

A Self-Hypnosis Technique

This is a simple but effective technique of self-hypnosis, that you can use at home, whenever you need to, so this can be for pain and discomfort, or for any changes you desire, such as confidence or anxiety, just adjust the wording. This technique is called eye fixation self-hypnosis and is one of the most popular and effective forms of self-hypnosis.

To start make sure that distractions and safety are taken care of. You should already have in mind what you want to use the hypnosis for, and I will explain how best to put in your self-suggestions during trance.

1. Sit in a comfortable chair with your legs and feet uncrossed.

Avoid eating a large meal just before so you don't feel bloated or uncomfortable. Unless you wish to nod off, sit in a chair, as lying down on a bed will likely induce sleep. You may also wish to loosen tight clothing and take off your shoes. Keep your legs and feet uncrossed.

2. Look up at the ceiling and take in a deep breath.

Without straining your neck or tilting your head too far back, pick a point on the ceiling and fix your gaze on that point. While you keep your eyes fixed on that point take in a deep breath and hold it for a moment and then breathe out. Silently repeat the suggestion "My eyes are tired and heavy, and I want to SLEEP NOW". Repeat this process to yourself another couple of times and, if your eyes have not already done so, let them close and relax in a normal closed position. It is important when saying the suggestion that you say it to yourself as if you mean it, for example in a gentle, soothing but convincing manner.

3. Let your body relax.

Allow your body to become loose and limp in the chair just like a rag doll. Then slowly and with intention count down silently from five to zero. Tell yourself that; with each and every count you're becoming more and more relaxed. Stay in this relaxed state for a number of minutes, while focusing on your breathing. Notice the rising and falling of your diaphragm and chest. Be aware how relaxed your body is becoming without you even having to try and relax it. In fact, the less you try, the more relaxed you become. In your mind, say to yourself...

"I am now allowing my body to become loose and limp in the chair just like a rag doll. As I continue to relax, I am noticing where the comfort is in my body. Perhaps I notice a warming comfortable feeling in my hands and fingers or maybe the comfort is noticeable in another part of my body. With every breath I take and every sound I hear, the comfort deepens. I now count down from five to zero. With each and every count, my relaxation deepens. It may even double. Five – deeper – four – calmer – three – more relaxed – two – one – zero."

4. Affirmations, suggestions, and future pacing

You can then use imagery to deepen your experience, for example, imagining you are on a beach or in a beautiful garden, and you can include a connection to what you want to happen, so symbolism. For example, letting go of a balloon to signify letting go of body tension. An example of what you can say to yourself in your mind as you visualise your scene could be:

"I now picture myself on a golden sandy beach. I can feel the warmth of the sand under my feet and the warmth of the sun on my body. I can hear the sound of the sea; the waves lapping against the shore. I feel so calm, secure, and relaxed that I can stay on the beach for as long as I choose. After a

while I notice a small rowing boat, tied up underneath a pier. I image now that I am picking up stones from the beach. They are the weights of my discomfort, tension, and pain. I begin to place them in the boat, and the more I put in, the lighter and more relaxed I feel. When I have finished putting, all my useless pain and discomfort in the boat, I untie the boat and watch it float away, off into the distance, and as it does, I feel so much more relaxed, such a sense of relief, as if a great weight has been lifted from my shoulders. The more distant the boat, the more my pain and discomfort eases, and fades”

Suggestions should be phrased positively and in the present tense, and say them to yourself, as if you mean it, specific and realistic, and repeat.

“I am letting go of my unnecessary, useless pain and discomfort”

“I find it easy to move without discomfort”

“I fall asleep easily and effortlessly”

“I find it easy to relax, when I need to rest”

You can use the trance to future pace, so visualise yourself, in a specific situation...for example seeing yourself, on a short walk without pain, doing gentle exercise and enjoying it, or attending an event and enjoying it because you are pain free and relaxed.

5. Returning to the here and now

If you haven't fallen asleep, and you are ready to exit your trance, then simply count yourself up.

Tell yourself that you are becoming aware of your surroundings and at the count of five you will open your eyes. Count from one to five in a lively, energetic manner. At the count of five, open your eyes and stretch your arms and legs.

1 – I'm starting to sense the space/room I am in

2 – beginning to become more alert to my surroundings

3- I am able to wiggle my fingers and toes

4 – stretching now

And 5 – eyes open and fully alert

you may also find it helpful to put in this suggestion when you first enter trance

“When ready, I come back to the room by counting up from one to five and opening my eyes.”

Repeat this technique three or four times and notice how each time you reach a deeper level of relaxation. However, if you find you do not relax as much as you would like, do not force it. There is a learning curve involved so resolve to practice self-hypnosis on a regular basis.