
Self Hypnosis: Does Hypnosis Therapy Work In Inducing Major Life Transformation?

Contributed by Webmaster

By Tenzin Pemo

Self-hypnosis can be a very powerful tool, but understanding how to perform it can be a bit challenging. When a person learns to meditate, they tend to think about not thinking, leading to a lower level of meditation.

The goal when you meditate should be to let the thoughts flow through you, in one ear and out the other, in a way. This helps you to keep your mind clear and focused on, well, not being focused.

The same goes for self-hypnosis. The more you try to force your mind to go into the hypnotic state, the harder it will be for your mind to actually find that place.

Instead of looking for the symptoms of hypnosis or trying to watch for signs that you have hypnotized yourself, just let it happen.

It may take a while to relax enough to get there properly, and it may even take several tries before you actually realize that you have fallen into a hypnotic state.

When you are ready to try self-hypnosis, set aside some time, usually between 10 and 30 minutes, where you can practice undisturbed. You want to be awake and clear minded, so do not schedule your practice time during the most hectic part of your day, or right before you go to sleep if possible.

The first step in self-hypnosis is to relax. Slow your mind and body down gently, without forcing it. If thoughts pop into your head, acknowledge them and tell them that you will think about them later (it sounds silly, but try it), and then let them move out of your mind. This is all about gentleness, so do not try to force anything.

1) Take your time.

When you feel totally relaxed, your job is to deepen the relaxation, at which point you will fall into the hypnotic state.

Stop analyzing everything that you are feeling; like falling asleep, watching for the precise moment when you cross the threshold is going to keep you awake.

You will not pass out, and it might take a month or more before you even realize it when you are in the hypnotic state, although it is possible to go faster for some people.

There are many methods of deep relaxation. You can imagine yourself floating down (or up) on a cloud, imagine a swinging watch or metronome in your head, or even count down silently. Once you are done, it is time to try to apply your suggestions.

These should be thought of in the first person. For example, you would say something like I am becoming more focused at work, and it is easier for me to avoid distractions like Myspace in favor of getting my tasks done.

Think of your suggestions before you trance yourself so that you will have them ready when you are in the hypnotic state, and repeat them to yourself in your mind.

If you have not seen your suggestions begin to take effect after a daily practice of a couple of weeks, you may need to change your suggestions so that they work better for you.

Try thinking less about goals (such as I am getting thinner) and more about how you will achieve them (such as I am becoming less and less interested in desserts and processed foods). This is more powerful and effective!

Once you are done applying your suggestions, it is time to bring yourself out of the state. You can do this rather simply by opening your eyes and beginning to move around, but this could be a problem, particularly if you are in a deeper state. Instead, reverse the deep hypnosis, counting up, feeling yourself rising, etc.

If you declare the end of your session for yourself, it will be much more powerful, and will also help you to shut the door to your subconscious that you have opened during your hypnosis practice.

2) Hypnosis Therapy

All kinds of bad habits can be broken with willpower and hypnosis in combination. If you are trying to quit smoking, quit over eating, or quit chewing your fingernails, this can be a wonderful way to help you break those bad habits or to replace those habits in your mind.

Tell yourself that you do not actually want those cigarettes, and that they are a sneaky poison. Or try replacing your habits, telling yourself that every time you think about cigarettes, you will get yourself a glass of water instead.

Hypnosis therapy, especially self hypnosis if done regularly, can change your life for the better. Use it to help you control your weight, quit bad habits, or even start good habits, like walking more or remembering to drink lots of water.

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