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Contents

Self Hypnosis.....4

- You are using hypnosis unawaresly
- Self hypnosis is not...
- Popular misconception
- Things you can do with self hypnosis
- How to do self hypnosis
- Can a person become stuck in hypnosis
- Control?
- Can a person become unconscious and unaware in hypnosis?
- If not getting results...

Learn Self Hypnosis.....11

- Relaxation
- Deepening
- Imagination
- Suggestion
- Termination

Relaxation Techniques.....17

- Deep breathing
- Music
- Brain scan
- Gaze

How To Choose And Create Self Hypnosis Script.....22

- What to say in self-hypnosis script?
- How to say scripts in self-hypnosis?

Free Self Hypnosis Scripts.....25

- Abundance
- Confidence
- Charisma
- Memory
- Sports
- Procrastination
- Pain Control
- Anger
- Exercise
- Sexuality

Self Hypnosis Secrets.....29

- Belief
- Using imagination instead willpower
- Flow, Focus and Visualize
- Feel deserving
- Gratitude towards your subconscious mind

Self Hypnosis

Self-hypnosis is a technique in which you focus yourself to attain desired goals or any belief by putting positive suggestions into your subconscious mind, through relaxation.

It's a state of mind in which your conscious mind is bypassed and communication begins with the subconscious mind.

In this technique you can add those qualities or habits that you think you don't have, similarly you can change anything about yourself that you don't like.

You are continuously hearing various negative things from your surroundings without knowing, that your subconscious is recording all these things and they can affect you and your task.

It allows you to reprogram your subconscious mind to exclude those negative thoughts and to achieve greatest success in your life.

During hypnosis, you will not be asleep but in altered state of consciousness. You will be aware of what is happening around you, but you will have your concentration focused on one specific thing.

During this process your mind becomes receptive for implanting suggestions, thus allowing you to plant suggestions directly into the subconscious.

No needs to worry here because you won't do anything that you do not want or normally do.

Self-hypnosis is the most precious self-development tool in the whole world for the enrichment of our lives.

With hypnosis you can break bad habits, create desirable habits, and constructively deal with and resolve any sort of your problems.

You can instill true happiness and replace unhappiness.

You Are Using Hypnosis Unconsciously:

Have you ever experienced, that you have been too much concentrating in doing something and suddenly when your attention diverts to time factor, you wonder how much time has passed.

We experience hypnosis many times during the day and we are unaware that it has happened.

Here are some examples of self-hypnosis in your day-to-day life...

- Dreaming at daytime.
- Driving a car for a long period.
- When reading an interesting book.
- When playing sports
- While watching a movie or television
- When listening music

Self Hypnosis Is Not...

- Self-hypnosis is not a relaxation, but yes relaxing the body is one way to remove your conscious awareness to increase the level of concentration.
- It is not sleep, actually, hypnosis is more like the state between awake and asleep.

Popular Misconception:

Many works of fiction, such as movies, television programs, and comic books portray hypnotism as a form of total mind control; however, most authorities agree that this is an exaggeration.

Portrayals in these forms of media foster a number of popular misconceptions are often taken to be true by the public at large, adding to the controversy surrounding hypnosis.

Despite the usefulness of hypnosis it instills an element of uncertainty in people.

As a result there are several misconceptions about the hypnosis.

Can A Person Become Stuck In Hypnosis?

The client who may choose to terminate the hypnotic process at will ultimately controls the trance state.

While a subject may want to enjoy the comfort of the trance state for as long as possible, it is literally impossible to become stuck in hypnosis.

Control:

Some believe that hypnotism is a form of mind control and/or brainwashing that can control a person's behavior and judgment and therefore could potentially cause them harm.

These beliefs are not generally based on scientific evidence, as there is no scientific consensus on whether mind control even exists.

Due to the stage hypnotist's showmanship and their perpetuated illusion of possessing mysterious abilities, hypnosis is often seen as caused by the hypnotist's power.

The reality is the hypnotist has no power other than to offer suggestions which the subject or client may choose to respond to or not to respond to.

Can A Person Become Unconscious And Unaware In Hypnosis:

While the word 'Hypnosis' is derived from the Greek word for 'sleep' and many hypnotists still use the language of 'Sleep' and 'Awake', hypnosis is not sleep.

From the mental standpoint, a hypnotic subject is relaxed yet alert and always aware at some level.

Things You Can Do With Self Hypnosis:

There are several things you can do with this technique that is related to you and your mind. Here are some practical examples:

- **Release pain**
- **Quit smoking**
- **Improve body**
- **Weight control**
- **Mind development**
- **To Improve Memory**
- **Enhance your sex life**
- **Heal your body and mind**
- **Deal with phobias and fears**
- **Come out from sleep disorder**
- **Relieve stress, anxiety and depression**

This list is lengthy, and it would be much longer if every application of this technique were mentioned.

Generally, any issue, problem and situation could be solved and any goal can be achieved by using hypnosis.

How To Do Self Hypnosis:

- 1. Remove or loosen your tight clothes. It is necessary to be comfortable during the session.**
- 2. Turn off the television and your telephone. It is necessary; you are not disturbed for next 15-20 minutes.**
- 3. Select a comfortable place where you can sit or lie down.**
- 4. Be in a comfortable position so that each part of your body can relax. Do not cross your legs, this cut off circulation.**
- 5. Relax yourself from the top of your head, down to the tips of your toes.**
- 6. Then start repeating your goal and go deep with it.**
- 7. Use your imagination, for you will be doing a lot of this as the course progresses, that it has happened already with you.**
- 8. After completing these processes start terminating your self-hypnosis session.**
- 9. Count from 1-5 and with each no. Start coming out of this session.**
- 10. Open your eyes, feel relaxed, refreshed and rested.**

We all have done this many times without, perhaps realizing how the subconscious responds to the image we give it.

If Not Getting Results:

Hypnosis is a skill that you can learn and master, but it improves with practice, after all, "Practice Makes a Man Perfect".

Don't expect results in first 2-3 weeks because your subconscious takes times to enforce your belief and it comes by the repetition of your goal.

The more you practice, the deeper your trances will become and when the deeper your trances become, the quicker you will experience your result.

For going deep in your trances, first you need to know how to relax better.

To find out this information please go through Relaxation Techniques

Use self-hypnosis tapes, it will help you to make your trances deep.

You can use your recorded voice also.

Keep a record of the time and duration of the self-hypnosis sessions, especially for the first two weeks.

After that, you will feel the benefits and be more likely to practice everyday.

Learn Self Hypnosis And Be The Master of Your Mind

Let me tell you why you should and should not learn about hypnosis?

If you want to become master of your mind then you should learn, otherwise if you want to remain slave of your mind then you should not learn it.

Now the choice is yours, either you want to learn it or not...

If yes then read next...

It has a process of five simple steps & that are:

- **Relaxation**
- **Deepening**
- **Imagination**
- **Suggestion**
- **And the termination.**

RELAXATION:

The first point of learning self-hypnosis is relaxation.

It is the root of hypnosis.

As much you relax, you'll be able to go deep easily.

Relaxation is very important because until your conscious mind is active none of your suggestions will be accepted.

Relaxation can be achieved by some simple techniques.

I know when everybody is in hurry; it's quite hard to get relaxed.

Relaxation is ability, some people have and some don't have developed.

But never mind, there are plenty of techniques that suit to different personalities.

So leave your tensions apart and get relaxed, but don't try to force your mind to get relaxed because if you are physically relaxed your mind will follow that automatically.

You just have to make yourself feel comfortable and nothing else.

It will take time for them who are beginners and never attained relaxation.

So, take your time until you get relaxed because, my dear friend it's nothing about hurriedness but everything about relaxing.

DEEPENING:

This is the deepest part to learn self-hypnosis.

When you are going deep with the trance, any moment you will fall into the hypnotic state.

Maybe in the first time you won't come to know it, just because you are unfamiliar to it but after some practicing you will understand how it feels like.

Going into a hypnotic state is just similar to falling asleep.

We don't know when we fall into sleep; in the same way you won't come to know at what moment you entered into the hypnotic state.

In hypnosis you don't lose your consciousness whereas, in sleep you become unconscious that's why next morning we don't remember about the dreams completely.

If you try to see that moment of falling into sleep, then you won't get sleep.

In the same way if you try to see what is going inside you when hypnosis is on, you won't fall asleep.

So be watchful and watch every activity inside you.

IMAGINATION:

The next part to learn self-hypnosis is imagination.

Once the deepening process completes, imagination begins.

It's an essential part of self-hypnosis because it gives you an entry to your inner reality.

When you are completely occupied and disunited from your surroundings, you become more suggestible and this is natural, we all have this quality.

This quality we use in self-hypnosis to raise the level of suggestibility.

Imagination is not limited to the laws of physical universe.

You may imagine anyplace, anywhere either in your room where you are alone or in a mall where you are with thousands of people.

In imagination your desire is necessary for the place where you want to be.

It all depends on your own free flowing imagination so that we can create an inner world where you can travel in future, where we can show you, as you want to be.

This is the place where you are totally free to imagine.

SUGGESTION:

Another part to learn self-hypnosis is suggestion. Suggestions are your desires.

Your desires, we put in the form of suggestions into your subconscious mind.

Once you are thoroughly surrounded by your imagined place, you are ready to give the ideas of your need and want.

Now you have opened up your subconscious mind to receive your suggestions.

Words of suggestions should be positive and direct.

Every word should be meaningful to you i.e. you have to keep it short & simple so that your mind can remember it.

Do not use difficult words.

It should be easy & understandable to your mind.

Try to use positive words because whenever you say "no" to your mind and the conflict begins and then it become little harder.

The quality of the results will be defined by the selection and sequence of your suggestions.

So use positive words because the power or positive words are infinite.

TERMINATION:

Termination is the last point, to learn self-hypnosis.

After completing suggestions, it's time to wind down the hypnosis & return to your routine.

To terminate the hypnosis session give instructions to your mind to awake.

Use backward counting to give the mind a chance to prepare for the return.

For example, say to your mind that after you count up three to one, you will be fully awake & alert and then count slowly, slowly & say to yourself, three I'm getting awake; two I'm getting more alert & one I'm awake now.

If you want to continue your relaxation, then give sometime to your self to rest.

If you are using just before sleep, then also you need to give instructions to your mind, to come out of hypnosis and then you may go to take energetically sleep.

Relaxation Techniques

Self-hypnosis and relaxation is a broad term, which describes the technique of stress reduction.

Relaxation eliminates tension throughout the body and gives calm & peaceful state of mind.

There are several relaxation techniques.

If we start telling you all of them, then you'll be stressful again just by the confusion of which one to use and which not; and you have come to this place to reduce your stress not to enhance it.

So keeping this in our mind we are including here only those techniques that is simple, effective and easy to use.

This will also help you to perform self-hypnosis successfully.

Pick one of them, which suit you and use it while on session.

So let's begin...

Deep Breathing Relaxation Technique:

Deep breathing is a simple, but very effective method for self-hypnosis and relaxation.

So start with sitting quietly in a comfortable position and close your eyes.

Deeply relax all your muscles, beginning at your feet and progressing up to your face.

Keep them relaxed and put your concentration on the center of your body "navel".

Now start breathing, first take a long breath and then release it. Do it with awareness.

Watch the moment when you inhale the air, it passes through your nose and goes to your navel and then when you exhale it, returns from your navel and comes out by passing through your nose.

Do it ten times or as many you feel comfortable. After completing this, change the process. This time you have to take a small pause and then you have to release it.

First take a long breath then take a pause for a moment and then release it. Repeat it ten times.

Now this time again you have to repeat the first process of deep breathing. Repeat it again ten times.

Then lie down and take rest for some moments. After that, you will feel immense energy in your body.

It will suck your all stress from your mind & body.

Music: The Best Relaxation Technique

Music is one of the best sources of relaxation.

It has always been a very important part of our lives. Music has a psychological affect on our mind.

Music also has many therapeutic qualities and has been utilized in promoting a variety of healing throughout the ages.

Music is helpful in reducing stress. We like to hear music when we feel sad and later we feel relaxed & comfortable.

Music can be very effective in producing a very deep and healing state of relaxation that's why music has been used in self-hypnosis and relaxation.

So if you are not feeling relaxed, it's better to have some music of your choice.

But keep it in mind that if you are using music for the self-hypnosis and relaxation purpose then go for a soft music.

Turn on a CD and loose your clothing. Get in a comfortable position. If you wish you may lie down or sit back.

Then close your eyes and start concentrating on music. Feel the music, feel how all the instruments are playing. Go deep in music.

Sink yourself into the music. When you'll be successful in going deep you will feel that there is only the sound of music; no other voice is left here.

Now when the music stops open your eyes and feel the sensation in your whole body. Just be cool & calm

Now your mind is in a peaceful state.

Brain Scan Relaxation Technique:

This self-hypnosis and relaxation technique is very different from the above two of them.

Begin with loosening your body and sit comfortably.

Now put your both thumbs on your forehead & take a long breath.

Now release it and the same time, start making your both thumbs apart from each other to the opposite directions like, you are scanning your brain with both thumbs and continue it with taking your hands downwards and then throw it, as you are throwing your tensions away from you.

Do it ten times.

Then take rest for some moments.

Gaze Relaxation Technique:

In this self-hypnosis and relaxation technique you have to stare at some specific thing, until the tears come out from your eyes.

For this you need a small & empty room.

There should not be so many things in your room, otherwise it will distract you and you would be unable to focus on one specific thing.

Then you need something on which you can focus like crystal, pendant, watch or any spot in your room.

Candle in dark room is best for good results because due to darkness you cannot see anything inside the room and this helps to keep your focus on a candle only.

It enhances your capacity of focus and gives relax to your mind.

It is a fast technique of deep relaxation.

After completing this technique close your eyes and take rest.

Whatever techniques I have included here, it won't work if you don't have immense desire to get deep relaxation. So leave your tensions behind otherwise forget about self-hypnosis and relaxation...

How To Choose & Create Self Hypnosis Script

Self-hypnosis script is the script that you use during hypnosis, which centers on your goal.

This script includes your desire in the form of phrase or metaphor that will help your subconscious mind to understand and act upon it.

It can be either lengthy or short, depending upon your goal. These scripts work when you repeat it many times and every day.

By these scripts you instruct your subconscious mind to change your problems into solutions.

What to say in self-hypnosis script?

What I'm doing here is to teach your mind how to create suggestion, how to accept them and how to work them properly because in self hypnosis if you say:

"I will not eat those food that are fattening" then your subconscious mind accepts only positive phrase. It will accept "I will eat those food that are fattening".

Now, why is it so?

Because your subconscious accepts only positive things, it never accepts negative.

Whenever you say no to your mind and then the conflict starts. Your conscious accepts it but subconscious rejects it.

Because your subconscious mind doesn't accepts anything that is negative. It doesn't know how to "not" do something.

When your conscious mind sends message to your subconscious, your negative word disappears on the way and the left over positive words reach, and then your mind gives you more of that like, if you say...

"I will not eat those food that are fattening" here all you are doing is that you reinforcing your mind that "I will eat those food that are fattening"

So this is the most important thing to understand that you have to pick only positive words otherwise your subconscious mind will pick them, whether they are negative or positive for you.

So there shouldn't be the use of negative words.

How to say scripts in hypnosis?

In self-hypnosis script there are two basic things. Through this you can create & choose right self-hypnosis script for you.

They are:

1. You say it in a way that assumes you have already reached to your goal, like...

"I'm confident about my work" instead of "I want to become confident".

"My memory is sharp" instead of "I want to make my memory sharp".

"I am successful in my ventures" instead of "I will be successful in my ventures"

I mean, you have to state that outcome, for which you are doing this. You have to think and focus on your solution not on the problem.

2. You have to say it in a way that you are rapidly getting closer to achieving it. You are in a process of achieving your goal, like...

"My body is releasing pain"

"I'm getting better day by day"

"I'm feeling comfortable around others"

It's just like that, you have to assume that you are progressing every day and after some time you will start noticing changes in your being.

So, these were the techniques by which you will create and choose right self-hypnosis script for you.

By these techniques you will definitely get what you want from your subconscious mind.

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Free Self Hypnosis Scripts

Abundance

I love abundance. It attracts and easily come to me. I have opened the doors and with both hands I welcome abundance. It flows naturally into my life. Opportunities are always there in front of me. I'm successful in every part of my life. I love my work and enjoy my working. My life is full of abundance and happiness.

Confidence

I'm a confident person. I talk quite freely and naturally to others. I'm a very spontaneous person and always feel strong around others. I love to do work with confidence, and easily gain others respect. When I'm confident, people become naturally confident on me. I inspire others to be confident. I have a great self-image in others view. In any situation I always face it with confidence and feel good about it.

Charisma

I'm a magnetic person and attract others to be around me. I easily and naturally draw others attention. I'm so good that it's a pleasure for others to be around me. I naturally attract those who are kind, helpful, beneficial and inspirational for me.

Memory

My memory is sharp. It's easy to remember everything for me. I easily recall very old informations. I have a very good memory. Whatever I learn, it always remembers me. I'm very good in reminding others name. People praise me for my good and sharp memory.

Sports

I love sports and always feel confident about my sports. My actions are very quick. I trust my body for playing sports. I love playing. Sports are my passion. I feel relaxed and comfortable when I'm the next on playground. Every night I'm very eager and excited to play other morning.

Procrastination

I love to be organized and I'm always eager to organizing things. I always keep my work up to date. I always complete my work on the same day only. I like to my work completed. Now I have a great deal of pride because I'm getting matured and have begun to do the things that were pending in the past. I'm taking control of my life. Now I bring myself up to date on my work.

Pain Control

I'm relaxed and comfortable. I'm releasing all the emotional and physical conflicts naturally. My body knows how to heal and resolve it. I'm feeling soothed, relaxed and tensionless. I'm feeling all the tensions are leaving the area and the pain is completely gone, as the entire area has been anesthetized. Now I'm feeling good.

Anger

I'm a controlled person. I know how to control my emotions and feelings. Whenever I find myself in a situation where I might lose my temper, I leave that place and come out from that situation. When I find myself disagreeing to others point of view, instead of getting angry I react with understanding and acknowledgement and then I listen to them with calm and peace. With this attitude I feel strong and confident inside me.

Exercises

I love to do exercises. After exercising my face sparkles. It improves the texture of my body. After workout I feel relaxed and comfortable. I love to stretch my body. It softens my skin. I'm always excited to do exercises and to get that feeling after I've done exercises.

Sexuality

I enjoy sex. I love the feeling of sex. I allow my body to experience sex. I love to be in the moment of sex. I become lustful naturally. I do sex with love. Sex is a part of love for me. I devote myself to my partner when experiencing sex. I love to be in deep with my partner when doing sex. I feel comfortable and relaxed with my partner when we have sex.

You can record these scripts in your voice and listen to it whenever you get time, especially at night prior to going to bed.

Hypnosis Secrets

Here, I'm revealing those hypnosis secrets that are helpful and beneficial to get that result what you want.

Do you have seen miracles happen in someone's life?

Do you know why one is sad and another is happy?

Do you know why one is joyous & prosperous and another is poor & miserable?

Do you know why one is fearful, anxious, mediocre & unpopular and another is full of faith, confidence and immensely popular?

Don't you know that?

Well, I know that and if you want to know this, so please read given information carefully because these are those hypnosis secrets which will not only help you to do hypnosis efficiently but they will also change your destiny.

These are the hypnosis secrets, which have been giving the instant and powerful results from the ages:

- Belief
- Using Imagination instead willpower
- Flow, focus and visualize
- Feel deserving
- Gratitude towards subconscious mind

BELIEF:

Belief is a thought in the subconscious mind and this one is the greatest secret of hypnosis secrets.

All your experiences, events, conditions, and acts are produced by your subconscious mind in reaction to your thoughts.

Your self-hypnosis sessions work according to the universal law of action and reaction.

The reaction is the response of your subconscious mind that corresponds to the nature of your thoughts. Change your thoughts and you change your destiny.

Fill your mind with the concepts of harmony, health, peace and goodwill, and wonders will happen in your life.

Belief is the catalyst, which gives you results in a self-hypnosis session. During the session you have to believe that you already have received your goal.

You have to think about the outcome not about the problems because if you think about your problem, then you go far from your solutions.

Because your subconscious mind accept with what you impress it or what you consciously believe.

If you are thinking about your problems that means you are fixing your problems upon it and your subconscious doesn't know whether it's a problem or a solution.

It will accept and give you more out of that and you wouldn't be ever come out of your problem.

Whereas if you believe that you have received your solutions, you visualize it, feel it, then someday your subconscious will make it as a truth of your life.

And on that day, automatically your problem will be no longer with you. Nothing happens by chance, this is the world of law and order.

Always remember what you believe, you get that. So, believe it and have it.

Use Imagination Instead of Willpower:

Using imagination is really a secret of hypnosis secrets.

Do not use your willpower; instead, imagine the end of your goal.

Working harder doesn't lead to better results.

You will find that your mental power is trying to get in the way, trying to find the ways to solve the problem and imposing those ways on your subconscious.

Put away your problem solving skills aside and just be a simple, childlike, miracle-making faith.

Picture yourself without your problems.

Imagine the emotional satisfaction of the freedom state you seek.

Leave all the boundation from the process.

Just be calm and simple.

To use mental force or willpower is to presuppose that there is opposition.

Don't force your mind to give results.

If you do this you will surely get the results, but the opposite one.

Forcing creates mental conflict, which will block your subconscious to act.

A wonderful way to get a response from your subconscious mind is through disciplined self-hypnosis.

If you do it properly and with the right way your subconscious will definitely answer you.

Flow, Focus and Visualize:

What is hypnosis tape, a dead digital collection of sound?

Then which phenomenon is transforming lives of thousands of people around the world?

It must be the greatest secret, Flow, Focus, and Visualize.

Until you flow with the script, keeping focus on result and visualizing that you have achieved the desired result, I guarantee nothing will ever work.

Even you sit with the professional Hypnotherapist, he wont be of any help.

Whatever is to do, you have to do.

If you are not ready then nothing could happen.

Eventually responsibility comes on you.

This is the most important thing while taking hypnosis session that's why this is one of the hypnosis secrets.

Feel Your Self Deserving:

In hypnosis secrets it has it's forth place.

There are two types of people; those who are magnetized are full of confidence and faith.

Others are demagnetized. They are full of fears and doubts.

When an opportunity comes, they refuse it by the fear of failing.

People of this sort will not get very far in life.

Their fear to go forward makes them simply stay where they are.

So, first learn to desire something that is worthwhile for you, only then you would have your goal and you will step forward to achieve it.

Feel that you are a deserving man, you deserve to get good things in your life and you have to go forward.

Gratitude Towards Your Subconscious Mind:

Gratitude is the magic pill and hypnosis secrets cannot be complete without this point.

Be graceful for the infinite power, which is inside you.

Pay your thanks to the power of your subconscious mind, before and after hypnosis session.

This will give you the deep gratification internally.

Fill with gratitude towards God for all that He has given to us and the results will follow.

Best of luck ...

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