective when used properly.

## **4-WEEK SELF-HYPNOSIS INSTRUCTIONS**

**DIRECTIONS** (This can be done at bedtime or another quiet time during the day. Total time needed is 7-10 minutes.)

- A. This program is best utilized with soft background music absent of lyrics.
- B. If you are not getting the results you are expecting after 5 weeks, you might want to utilize a self-hypnosis conditioning CD or Download.
- C. Get totally comfortable with the self-hypnosis procedure before trying a habit pattern change. (*Approximately 2-3 weeks is necessary for proper conditioning*).

### **WEEK 1**

Get into a relaxed position where you will not be disturbed for approximately 7-10 minutes.

- A. Find an eye fixation point slightly above eye level and focus on it. Take a deep breath all the way in – hold – exhale slowly while relaxing and counting backward from 5 to 1. You will be taking 5 deep breaths during this process. Tell yourself your eyes are getting heavy. Finally, on the count of 1, if not before, allow your eyes to close; mood music can be utilized to enhance the experience. (*Approximately 2 minutes*)
- B. Relax yourself from the top of your head, down to the tips of your toes. (*Approximately 4-5 minutes*)
- C. When you are completely relaxed, mentally repeat the following suggestions: “Each time I utilize this process, mentally, emotionally and physically, I become more self-confident and more successful”. (*Approximately 1 minute*)
- D. Count from 1 to 5, open your eyes, feeling relaxed, refreshed and rested. (*Total process 7-10 minutes.*) (*If done at bedtime, count from 5-1 and end the process with your eyes closed.*)

### **WEEK 2**

- A. Repeat same steps as week one, you should find the amount of time needed to reach the relaxed state becoming shorter.

- B. Between weeks 2 and 3, select an area of improvement you would like to work on.

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- C. Formulate a positive suggestion and write it on a 3x5 card.
  - a. use as few words as necessary (samples found under “Developing Suggestions”)
  - b. use positive wording moving toward what you want to have happen, not away from the habit you want to change
  - c. at this point work on only one area of change at a time  
(*Total process 6-15 minutes*)

### **WEEK 3**

Get into a comfortable position with the suggestion card in hand.

- A. Locate your focus spot, take your suggestion card, hold it between the focus point and your eyes, and read it to yourself 5 times.
- B. Drop the card, focus on the spot, take a deep breath, and start counting backward from 5-1.
- C. By the count of 1 if your eyes are not closed, close them. (After numerous repetitions, your eyes should become so heavy you will want to close them before the count of 1).
- D. Relax your body quickly from the top of your head to the tip of your toes.
- E. Repeat the suggestions on the card over and over again for approximately 1 minute.
- F. For an additional minute, repeat to yourself, “Each time I practice self-hypnosis, I achieve it faster and go deeper”.
- G. Count from 1-5, open your eyes relaxed and refreshed or move into a sleep state.  
(*Total process 4-10 minutes*)

### **WEEK 4**

- A. Get into your comfortable position.
- B. Follow steps A, B, C, D, E, F and G from week 3.

- C. Your body and mind should now be conditioned so you will automatically drift into a pleasant state of hypnosis.  
(*Total process 2-4 minutes*)

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## **DEVELOPING SUGGESTIONS**

### **Keep all suggestions positive**

Always word suggestions in positive terms. It is important that you always move toward what you want to become and never away from what you don't want to be! Positive terms and positive imagery will always dominate because they are stronger.

### **Place suggestions in the immediate future**

Time should be allowed for the suggestion to be accepted by the subconscious and then be carried out.

### **Be specific**

Always word your suggestions in direct and simple terms that can be easily accepted by the subconscious mind.

### **Anchor suggestions to past successes**

Whenever possible relate the suggestion to a former success. In this way a success pyramid can be developed to better insure one success after another.

## ***EXAMPLES OF SUGGESTIONS FOR SPECIFIC PROBLEM AREAS***

### **OBESITY**

“Each time I pick up an item to eat or drink, my will power kicks in to limit my consumption.”

“I can continue to eat and drink anything I want but after a few bites or swallows, I will be completely satisfied.”

“With each and every passing day I am becoming more thin, slim and shapely.”

### **SMOKING/CHEWING**

“I am now the master and no longer the slave of negative habits of the past.”

“Anytime I reach for a cigarette or a chew, I will become aware of what I’m doing, stop and make a conscious decision that I am now in total and complete control of this habit.”

“Being around other people who smoke does not bother me or increase my desire for a cigarette.”

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## **MOTIVATION TO STUDY**

“I am becoming more motivated to study each time I look at a book or attend a class.”

## **CONCENTRATION**

“No matter if I’m in a classroom listening to an instructor, or studying by myself, I am able to concentrate on the task at hand.”

## **COMPREHENSION**

“I will more easily comprehend and understand material after reading or hearing it one time.”

## **MEMORY**

“Everything I read or hear is automatically recorded in such a way that I can recall it easily and effortlessly anytime I want.”

## **TEST TAKING**

“Each time I sit down to take a test, I become calm and comfortable, able to remember everything I’ve learned.”

## **SELF-CONFIDENCE**

“I am becoming more self-assured and more self-confident in all aspects of my life.”

“I see myself as a very worthy and very capable person.”

## **PROCRASTINATION**

When something needs to be done, I do it immediately and decisively.”

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## **PUBLIC SPEAKING**

“Each time I speak before a group, I’m comfortable and in control. I’m able to say what I want to say effectively and with conviction.”

## **ENERGY**

“I am finding more than enough energy necessary to complete any tasks I am working on.”

## **CREATIVITY**

“My creative forces are becoming free-flowing and more apparent with each and every passing day.”

## **MORE OUTGOING**

“I am deriving pleasure and excitement from dealing with others.”

## **SPORTS IMPROVEMENT**

“Each time I participate my concentration intensifies and mentally, emotionally, and physically, I utilize 100% of what I’m capable of.”

## ***MAKING YOUR OWN SELF-HYPNOSIS PROGRAM***

1. Select some relaxing music.
2. Write your script – keep it short and to the point. Repeat key phrases numerous times to reinforce the suggestion hoped to be accomplished.



• DAYDREAMING										
• DETACHMENT										
• FLOATING SENSATION										
5. DID YOU HEAR SOUND OR VOICES THAT YOU WERE NOT AWARE OF IN THE WAKING STATE?										
6. TIME DISTORTION (minutes seem like hours or vice versa)										

	1	2	3	4	5	6	7	8	9	10
7. AMNESIA (you can't remember everything that took place or was said.)										
• PARTIAL										
• COMPLETE										
8. WERE YOU SO RELAXED YOU DIDN'T WANT TO OPEN YOUR EYES?										
9. A DESIRE TO:										
• LAUGH										
• SMILE										
• CRY										
10. VOICE AND/OR SOUNDS FADING IN OR OUT										
11. ANNOYANCE REFLEX (were you in an uncomfortable position or did you have to itch, but you didn't feel like doing anything about it at the time.)										
12. DID YOU EXPERIENCE SOMETHING THAT DOESN'T NORMALLY OCCUR (possibly not being aware of your body or something else out of the ordinary.)										
13. EUPHORIA (a complete mental and physical state of well-being.)										
14. AS YOU USE THE HYPNOTIC PROCEDURE, ARE YOU BEING SUCCESSFUL IN REACHING YOUR GOAL										

**RESULTS**

- 1 – 8 CHECKS            LIGHT LEVEL OF HYPNOSIS
- 9 – 18 CHECKS        MEDIUM LEVEL OF HYPNOSIS
- 19 – 30 CHECKS      DEEP LEVEL OF HYPNOSIS



## **SELF-HYPNOSIS BIBLIOGRAPHY**

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