

Title:

Get Results From Self Hypnosis

Word Count:

718

Summary:

Self Hypnosis is a powerful tool that can be used to help you achieve your dreams. Let me show

Keywords:

hypnosis, self hypnosis, self improvement, personal development, self help, personal growth, s

Article Body:

The most important step in any hypnosis program is setting your intention! Before you even turn

Firstly write down a statement outlining your intent and alter it so that it becomes an affirmation

Ensure that you do not include the negative aspect your goal or what you do not want such as "

Begin by breathing deeply. In through your nose to the count of five and out through your mouth

Focus your gaze softly on a spot in front of you. Look for somewhere that is slightly above eye

Relax each muscle group of your body beginning with your feet and moving up to your head. While

Now take a deep breath and on the exhale mentally repeat your affirmation. Do this for several

Continue to breathe deeply and imagine that you are at a movie theatre. Directly in front of y

Continue your deep slow breathing as it will keep you relaxed.

Now imagine that you are floating up towards the screen. The audience is going wild as they kn

At this time take a step and walk into that 'new' you just as you would step into a projection

In the distance on the other side of the screen you can hear the audience going wild with deli

Now repeat your affirmations as you imagine the 'other' confident you would say them. Believe

Now once you feel all those great feelings of confidence, self assurance and self esteem just

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