

Instant Self Hypnosis*

1. Decide upon a trigger or symbol that represents what you wish to achieve. You could imagine it, feel how it would feel to have it, hear the sounds of it etc.
For example – see: a beach ball, a trophy, the sun
For example – feel: excitement, confidence, peace
For example – hear: others congratulating you, the car engine revving, a running stream etc.
2. Fix your eyes on a spot above eye level
Take a deep breath from your abdomen, fill your lungs....
As you exhale, let your eyes close
3. Relax the eyelids, to the point where they just won't work
4. Test them to make sure they won't work
5. Let the relaxation flow down through your entire body
6. Take another deep breath and then
As you exhale ...
Double your relaxation
7. Now, mentally "see" or "hear" or "feel" your trigger or symbol. See it on a huge movie screen, or feel the feelings getting stronger and more intense, hear the sounds getting louder enveloping you
8. Open your eyes and notice how good you feel!

SUMMARY

IDENTIFY YOUR PURPOSE:

What you really want to achieve

THEN PRACTISE: 3x3 =

3 minutes x 3 times / day

HAVE PATIENCE:

Re-programming old habits takes time

REMEMBER:

Practise...Practise...Practise...

SIMPLE!

***Remember avoid driving and using machinery when applying this technique!**

(Adapted from the Alpha Hypnosis Training Manual)