

Title:

30 Seconds to Easy Self Hypnosis.

Word Count:

620

Summary:

Hypnosis, especially self hypnosis, can change your life. Here is a simple yet effective way o

Keywords:

hypnosis,self hypnosis,free hypnosis,hypnosis videos,hypnosis resources

Article Body:

There are many ways in which to induce a tranquil, relaxed state of mind, in which the body is

This state of mind, known as the hypnotic state is very simply created by;

- Focusing one's attention.
- Relaxing the body.
- Allowing unnecessary thoughts to enter, then exit, without any rationalisation.

This process can be easily accomplished by the technique that follows. It is known as the ^Eye

THE TECHNIQUE.

If possible, find yourself a quiet place and either sit down or lie down comfortably.  
Roll up your eyes, just as if you were trying to look at your eyebrows.  
Allow your eyelids to slowly close, and as you do so, take in a deep breath and hold it.

As you slowly exhale, allow your upturned eyes to return to their normal position.

As you finish exhaling, enjoy that gentle, floating sensation that you will experience.  
At the same time, imagine your right hand to be very light, like it has a child's helium balloon.  
This floating hand signal is a signal from your subconscious mind that you are entering a state

As you remain in this deeply relaxed, hypnotic state of mind, offer yourself any positive, the  
Remain in this state for 10-20 minutes, that's really all that's needed.

You can repeat the process as many times a day as you like.

EXITING THE TRANCE STATE.

Roll up your eyes behind your closed eyelids.  
Very slowly, allow your eyelids to open, and the eyes to focus.  
Make a tight fist with your right hand, and as you do, allow this light floating hand to drift

If necessary, the exit from the trance state can be accomplished any time by going through the

It may take you a little time to perfect the technique, especially if you are the `on the go a

Remember, if you want to make positive changes in your life, this relatively short use of your

Another point to remember is that everyone is capable of entering into a hypnotic state.  
But just as we are all different, so is the ease with which we enter into a hypnotic trance.  
Some will succeed on their first or second attempt, where as others may need many more attempts

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