

WILLOW HYPNOSIS

Daily Self Hypnosis

Say to yourself I am going to go into Hypnosis for 2, or 5 or 10 minutes. (Feel free to time it but after some practice you will find you no longer need to).

Close your eyes.

Roll your eyes upward behind your closed eyelids as if you are looking at top of the inside of your skull.

Take a deep breath and hold it for 7 seconds. Exhale

Take another deep breath and hold it and your eyes up for 10 seconds.

As you exhale fully - release your eyes to eye level or even look down.

Feel a flow of relaxation coming down from the crown of your head down through the body and the tips of fingers and toes.

Imagine or feel yourself floating downward using whatever image works for you.

Imagine, sense or see yourself climbing down a set of stairs, riding down an escalator or a slide

With each step or level down feel a wave of relaxation washing over your body taking you deeper.

With each step or level down suggest to your self that you are Safe. You are going deeper. You are comfortable.

When you reach the bottom, imagine, sense or see yourself settling into a comfortable chair. Continuing to tell yourself “I feel comfortable”, “I feel safe”; the deeper I go the better I feel. (Always speak to yourself in the positive. The subconscious mind doesn’t process negative words. If you were to say I don’t feel scared – the subconscious hears I feel scared.)

Once you are comfortable and relaxed, then imagine a movie screen in your mind. This is a magic movie screen in which you are the director and producer. You can produce a movie where you see yourself being, doing and reacting exactly the way you want to.

When the movie looks really good, allow yourself to float into the movie and into the you on the screen. Feel how good it feels to be doing what you want to be doing and how good it feels to feel how you want to feel. Spend all the time you would like seeing sensing and feeling this new you.

Then float back into your body, smile and make your way back up the stairs.

If you have difficulty visualizing a movie and floating in then you can simply imagine or pretend how you would feel once the change is in place.