

How to do the rapid induction in your own time:

Although Self Hypnosis can be done anywhere (not while actively driving etc.), it is best done away from interruptions.

- Begin by placing both feet flat on the floor.
- Sit yourself upright in your chair, and rest both palms on your thighs.
- Take a few very slow, deep breaths, and allow the body to begin to calm.
- Gently allow your arm to lift to a position above your head, palm facing downwards.
- Imagining the hand is supported by a string, which soon very slowly lowers the hand down, and past your eyes.
- (You may wish to use a count, from 5-4-3-2-1, counting back very slowly, in time with the dropping of your hand, reaching one just before your hand drops to your lap.)
- As the hand lowers, and becomes heavier and heavier, you find that your breath can be allowed to slow and deepen further.
- In doing so, the eyes begin to close, as the eyelids too become heavier, the hand still dropping slowly to your lap.
- You may find your head beginning to droop
- Your breath, calm, slow, and relaxed.
- As your hand falls to your lap, you may also feel an additional wave of relaxation wash through you.

Once reached, you can stay in this state for as long as you wish, seconds, minutes or all night.

You can also give yourself small 'commands' on how you wish to be when you return to a 'full state' (i.e. ready to go to sleep – calm but fresh and awake – positive and confident – receptive to new thoughts - etc.) Just make the chosen statements to yourself as you begin the relaxation.

I am now going to relax for ___ minutes, and when I return, I will _____ 5 – 4 – 3 – 2 – 1
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To return to the 'fully awakened state', merely reverse the process, your hand being lifted by a cushion full of air, rising upwards and lifting your hand to above your head reversing the count from 1-2-3-4-5. Returning, fresh and wide awake (as required)

To go deeper once in the state, just repeat the count, slowly and gently backwards from 5-4-3-2-1, repeating multiple times as required.

The more you practise this technique, the quicker and easier it becomes. You should use this technique at least every day!

For more information:

Any other questions or queries, you can contact me by the following methods.

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