

EVOLVE HYPNOSIS

evolve

SKILLFUL SELF-HYPNOSIS

An e-book for your **Hypnosis Audio Program** from Clinical Hypnotherapist;

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*You have an opportunity to now...
access the power of your subconscious mind.*



This e-book will help you make the most of your ability to;

- Achieve your goals while enjoying deep relaxation and profound insights.
- Gain control and take responsibility for your mind at all levels.

You have the ability to respond creatively and powerfully.

YOUR 21 DAY PROGRAM

- ✓ Listen to the MP3 four times a week for three weeks in an easy-going way.
- ✓ Listen to sessions preferably in the early morning or evening well before sleeping.
- ✓ Create a your hypnosis space and enjoy consistent, effortless hypnotic relaxation.
- ✓ Observe how subtle subconscious changes significantly affect daily life.

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PREPARING FOR YOUR HYPNOSIS MP3 SESSIONS

How can I prepare for my MP3 hypnosis sessions?

Here are five steps;

1) Create your hypnosis space. Choose somewhere you can stretch out in a reclining position, but still retain back and neck support so your head is around one foot higher than your feet. A comfortable chair, sofa or a bed with substantial cushions work well. Give your arms and legs a comfortable spacing.

The *law of association* means your mind will recall the hypnotic state you've experienced here and naturally begin to recreate that state, allowing you to enter into hypnosis more quickly and more deeply each time.

If you use bed, choose a very different position to the one you sleep in. Your bed and sleeping position already has a strong association *with sleep*, so the law of association would be working against us, not for us. If you do fall asleep, that's okay; you'll come out of hypnosis naturally and repeat the session.

In the moment that you sink into your hypnosis position imagine that you are leaving your waking state behind and sinking into the relaxing, comfortable and calm world of *your* hypnotic state.

2. Ensure freedom from any kind of physical distraction. Phone calls, visitors, loud noises or events, or discomfort such as tight clothing, jewellery, shoes or ties, excessive heat or cold. Your level of hypnosis will naturally fluctuate throughout your session, but outside influences can lighten your level. Even small physical movements can be unhelpful to your continual progress of going deeper into hypnosis, so make preparations that allow you to remain still and stable.

Deal with any background irritation to your hypnotic state which is undesirable. Should that happen you may still feel relaxed enough to want to resist coming up. However if you notice a significant negative distraction it's better to come out of hypnosis and deal with the situation directly, then start again. You'll find any preparation required to avoid this scenario worthwhile.

Good physical preparation associates good physical feelings with hypnosis.

PREPARING FOR YOUR HYPNOSIS MP3 SESSIONS

3. Establish a positive intention for the session. Bring or *create* a positive intention to your session, feeling enthusiastic about being able to address your issue skilfully while enjoying the relaxation of hypnosis.

If for some reason you're unable to generate a relaxed, appreciative state, it may be best to recognise that you're receiving a message that it's not an appropriate time for self-hypnosis. Hypnosis is an effortless and enjoyable practice, so don't allow any feeling of pressure that you 'have to' do for some reason push you into it – allow yourself to be pulled towards the positivity of the event by allowing yourself to do it at the right time for you. You'll know how to balance this with any minimal sense of discipline and motivation required.

Good emotional preparation associates good emotional feelings with hypnosis.

4. Choose a regular time to listen 4 times a week for 21 days; preferably in the early morning or in the evening. This allows you to benefit from the naturally occurring hypnotic states and receptivity that occurs at those times. If you notice you have a tendency to fall asleep, repeat to yourself a number of times at the beginning of a session "I will remain awake and aware."

Regular listening activates the *law of repetition*. The subconscious mind responds to repeated suggestions, repeated sessions and repeated actions. Spacing allows your subconscious mind to digest the experience in manageable portions sink deeper into your subconscious and be reinforced and compounded by the next session. Using this law for 21 days can create new habits for life.

Repetition may seem boring for the conscious mind. This is okay – *let it tune out*, because our goal is to make a clear, plain statement that *bypasses* the conscious mind, and can go directly into the subconscious.

5. Use stereo headphones. The recordings have background binaural beats that gradually help guide your mind from the active beta brainwaves to the deeply relaxed and receptive alpha and theta states of consciousness.

EXPERIENCING HYPNOSIS

You are unique so you'll experience hypnosis in your own way. You'll always get the right experience for you at that time, and your experiences themselves will be unique each time. The qualities of hypnosis can include;

Physical relaxation as the body feels – heavy, light, numb, tingling, floating, warm, cool or many other sensations.

You may also notice parts of the body experience *cataplexy*. This is a natural state that occurs in sleep and prevents parts of the body from moving. For example, while you're vividly dreaming of running, your body is helpfully prevented from physically acting out.

In hypnosis you may find parts of your body seem unresponsive to conscious efforts to move them, such as your eyelids, hands or arms. Some people experience states of such lightness they feel they're floating. This is natural, temporary, and will be gradually pass or be immediately released if for some reason you need to return full waking awareness.

Mental relaxation as your mind becomes – calm, clear, concentrated, day dreamy, drowsy, slow, peaceful, confident, contented or many other states. You can even be confused, agitated, sad, surprised, over-loaded, dull, angry, amused or many other states and remain in hypnosis.

Mental relaxation is more subtle because how will *you*, that is to say just your conscious mind, know consciously, that *you* are in your subconscious mind?

It's okay to drift away, consciously, because your subconscious mind will hear everything, regardless of whether you're consciously aware of it, as long as you stay in touch with the journey the instructions are leading you on.

You may find you drift deeper *into the experiences* suggested by the instructions. That's fine. If you find your conscious mind drifting into something unrelated, analysing what's happening, forming opinions, or telling you a story, just gently bring yourself back to following the instructions.

You might even think of this 'watching' consciousness as being part of your subconscious mind, and gently allow the busy, often repetitive thoughts of the conscious mind to dissolve into its calm, spacious awareness.

Suggestibility; occurs a) during hypnosis sessions you respond to suggestions to relax the body, and b) after hypnosis sessions as they work in your life.

I AM IN “*HYPNOSIS*”

It's difficult to pinpoint the exact moment you transition into *sleep*. You can drift in and out of various levels of sleep.

It's difficult to pinpoint the exact moment you transition into *hypnosis*. You can drift in and out of various levels of hypnosis.

When you first enter into hypnosis, you may not even realise the transition has occurred. In a personal session, I will demonstrate to you that they've moved into hypnosis, whether you knew it or not.

In MP3 sessions alone, particularly for your early sessions, you can't be expected to already know exactly how it feels and how the experience works for you. You're not an expert on hypnosis, yet – you are taking the time to discover how hypnosis works for you.

You don't have to know how it works, or even believe, as long as you follow the instructions and allow it to happen. You don't analyse how or why those chemicals work you brush your teeth; you can do hypnosis as routinely and automatically.

You are choosing to go into your subconscious mind. If you're not sure, or it's most helpful, make the assumption and give yourself the suggestion – *I am in hypnosis*.

HYPNOTIC SLEEP

Do you go to sleep by trying hard to go *sleep*? Of course not – you let go and allow your natural ability to sleep to express itself.

Do you go into *hypnosis* by trying hard to go into *hypnosis*? Could you even *really* know what hypnosis was the first time? Of course not – just let go and allow your natural ability to go into hypnosis express itself.

Hypnosis is not sleep – it's more like the stage between waking and sleeping. When you hear the word '*sleep*' it means enter in hypnotic sleep, where your conscious mind is calm and relatively quiet but aware. Don't actually fall asleep.

You need to maintain your conscious awareness to follow the sound of the voice and the instructions to be guided skilfully to your therapeutic destination.

If you notice a tendency to sleep; 1) don't use a bed, 2) take deeper breaths, 3) make sure you're getting enough sleep when you should be sleeping, 4) repeat to yourself, 'I will follow the sound of the voice, I will stay awake and aware.'

I AM GOOD AT HYPNOSIS

You can decide right now that you are going to be good at entering into and benefiting from hypnosis. Decide to adopt an easy-going accepting attitude toward the instructions and suggestions and choose to go into hypnosis.

You think you can't, you're right. You think you can, you're right. It's your choice.

You'll receive instructions to *physically relax*; follow these diligently, including putting effort into the initial deep breathing. Let your body be still and stable, loose and limp, throughout the recording.

Mental relaxation is choosing to let go of mental work. You may be analytically minded. You may want to know exactly how anything works before you can accept it. You may be used to being in control and giving the instructions rather than receiving them. But for the brief MP3 you can *allow yourself* to enjoy the benefits of relaxing in every way.

Does it make rational sense to try to have a subconscious experience *with* the conscious mind. *That's* illogical. You could be accessing a deeper intelligence. If you are really interested in analysing the process, it's still best to *first* experience it totally without analysis.

Your ability to enter into hypnosis improves with practise. As you become more comfortable and knowledgeable you will *allow yourself* to enter quicker and deeper into a powerful states of mind you can manage to achieve your goals.

If you find it hard to go to *sleep* the first time, do you give and decide not to sleep this week? Eventually you stop trying and start succeeding.

If you find it hard to go into *hypnosis* the first time, do you give and decide not to go into hypnosis this week? Just take it easy and follow the program.

Sometimes it's best to even forget all about the word "hypnosis", or checking to see if you can somehow tell if you've "achieved" hypnosis. Just follow the instructions for 21 days – then check out the benefits you've received.

In the same way that the benefit of sleep is the energy you have the next day, allow the process time to impact on your subconscious and work it's way into daily life. Be patient and persistent. You don't need willpower, just relax and listen to the program. Even if you experience instant success, follow the program through to lock in life-long benefits.