



Self-Hypnosis

The Eye Roll

The eye roll is the easiest way to induce a rapid state of self-hypnosis. Here is a reminder of how it is done:

Set your intention by thinking about what you want to shift within yourself or in your life. Create a picture or movie of that completed goal. Move yourself into the picture or movie and feel those positive feeling.

Exhale fully, then inhale fully – hold your breath at the top of your inhale.

Open your eyes and roll your eyes up, as if you were trying to look at the inside top of your head.

Hold your eyes in this position for as long as you can hold your breath. When you can't hold your breath any longer, close your eyes, return your eyes to eye level and exhale.

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

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

As you float down, allow your mind to wrap around the positive intention you set, and feel yourself relax in that possibility. Then just relax and enjoy. Let go of thinking and just be.

To emerge look down at your belly button, return your eyes to eye level and open them when you're ready.

The Hidden Eye Roll

Before learning the Hidden Eye Roll, practice the eye roll above several times until you're completely comfortable. To do the Hidden Eye Roll set you intention then, simply **close your eyes on the initial exhale**, take a deep breath and hold it. Roll your eyes upward behind your closed eyelids as if you're looking at the top of your head and **squint with your eyelid muscles for a few seconds**. Exhale fully, letting your eyes return to their normal position, but keep your eyelids closed. Float down. This has almost the same effect on your nervous system as the normal eye roll.