

Title:

5 Steps to Successful Self-Hypnosis

Word Count:

1563

Summary:

Discover how you can use your mind power successfully every time to create anything you desire

Keywords:

self hypnosis, hypnosis, success, motivation, self-improvement

Article Body:

1. KNOW WHAT YOU WANT

In this step you need to consider what you want vs. what you don't want and you need to be able

Instead of focusing on what you don't want, it's important to focus on WHAT YOU WOULD LIKE to experience

Sometimes people focus on the "form" (the physical thing) instead of the "essence" (the feeling they would like to experience). If you desire to create or attract a specific thing, focus on the "essence" of what you want, you expand your options.

You may find that there are many other ways to experience that desired feeling even now, and before

Many times we chase certain things, only to discover that they didn't give us the feeling we expected

2. CLAIM IT AS YOURS

Once you know what you want, imagine and FEEL that you already have it. Engage as many of your senses as possible

The whole point of the "depth" of hypnosis is to allow you to put your conscious mind and the subconscious mind in agreement

It is good to remember that your subconscious mind does not distinguish between what is outside and what is inside

3. CLEAR THE OBSTACLES

Successful self-hypnosis is very much alike planting seeds. You decide what you would like to experience

When you plant seeds of your outcome in your subconscious mind, your doubts, fears, anxieties, and other negative thoughts can act as weeds

If the goal seems overwhelming, cut it down into smaller, achievable goals - goals you believe you can accomplish. Other people's accomplishments may inspire you - but whether you'd be able to accomplish the same thing is another matter

Sometimes people look for "proofs" and assurance outside of themselves, asking other people for validation

The best place to look for "proofs" when using your subconscious mind is in your own experience

There is a way to get and create absolutely anything you may ever want to create through the power of your subconscious mind

This also brings me to the POWER OF DECISION. If you have ever DECIDED to experience something, you have already created it

You may be already familiar with a poem by Goethe:

Until one is committed
there is hesitancy,
the chance to draw back,
always ineffectiveness.

Concerning all acts of initiative
there is one elementary truth
the ignorance of which kills
countless ideas and endless plans:
That the moment one definitely commits oneself,
then providence moves, too.

All sorts of things occur to help one
that would never otherwise have occurred.
A whole stream of events issues from the decision
raising in one's favor all manner of
unforeseen incidents and meetings and
material assistance which no man
could have dreamed would come his way.

Whatever you can do or
dream you can, begin it!
Boldness has genius, power
and magic in it.

4. LET GO AND TRUST

This is probably the hardest step for most people ~ and it may take some practice to totally a
You may notice that sometimes when you think about something and then you completely forget ab
Other times you may feel that you want or need something really badly, so badly as a matter of
When something is really important for you to have and you have no idea where what you need is
Practicing gratitude ~ expressing gratitude for what you need and/or desire as if you have alr
I have written before about gratitude, but I'd like to repeat that gratitude will dramatically
You can thank your subconscious mind, your unconscious mind, God, universe ~ or whatever you l

5. RECOGNIZE WHEN YOU GET WHAT YOU ASKED FOR

Sometimes what you ask for may come into your life in a slightly different form than what you
Sometimes what you ask for may be even better than what you asked for (vividly imagined in sel
Sometimes what you ask for may be a far cry from what you wanted. It may be just a signal that
You may also want to re-examine your beliefs, doubts, worries, insecurities, feelings that you
Remember that your outer-world experiences only reflect what's in your mind, so if you don't l
Acknowledge that everything that happens in your life is forever moving you toward the realiza