

Rachael Eccles – Advanced Hypnosis

A Self Help Guide:

Sit or lie down comfortably, make sure you are warm enough as you will be sitting still for some time and people often get cold when doing this.

Now beginning at your toes, mentally relax each part of your body in turn, move up through each part of your body relaxing the muscles and visualizing stress, tension and anxiety easing away. Every so often think to yourself "deeper relaxed" mentally repeating "deeper relaxed".

Next visualize a staircase with ten steps and a handrail to hold onto, or a smooth pathway if you prefer. Begin to count from 10 down to 1 and see yourself at the entrance to a special place or safe room. This is your inner sanctuary - make it however you want use your imagination. Enjoy the special place you have created in your inner mind. Perhaps there's somewhere to sit and be comfortable.

When you are ready begin deep breathing for five breaths. If you wish to free yourself of something (e.g. stress) mentally focus on breathing in 'Calm' and breathing out 'Stress'

After four or five deep breaths, allow your breathing to adjust to normal levels. If you wish you can continue to breathe in the positive quality and breath out the negative one, alternatively continue as follows:

Begin saying to yourself some personal keywords or phrases or perhaps a 'mantra' which you might use in meditation. Choose carefully and keep it positive. If your aim is to lose weight you could say something like "Every day I am getting closer and closer to my goal of a slimmer fitter body" or "I only desire to eat low calorie foods, to help me get slim"

When you are ready to return to normal simply count silently to yourself from 5 down to 1, mentally and physically feeling more awake until on the count of 1 you are fully alert again.

If you wish you could play some gentle music in the background while you practice self hypnosis, keep the volume low though. My made to order and pre-recorded CD's and MP3's all have a gentle backdrop of relaxing music.