

[Self Hypnosis Techniques for Easy Personal Change](#)

The self hypnosis techniques are as unique as the individuals performing them. No one feels the same, enters the hypnotic state the same or benefits from the same scripting. Individuals must find a comfortable self hypnosis technique in order to obtain the maximum benefit of hypnosis.

One of the most important parts of hypnosis is the pre-planning and determination of the reasons for entering into hypnosis. Most individuals are well aware of their reasons for self hypnosis. A habit, fear, or pain management may be the underlying problem you are trying to solve.

The self hypnosis technique for some individuals may include a comfortable seat in the house. Imaging a peaceful scene with full visualization of the environment of the hypnotic state. For others it may be a seat in the garden with the sounds of nature assisting in the induction of the hypnotic state.

Everyone is different and they should experiment to find the method that works the best for them. You may need to try different places, relaxation techniques and even sitting arrangements, before you find the perfect method.

There are a variety of scripts that individuals can use with self hypnosis. If you are looking for change self hypnosis for a particular behavior you may want to use a replacement scripting.

For example, if over eating is what you are aiming to change, you can suggest under hypnosis that instead of craving chocolate you will crave a fruit or some other nutritious food. Now many would ask, Well why can't you do that without hypnosis? The reason is because when awake we are not in a highly suggestive state.

When awake we are functioning mainly from the conscious mind. The problems and negative scripting are typically found in the unconscious mind. So under hypnosis we can change those scripts in the unconscious mind when we are in this highly suggestive state. If you are looking for higher self esteem you may want to suggest to yourself all the positive attributes you have. Change the negative self talk and scripting from negative to positive.

Subliminal self hypnosis is very effective and can help individuals with a variety of situations. Whether it is hypnosis for anxiety, fear or addiction it is a tool that can be used on a daily basis to curb cravings and mentally walk ourselves through daily life. If the issue is chronic pain, a person could use subliminal messages to guide them through easing the pain by escaping to another place.

Anyone can learn hypnosis it is not difficult and best of all you can learn for free. With the cost of living in today's world, many find themselves living paycheck to paycheck with little left at the end.

This is another reason to turn to self hypnosis, there is no cost. You can perform hypnosis in your home without incurring any other expense. If you want music you can turn on the radio, or nature sounds can be achieved with hypnosis outdoors.

There are books, tapes and other enhancements that can assist you with the induction, but they are completely up to you. So if you need a change or find a way to relax then try out free self hypnosis, we will show you how. This is for self hypnosis, but there is training available to learn to hypnotize people.

In a quiet room you will want to find a place to relax. Maybe on the couch, chair, bed or where ever you are most comfortable. Next you will want to determine what you want to achieve with hypnosis. Take a few deep breaths and begin focusing on one thing. This could be a spot on the wall, picture or something else that is an inanimate object.

After focusing on your object you will want to repeat to yourself that you are feeling sleepy and eye lids are becoming heavy. Allow for all the stress in your body to run down your arms and out through your finger tips. Tell yourself that you are relaxed from the top of your head to the tips of your toes.

Once relaxed imagine a staircase and begin walking the staircase until you have reached the number ten stair. Counting as you go and telling yourself that as you walk the staircase you are going deeper and deeper into hypnosis. Once you have made it to the tenth stair you will then tell yourself that you are in hypnosis.

At this point you can explore your surroundings, how does it feel, hot or cold, wind, smell and other physical attributes of your environment. At this point you can then rehearse the positive scripting into your mind. Remember you are highly suggestible at this time so what you change your scripting to will be your new thoughts.

When you have completed your self hypnosis session you will begin up the stairs counting backwards from the tenth stair. As you climb the stairs tell yourself you are coming up from hypnosis and will awake with a feeling of wellness. Once you have made your way up the staircase then tell yourself to open your eyes and return to the normal awake state.

About the Author

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