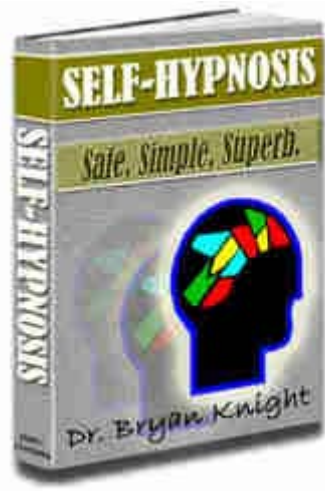




**WE TRIP THE LIGHT
FANTASTIC**



Self-Hypnosis

Safe Simple Superb

by

Bryan M. Knight, MSW, PhD.

published by
The Chessnut Press
for

The International Registry of Professional Hypnotherapists

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ISBN 0-919848-81-8

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Introduction

Self-hypnosis is safe, simple and superb.
It's as easy to learn as watching television.
There's no need for complicated formulas or special gadgets.
You can do it anywhere, anytime.

In fact, you've been using self-hypnosis all your life.
You might have called it daydreaming, or fantasizing.

What you'll learn here is how to use self-hypnosis for your benefit.
As you'll read below, whether self-hypnosis brings you grief or joy
depends on what you put into the following equation.

Relaxation + imagination + self-talk = self-hypnosis.

Pump your mind full of negative images and dismal thoughts and
you practically guarantee that such negative self-hypnosis will
bring you despair and failure.

Fill your mind with optimistic images, talk to yourself with
positive, uplifting messages and your subconscious will reward
you with success.

Remember the 3 Rs: [relaxation](#), [repetition](#), [results](#)!

Relaxation of the body and the conscious (critical, evaluating,
rational) part of the mind enables you to focus on deliberate
change of the messages stored in your **sub**conscious.

Repetition of positive messages eventually supplants the old
negative messages.

The two together yield the *results* you seek.

Once you've practiced formal self-hypnosis a few times you can reinforce the results anytime, anyplace simply by using your imagination or self-talk.

It's so simple and safe, it's superb.

What you can do with Self-Hypnosis

- ◆ Change a habit,
- ◆ overcome a phobia,
- ◆ win a marathon,
- ◆ pass an exam,
- ◆ control pain,
- ◆ calm panic,
- ◆ improve concentration,
- ◆ enhance your sex life,
- ◆ end writer's block,
- ◆ give a speech in public,
- ◆ prepare for a job interview.

In other words, you can use self-hypnosis to achieve whatever you choose.

Discover and Improve Your Hypnosis Talent

Hypnosis is an inborn talent. Your development of this skill can be enhanced with the guidance of an experienced hypnotist. Then your talent can subsequently be even more useful and enjoyable when employed by you on your own.

To find a therapist near you, check the *International Registry of Professional Hypnotherapists* at <http://hypnosis.org/newirph.htm>

What exactly is Hypnosis?

Among practitioners the most common view of hypnosis is that it is an *altered state of consciousness*; your awareness differs somehow to your everyday sense of reality.

This is often referred to as *being in a trance*. However, for many, perhaps most, people being in hypnosis does not seem much different to how they feel at other times.

One difference such people do usually note is that they feel relaxed.

Often more deeply relaxed than they've ever felt before. This has led to claims that hypnosis is nothing more than profound relaxation. But laboratory tests prove hypnosis is *something more* than relaxation: e.g., after hypnosis the heart rate remains slowed down longer than after relaxation alone.

Another definition holds that hypnosis is a *heightened state of suggestibility*. What does this mean? That if you're in hypnosis you will accept suggestions more readily than if not in hypnosis? That explains nothing.

People are readily suggestible without hypnosis -- the mammoth advertising industry attests to that -- and people in hypnosis by definition want to cooperate. Of course you accept suggestions.

You suspend your disbelief, as you would while reading a novel. But if something distasteful is suggested you'll quickly stop cooperating -- just as you'd stop reading a novel which offends you.

Perhaps hypnosis is simply role-playing.

Some theorists say you think or do things in hypnosis because it's expected of you and by you. You are fulfilling a role. You want to please the hypnotist. So there's no altered state of consciousness, there's simply a motivation to act "as though" hypnotized.

This theory might hold for stage performances and the like but can hardly apply to surgery. Thousands of hypnotized persons have benefited from operations with no chemical anaesthetic.

Hypnosis has also been defined as *a form of conditioning*. You learn, through direct experience or the media, how to behave 'hypnotized.'

Another way to see hypnosis as something learned, is to assert that you become conditioned to a word stimulus such as "Relax."

Once having allowed yourself to relax, you are thereafter conditioned to repeat the experience of relaxation upon hearing the stimulus word.

Yet another definition of hypnosis, one that has wide support among researchers, is that it is *a form of dissociation*. That is, that in some as yet unexplained way, your mental functioning is compartmentalized and one part can be isolated from the others.

Dissociation is an everyday conscious experience, which begins in childhood, according to Dr Josephine R. Hilgard, noted hypnosis researcher and author.

When you are engaged in conversation with someone else you are also talking with yourself and thinking ahead to your next comments.

Children blithely slip in and out of fantasy lives, temporarily adopting make-believe roles, which they discard at will.

This capacity to fantasize can be retained through practice and makes the dissociation characteristic of hypnosis less surprising.

Altered state, relaxation, heightened suggestibility, role-playing, conditioning or dissociation, whatever hypnosis is, we can agree with David Soskis who points out that hypnosis enables a person to experience *thoughts and images as though they were real*.

Hypnosis is like guided daydreaming: a form of relaxed concentration.

What is relaxed is first, the body and second, the conscious part of the mind.

Therein lies its power as a method of self-improvement.

All Hypnosis is Self-Hypnosis

Actually all hypnosis is self-hypnosis because it is *you* who uses your abilities, including concentration and imagination, to produce what we recognize as "hypnotic" effects.

Positive and Negative Self-Hypnosis

You can effectively change the messages in your subconscious and put in motion an ongoing process of Positive Self-Hypnosis (PSH).

Many of us are familiar with *Negative* Self-Hypnosis.

NSH includes all the defeatist yet subconscious images that we indulge in at the same time that we consciously claim that we want to drop a habit, improve our behaviour or get better.

NSH has three hypnotic components:

- ◆ non-critical thinking,
- ◆ imagery,
- ◆ post-hypnotic suggestions.

NSH is buttressed with negative self-talk.

And NSH thrives on fear and doubt.

A typical example of NSH is Wendy, a young woman who was scared to go on a date, frightened to enter a nightclub or restaurant.

She told herself repeatedly that she was plain, clumsy and a wallflower. Wendy avoided looking at herself in mirrors.

Confirmations from other people that Wendy is, in fact, gorgeous, made no impact on her firm conviction that she was unattractive and unlovable. She refused to accept any positive comments.

To maintain the NSH built into her during a wretched childhood, Wendy could find all kinds of reasons to nullify compliments.

For example, "Oh, they're family; they have to say I'm pretty."

When a person like Wendy, imbued with NSH, meets up with people who say negative things to her, or who behave in demeaning ways, her NSH is reinforced.

NSH begins with the influence of most of our social institutions.

Families, schools, religions and the mass media are preoccupied with preservation of the status quo.

Children, students, believers, readers and viewers are exhorted directly or indirectly to conform.

Not to conform arouses feelings of guilt or unworthiness.

Lip service is paid to the concept of an individual's freedom.

Instead, we become convinced that in certain situations we have no choice. We learn to put limits on our dreams, our potential.

We settle for less, we undermine ourselves with thoughts of inadequacy, or doubts of it not being proper to say or to do what we really want.

Of course, total freedom is an illusory goal. We are in fact, *inter*dependent. Cooperation and civility are good things.

What is *not* good is the throttling of individual initiative because of the negative thoughts implanted in us by well-meaning (or perhaps not so naive) authorities.

It begins in the family when parents label their children.

And is continued in school. How many children have learned to

stifle their creativity because the art teacher told them "Now, Mindy, you know trees are not pink and the sky is not yellow"?

Or because the English teacher said, "Never begin a sentence with 'and', or end a sentence with a preposition"?

Words can hurt.

When an adult in authority labels, criticizes or otherwise shames a child, he or she uncritically accepts those words as true. They define the little self. And the child behaves in ways that confirm the label.

For instance, a child constantly told, "Oh, you're so clumsy", is much more likely to drop things than is a child who is frequently told, "Oh, you're so graceful, so well-coordinated."

Parents often (unintentionally) dump their own problems onto their children. Thus a father who is angry with his boss -- or angry that he's lost his job -- may tell his son "you're such a grumpy kid; you're always in a bad mood." And, of course, "I'm your father; do what I tell you."

In other words, "Don't think for yourself, you're a nothing."
(Probably the same way the boss treats the father).

When the son takes out the anger he's absorbed from his father onto his sister, or onto the family pet, he's then blamed for being such a vicious little boy and so on.

Because no one is perfect (neither child nor parent) most of us have mixed feelings towards our parents.

The negative chunk of those feelings can arouse guilt which can then lead to resentment which in turn leaves us feeling dissatisfied,

not comfortable with ourselves.

Children who grow up unparented, uncared for, unloved, have an even more deep-seated negative sense of self.

Both the labelled and the unloved child suffer these negative self messages running like a never-ending tape recording in their heads.

The child who is unloved concludes he is unlovable; thus he behaves in unloving ways. The adults tell him he is "a beast" or whatever and thus confirm his inner feeling of being unlovable and so it goes.

A few labelled children are able to grow up emotionally healthy despite the shaming experience of their youth.

Most do not: they perpetuate the negative self-hypnosis.

The devastating messages are only ended when therapy, trauma or unconditional love intervene to give the sufferer a new self-image.

This new self-image can be created, and sustained, with self-hypnosis.

Change Your Self-Image with PSH

A person's consciousness is most effectively expanded by changing the underlying messages in his *subconscious*.

Positive Self-Hypnosis (PSH) is the ideal way to reach that subconscious.

PSH liberates a person to achieve, to care, to feel, to be -- and most importantly, to love.

You can use Positive Self-Hypnosis to enhance your creativity, build motivation, accomplish goals, and overcome problems.

You can use self-hypnosis anywhere, anytime. Its benefits are as limitless as your imagination.

Common uses of self-hypnosis are:

- to stop smoking,
- to control weight,
- to study effectively,
- to increase self-confidence,
- to improve relationships.

Hypnosis is a form of relaxed concentration; first you relax your body, then you relax the conscious part of your mind. It's a way to communicate with your subconscious.

Hypnosis is rooted in our basic biology; it is as natural as its counterpart, the "flight or fight" response to danger.

Rather than gearing up to flee or to battle, hypnosis allows you to let go of tension.

You can trigger this relaxation response from inside you, or you can let it be triggered from outside. Words, images, thoughts, even gestures, can induce it.

Hypnosis has a centuries-old history of proven effectiveness in helping people develop more self-control -- of body, mind, and spirit.

Self-hypnosis is simply harnessing the natural, everyday trances we all experience to achieve a particular purpose.

With even a light trance you can create profound changes in your life.

The beneficial effects of self-hypnosis are cumulative: the more you use positive self-hypnosis properly the more you benefit.

Sessions of at least once a day are preferable, especially if you are combating years of a bad habit or self-denigration.

Even a few moments in positive self-hypnosis can be helpful, though 20 minutes to a half-hour or more would be most beneficial.

Regular sessions, at the same time and in the same place each day, are best.

Choose a time when you will not be interrupted by distractions such as a crying baby, or a full bladder. Take the phone off the hook, or switch on your answering machine

You can sit or lie down. Sitting is probably preferable, unless it is your intention to drift off to sleep. Loosen any tight clothing, remove gum and glasses. Settle down comfortably, then begin your induction.

How Do You Use Self-Hypnosis?

By repeatedly making positive suggestions to yourself.

This can be done in two ways: pre-hypnotic and post-hypnotic.

Pre-hypnotic suggestions are given *before* you go into hypnosis.

Post-hypnotic suggestions are made *during* hypnosis (to take effect after, or "post").

One of the major differences between pre- and post-hypnotic suggestions is how you speak to yourself.

In pre-hypnotic suggestions it is advisable to use "I", as in, "I choose to be free from the need to smoke".

In post-hypnotic suggestions, since they come from "outside", it is advisable to use "you" as in, "You choose to be free from the need to smoke."

Pre-hypnotic suggestions

The essence of this approach is that you make yourself comfortable, slowly repeat a positive suggestion to yourself three times, and then go into hypnosis. (To enter hypnosis you may use any of the inductions described below).

Post-hypnotic suggestions

To receive post-hypnotic suggestions you must first be in hypnosis. This is no problem when someone else, such as a therapist, gives you the suggestions. However, if you've hypnotized yourself you are likely to exit from the hypnosis if you use conscious thought or

speech to offer the suggestions to your subconscious.

The solution is to use a tape-recorder.

You pre-record your suggestions and are thus able to remain in hypnosis and hear the suggestions as they come from "outside."

Any kind of voice can be effective

No need to worry about the sound of your voice.

While clarity is important, the authoritative, monotonous tone beloved of Hollywood's hypnotists is just a myth; in reality any kind of voice will do.

To begin your tape recording, you need to decide on your induction.

An induction can be a repeat of the words your therapist used to guide you into hypnosis, or any one of the myriad of other inductions that you can obtain from books, websites or hypnotists.

You simply record whichever approach suits you best.

While you are relaxed and enjoying being in hypnosis you will hear the post-hypnotic suggestions you've recorded following your induction.

It's probably a good idea to leave a few moments of silence between induction and suggestions. Rules for constructing such suggestions are given below.

Relaxing music can be used throughout your recording. The ending of the music can be used as a signal that your session of hypnosis is over.

If you prefer not to use music, your session can end either with your own recorded instructions, or when the recorder clicks off, or anytime you choose to open your eyes.

Verbal instructions to exit hypnosis would probably match those you learned from your hypnotherapist. As with inductions, they are simple.

And usually short. An example is: "In a moment or two, count out loud from 1 to 3 and open your eyes. Soon after you open your eyes you feel refreshed and alert."

Inductions

Whether or not you use a tape recorder (i.e., whether you use prehypnotic suggestions, or post-hypnotic suggestions) you need an induction to guide you into hypnosis.

Here are six inductions, known respectively as hypnodisk spiral, progressive relaxation, countdown, eye-fixation, visualization, and the staircase.

(Slow deep breathing can be an induction in itself, or add to the effectiveness of other inductions).

Examples of Inductions

(In no particular order)

1. Click on the Spiral page: (<http://hypnosis.org/spiralpage.htm>)

Choose a hypnodisk, stare at the center of it, breathe very slowly and very deeply until you feel sufficiently relaxed.

2. "Sit back comfortably... take a slow, deep breath... hold it for a moment... and let it go slowly, through your mouth... as you exhale... allow the tension in your body to drain away... As you breathe slowly and deeply -- good -- you begin to drift into a very pleasant state of relaxation... as you continue to breathe slowly and deeply now, allow your scalp to relax... allow the muscles in your face to relax... allow your neck and throat to relax...with each slow, deep breath you take you allow yourself to drift deeper and deeper into a very pleasant state of relaxation... allow your neck muscles to relax... allow your shoulders to go loose and limp...allow your right arm from the top right down to the fingertips to go loose and limp ...allow your left arm from the top right down to the fingertips to go loose and limp.... with each slow, deep breath you take you allow yourself to drift deeper and

deeper into a very pleasant state of relaxation.... you allow the muscles in your back to relax.... you allow your stomach muscles to relax.... with each slow, deep breath you take you allow yourself to drift deeper and deeper into a very pleasant state of relaxation.... you allow your pelvic muscles to relax.... you allow your right leg from the top right down to the toes to go loose and limp.... you allow your left leg from the top right down to the toes to go loose and limp...you allow your whole self to relax into a very pleasant state of relaxation feeling calm, peaceful and deeply comfortable."

3. "Make yourself comfortable, and begin counting... slowly... backwards from 100, subtracting 3 as you go... 97... 94... 91... 88... 85... 82... 79... should you lose track, simply start over..."

4. [First select a spot on a wall just above eye level] "Seat yourself comfortably ... stare at the spot and as you continue to stare you will notice your eyelids becoming heavier ... and heavier ... and heavier ... and heavier ... and when you allow them to close you will feel so relaxed..."

5. "Imagine a place which to you implies being free of cares. See yourself relaxing there... notice the colors around you... feel the warmth of your hands... breathe in delicious scents...and the more details you notice, the more you relax and the more you relax the more details you notice...."

Word pictures should be detailed, and should invoke as many senses as possible, in addition to sight (e.g., "you may very well feel the warmth of the sand as you trickle it through your fingers", or "as you look across the green and gold meadow you inhale the pleasing smell of newly-cut grass").

6. "In a moment you're going to relax more completely. In a moment I'm going to begin counting backwards from 10 to 1. . .

The moment I say the number 10 you will allow your eyelids to remain closed. The moment I say the number 10, you will, in your mind's eye, see yourself at the top of a small set of stairs. ...the moment I say the number 9, and each additional number, you will simply move down those stairs relaxing more completely. ...At the base of the stairs is a large feather bed, with a comfortable feather pillow. ...The moment I say the number one you will simply sink into that bed, resting your head on that feather pillow...Number 10, eyes closed at the top of those stairs. Ten . . . Nine, relaxing and letting go. Nine ... Eight, sinking into a more comfortable, calm, peaceful position ... Seven Six ... going way down ... Five ... moving down those stairs, relaxing more completely ... Four ... Three ... breathe in deeply ... Two ... On the next number, number one, simply sinking into that bed, becoming more calm, more peaceful, more relaxed ... One ... Sinking into that feather bed, let every muscle go limp and loose as you sink into a more calm, peaceful state of relaxation. "

[Adapted from Terence Watts' scripts at

<http://www.hypnosense.com/>]

Here's How to Create Your Suggestions

The content of your suggestions is very important. To be most effective, hypnotic suggestions must be:

- ◆ positive,
- ◆ specific,
- ◆ measurable,
- ◆ beneficent, and
- ◆ in the present tense.

Positive

Your suggestions have to be positive in both purpose and content.

This means you do not use the word "not." (Because the subconscious ignores the word "not" and thus receives a command to do exactly the opposite of what you wish. Test that right now: close your eyes and say to yourself "I will not think of a green elephant").

Also avoid saying you'll "try."

You wouldn't want a surgeon to tell you she'd "try" to take out your painful gall bladder, would you?

To "try" means you are unsure, only half-hearted, about your action.

Wrong: "I will not bite my nails".

Right: "I am free from the need to bite my nails."

Wrong: "I will not get angry."

Right: "I am calm and relaxed."

Wrong: "You will try not to be afraid of the cat."

Right: "You are calm and confident near the cat."

Specific

Your positive suggestions should be specific. The subconscious takes things literally, therefore the more precise your suggestion the more easily it is accepted.

Wrong: "I will control my eating."

Right: "I eat three meals a day and nothing else."

Wrong: "I am going to study better."

Right: "I concentrate on my studies from 8 to 10 each evening."

Wrong: "You are going to get lots of exercise."

Right: "Each day from 7:30 to 8 a.m. you walk briskly."

Measurable

Another reason for your positive suggestions to be specific is that you can then measure progress. In the examples above, you could record how many meals you eat, how much studying you do and when, and how you're exercising.

Beneficent

Your positive, specific, measurable suggestions will be better absorbed by your subconscious if they mention enjoyment.

Wrong: "Every day I write at least two pages of my book."

Right: "Every day I enjoy writing at least two pages of my book."

Wrong: "From now on I eat slowly."

Right: "From now on I enjoy eating slowly."

Wrong: "You relax in hypnosis from 3 to 3:30 each afternoon."

Right: "You enjoy relaxing in hypnosis from 3 to 3:30 each afternoon."

Present Tense

Because of the tendency of the subconscious to take things literally it is advisable to make your positive, specific, measurable and beneficent suggestions in the present tense.

This also helps to entrench the new behaviour or attitude as a permanent part of you, not as something that applies only to some vague time to come, or even to a particular date in the future (e.g. next January when you are scheduled to give a speech).

Wrong: "I will be confident and will enjoy making a speech next January 31."

Right: "I am confident and enjoy making speeches, including my speech on January 31."

Wrong: "I will be free from fear and I will enjoy appointments at my dentist's, including the checkup on March 3."

Right: "I am free from fear and I enjoy appointments at my dentist's, including the checkup on March 3."

(It might also be helpful to redefine "fear" as "discomfort").

Wrong: "You'll not have headaches any more."

Right: "From now on you enjoy a clear head free from discomfort."

Choosing

For an even more powerful effect, add, "I choose . . .", or "You choose . . ." to your suggestions.

For example, "I **choose** to enjoy being a non-smoker for life." Or, "You **choose** to enjoy eating smaller portions."

Can I keep my eyes open?

Certainly. The main reason to close them is to block visual distractions. Thus you avoid eyestrain and will find it easier to focus inward.

Should you prefer eyes-open hypnosis you might wish to use the *Psychovisual Therapy* (PsyV) DVD 'Serenity'.

This half-hour video has been especially created to lull you into a pleasant state of relaxation. <http://hypnosis.org/DVD.htm>

Subliminal messages strengthen your feelings of contentment and confidence as you watch beautiful computer-generated images and listen to calming music.

You could play your own audiocassette tape along with the PsyV 'Serenity' DVD to provide post-hypnotic suggestions.

Or simply give yourself a pre-hypnotic suggestion and then relax while watching the DVD.

You Cannot Get Stuck in a Trance

No way. You are always conscious and always in control while in hypnosis. There is no danger that you will get stuck in a trance. For example, should the tape recording fail, you would simply come out of hypnosis, or if you preferred, drift off to sleep.

SELF-HYPNOSIS POWER INSTANTLY

How to release the power of self-hypnosis instantly?

The marvellous secret is simple: in your self-hypnosis sessions you give yourself a *trigger* that, out of hypnosis, instantly floods you with whatever you've programmed.

For example, let's say you've decided to do away with the panic you feel when about to write an exam. You can enjoy a series of sessions of self-hypnosis in which you imagine yourself taking exams calmly, with just enough excitement that you are alert and performing to the best of your ability.

During those sessions you could give yourself a trigger so that when you sit down to write a real exam you can instantly flood yourself with the positive, calm feelings you enjoyed while in hypnosis.

The trigger can be consciously selected, or you can ask your subconscious to pop something suitable into your mind.

A trigger can be almost anything. It might be:

- ◆ a gesture
- ◆ a movement
- ◆ an image
- ◆ a word

A *gesture*: smoothing your hair, or pulling on an ear lobe, for example.

A *movement*: taking a slow deep breath, or picking up a pen.

A mental *image*: seeing a "Grade A" report card, or yourself on a beach or receiving a diploma.

A *word* or a phrase, such as "relax", or "I am calm", which you say either internally or out loud.

A smile is an excellent trigger for release of feelings of self confidence.

FOR EVEN MORE EFFECTIVE PSH

Slash your negative self-talk. And substitute *positive self-talk*.

Many people continually give themselves negative suggestions (such as "I'm too fat", or "I'm stupid", or "I'm a klutz", or the most common, "I can't...").

Negative suggestions reinforce low self-esteem. They become self-fulfilling prophecies. But so do positive suggestions. You can use such suggestions to become self-fulfilling prophecies in the opposite, positive, direction.

Repetitive statements you make to yourself while not in hypnosis are known as autosuggestions. These messages are usually global, such as the famous dictum of Emile Coué, "Every day in every way, I'm getting better and better", or the PsyV message, "I am calm, confident, relaxed and strong."

Such consciously made statements sink into the subconscious, where they take on hypnotic power. Especially when you talk to your reflection in a mirror.

Two great times to give yourself positive autosuggestions are just before you fall asleep at night and just before you are fully awake in the morning. That is how you can allow yourself to enjoy deep, refreshing sleep, and satisfying, productive days.

Positive autosuggestions -- also known as affirmations -- provide the fertile soil in which your positive self-hypnotic suggestions can flourish.

You can also supplement and reinforce your self-hypnosis by watching DVDs such as *Psychovisual Therapy's* 'Self-

Confidence', 'Stress Control', 'Stop Smoking', 'Weight Control'
or 'Relax & Let Go' programs.

<http://hypnosis.org/DVD.htm>

SUMMARY

Here are the steps to follow for either approach to your sessions of self-hypnosis, after you have made arrangements to not be interrupted:

A. Prehypnotic Suggestions

Find a comfortable place.

Remove gum, glasses, etc.

Loosen ties, belts, etc.

Repeat your suggestion slowly three times (aloud or silently).

Induct yourself into hypnosis or watch a Psychovisual Therapy DVD.

Remain in hypnosis for pre-decided period or until you choose to drift off to sleep or to exit hypnosis.

B. Posthypnotic Suggestions

Find a comfortable place.

Remove gum, glasses, etc.

Loosen ties, belts, etc.

Let your tape recording induct you into hypnosis and/or watch "Serenity."

Listen to your suggestions.

Remain in hypnosis until tape ends or instructions finish the session.

Enhance either procedure with positive self-talk.

Remember, *whatever you believe you can, or cannot do, you're right!*

Want to verify that your suggestions match Dr Knight's

guidelines?

Click here drknight@hypnosis.org to send them to him for a free, onetime commentary.

* * *

About Dr Bryan Knight

Bryan M. Knight, MSW, PhD, holds a degree in psychology from Sir George Williams University, a master's in social work from McGill University, and a doctorate in counselling from Columbia Pacific University for his dissertation, *Professional Love: The Hypnotic Power of Psychotherapy*.

His 38 years in private practice have taught him to appreciate the uniqueness of each individual, and how to strengthen the client's positive values.

Dr. Knight is the author of numerous articles and several books, including:

The People Paradox;
Enjoying Single Parenthood;
Love, Sex & Hypnosis: Secrets of Psychotherapy;
Health and Happiness with Hypnosis.

And these ebooks:

Hypnosis: Software for Your Mind,
Easily Hypnotize Anyone,
How To End Phobias, Anxiety & Panic,
How To Avoid A Bad Relationship,
How To Get Started as a Hypnotherapist,
Weight Loss Success with Self-Help Hypnosis, and
Marketing Action Plan for Success in Private Practice.

Dr. Knight has frequently been a speaker at the National Guild of Hypnotists. Consulting Hypnotherapist to the Westside Medical Clinic in Montreal, Canada, he is also the distributor of Psychovisual Therapy hypnotic DVDs.

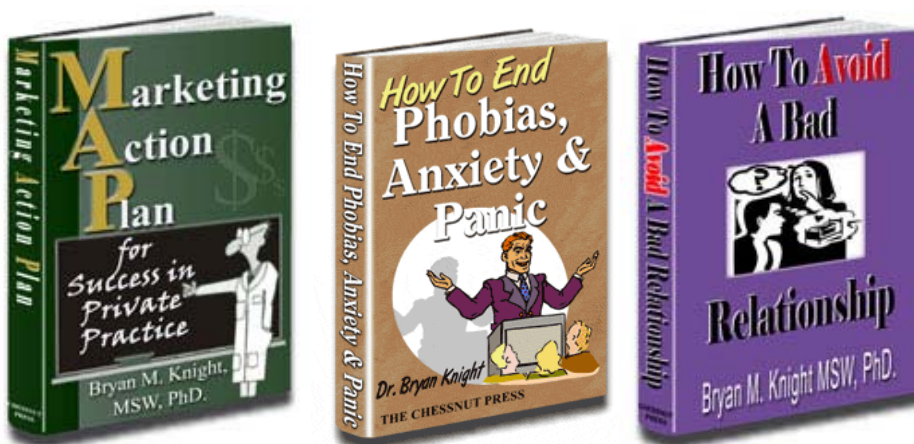
He created The International Registry of Professional Hypnotherapists.

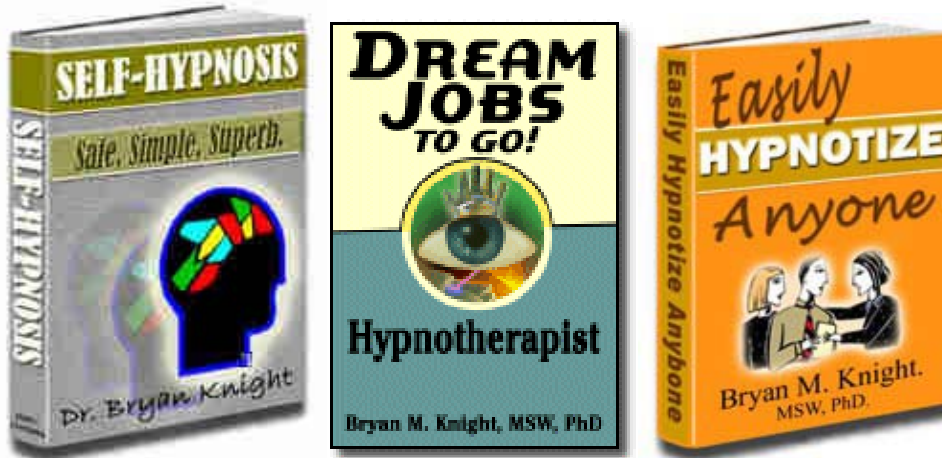
<http://hypnosis.org/newirph.htm>

His pioneering website, Hypnosis Headquarters, is packed with information and resources. <http://www.hypnosis.org>

He can be reached by e-mail at drknight@hypnosis.org, by regular mail at **7306 Sherbrooke Street West, Montreal, QC, Canada, H4B 1R7**, and by phone at **(514) 332-7902**.

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