

Title:

How To Use Self Hypnosis For Ultimate Success

Word Count:

776

Summary:

With just a simple intention and the ability to create a trance state you can achieve your hea

Keywords:

hypnosis, self hypnosis, self improvement, self help, subconscious, trance, personal developme

Article Body:

Without doubt the most important aspect of any self hypnosis session is the setting of your in

Firstly write down a statement outling your intent and alter it so that it becomes an affirmat

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 5 allowing your lungs to expan

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

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

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

In order to stay completely relaxed and in control of your self hypnosis session continue to b

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. Feel and

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

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