

Title:

Learn Self Hypnosis

Word Count:

1197

Summary:

Learn how to change your life in an instant through the power of hypnosis. Hypnotize yourself

Keywords:

hypnosis, self hypnosis, subconscious mind, affirmations, visualization, personal development,

Article Body:

Hypnosis is a proven method of deep relaxation that is used for creating inner changes in our

It is fairly easy to learn self hypnosis and, as with everything else in life, "practise makes

A major part in the art of self hypnosis is learning to let the hypnotic state take over by it

Do not get discouraged or think nothing is happening if you don't feel much change at first or

Don't expect to be an expert right off the bat! Expecting yourself to be as good as Paul McKen

Remember that there are various ways to experience hypnosis and no two people will experience

It is a good idea to set aside a regular time to practice your new skills. Give yourself the e

You may find that initially you tend to fall asleep while practising self hypnosis. If this ha

Before you begin set an intention for the session. Do you want more confidence, higher self-es

Begin by sitting or lying comfortably. Keep your head straight, pointing forward, but look up

Once your eyes are shut and you have relaxed your entire body, imagine that you are at the top

Once you have reached the bottom imagine there is a large wooden door in front of you walk tow

When you reach the bottom imagine you can walk slightly forward until you find yourself in a c

At this stage you can mentally give yourself post hypnotic suggestions in the form of ^I am .^

Once you have finished and are ready to return to normal waking consciousness, simply count ba

You will find this short exercise in self hypnosis most beneficial, rejuvenating and life-alte

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