

How To Make Your Own Self-Hypnosis Tapes/CDs

The affirmations at the end of each chapter can be used as self-talk or they can be included in a self-hypnosis format for daily mind-programming.

Self-talk is a matter of thinking or speaking positive suggestions that support your self-change goals. As examples: 1) You are driving down the road, and instead of daydreaming, you speak the suggestions out loud with real emotion. 2) While waiting to meet someone in a busy location, you think the suggestions over and over. 3) When lying down to sleep, you think or speak the suggestions over and over until you drift off. You get the idea.

The repetition provides very real mind-programming power. In time, this positive new programming will override the old negative programming and you will begin to see changes.

Self-hypnosis is an ultra-powerful way of programming your subconscious mind to affect change. You can do self-hypnosis by sitting down and following a simple set of instructions, or you can make your own self-hypnosis tape.

You don't need professional recording equipment to make your own effective mind-programming tape or CD. I use a top-notch recording studio to create the CDs my company offers to the public. But for my own personal use, I often speak into an inexpensive little tape recorder with a built-in microphone. The resulting tape isn't the greatest quality or mixed with soothing music, but it is custom created to fit my exacting programming needs at that time. If correctly created and used regularly, the tape will be every bit as effective as a professionally created program.

You can also do self-hypnosis without the tape/CD, which will be just as effective, but requires more concentration and self-discipline. The instructions that follow will apply both situations.

The end-of-chapter affirmations can be used just as they're written or you can skip some and add some of your own. The secret to powerful, effective suggestions is to phrase them positively, as if you'd already accomplished the goal you desire. As an example, never say, "I want to get rid of a headache." The word headache might actually make your head ache more. You'd say, "my head now feels good, better than it's ever felt before." As another example, you would not say, "I want to become extremely successful." The suggestion refers to some abstract future. Instead you would say, "I am extremely successful, and every day I become more and more successful." You get the idea.

The Technique

First, use deep breathing to relax your body and mind. Take a very deep in-breath, and hold it for as long as you comfortably can. Then let the breath out slowly through slightly parted lips; this allows you to retain the moisture in your mouth. When you think the air is all the way out, contract your stomach muscles and push it even further out. Then repeat the process. Do this for a couple minutes before you begin the body relaxation. When you begin to relax your physical body, play the role, play the part and imagine your body relaxing in response to the suggestions.

Body Relaxation

Close your eyes. Use the following as a recording script or paraphrase the words in your mind: The relaxing power is now entering the toes of both of my feet at the same time. It is moving right on down into my arches ... into my heels, and right on up into my ankles. Completely relaxed. Completely relaxed. And the relaxing power now moves on up my legs to my knees, relaxing all the muscles as it goes ... and on up my legs to my thighs and to my hips, permeating every cell and every atom. An my full attention is on relaxing my body as the relaxing power now moves on up into the fingers of both of my hands ... relaxing my hands. And my forearms are relaxing ... and my upper arms are relaxing. My fingers and hands and forearms and upper arms are now just completely relaxed. And the relaxing power moves on down into the base of my spine, and I imagine a warmth in the base of my spine. And the warmth now moves slowly up my spine ... up my spine ... up my spine, and into the back of my neck and shoulder muscles. And the back of my neck and shoulder muscles are loose and limp ... loose and limp ... just completely relaxed. And the relaxing power now moves on up the back of my neck and into; my scalp ... relaxing my scalp. And the relaxing power drains down into my facial muscles ... relaxing my facial muscles. My jaw is relaxed. I leave a little space between my teeth. And my throat is relaxed. My entire body is now relaxed all over in every way ... and all tension is gone from my body and mind.

Deepening

Visualize yourself in a situation in which you are going down, down, down as you count backward from seven to one. Number seven: deeper, deeper, deeper, down, down, down. Number six: deeper, deeper, deeper, down, down, down. Number five: deeper, deeper, deeper, down, down, down. Number four: deeper, deeper, deeper, down, down, down. Number three: deeper, deeper, deeper, down, down, down. Number two: deeper, deeper, deeper, down, down, down. Number one. And I am now relaxed and at ease and I feel a sense of deepness. I remain consciously aware of my surrounding, but my body is going to sleep ... to sleep ... to sleep. Number seven: deeper, deeper, deeper, down, down, down. Number six: deeper, deeper, deeper, down, down, down. Number five: deeper, deeper, deeper, down, down, down. Number four: deeper, deeper, deeper, down, down, down. Number three: deeper, deeper, deeper, down, down, down. Number two: deeper, deeper, deeper, down, down, down. Number one ... and I am now in a deep, deep altered state of consciousness.

At this point you are deep in an altered state of consciousness, or deep in a meditative state, or deep in hypnosis, whichever you prefer to call it. They are the same thing. Next, give yourself a suggestion such as the following:

And I'm now relaxed and at ease and I can awaken at any time by simply counting up from one to five and say the words, "wide awake." So I'm always in control of my mind-programming sessions. And I'm going to begin with suggestions that will be communicated to every level of my body and mind, and they will be accepted on every level of my body and mind.

Insert from 9 to 15 appropriate suggestions/affirmations as found at the end of each chapter or create your own. Then say:

And these suggestions have been communicated to every level of my body and mind, and they've been accepted on every level of my body and mind. ///// And I'm now going to visualize my desires as already being successfully accomplished. I fantasize the desired result of this programming, by creating every detail in my mind ... my feelings and reactions ... the reactions of others. Everything.

Your subconscious mind is a visual consciousness, so it responds best to visual programming. Visualize what you desire as a mental movie. You are the producer, director and star. Use other people in your movies, but as the director you are in control of their words, actions and reactions. You imagine the events exactly the way you like to experience them in real life. By seeing your goals as accomplished, your subconscious is able to fully comprehend the goal. It then begins to work in subtle ways to manifest the inner belief in your outer life. Spend one to three minutes visualizing.

Vary your mental movies. As an example if you desire to lose weight, here are some variations: 1) You see yourself step on a scale and watch the dial swing, slow down, then stop at your desired weight. You hear yourself exclaim with delight, you imagine the smile on your face, and you feel the elation. 2) While out in the world, you run into a friend you haven't seen for a long time. Your friend is amazed at your thin body and proceeds to tell you so. Create all the dialogue and interaction. 3) You're shopping in a clothing store and the salesclerk asks your size (use the size you want to be). Imagine the process of trying on the clothes. They fit perfectly. Feel the elation. The clerk compliments you on your figure. Next, support the visualizations with phrases like the following:

I've just seen my own reality and the visualizations manifest in my life. I ask it, I beseech it, I mark it, and so it is. And I'm now going to repeat a mantra to saturate my mind with a message. I will shout the words out silently and imagine them echoing out across the universe and back to me.

Create one sentence that best expresses what you desire. Repeat it over and over from 10 to 20 times.

That's right. I've programmed this suggestion on every level of my being, and it becomes my reality. ///// And now, once again, it's time to imagine another mental movie.

One to three minutes visualizing. Next repeat the suggestions.

I've just seen my own reality, and upon awakening I will remember all that has been communicated. I'll awaken feeling as if I've just had a refreshing nap. My head will be clear, and I'll think and act with calm self-assurance ... feeling glad to be alive and peace with myself, the world and everyone in it. On the count of five I will open my eyes and be wide awake. Number one, I feel the life blood returning to my arms and legs.

Number two, coming on up and at peace with all life. Number three, coming on up feeling an internal balance and harmony. Number four, returning to my waking state. Number five, wide awake, wide awake.

ALTERED-STATE TIPS

Conditioning

On average, it takes 21 days of use to fully condition your body/mind to easily attain your natural altered-state depth. Do a hypnosis session at least once a day, every day. Once you are conditioned, the suggestions will become more effective. There is no way to judge how long it will take. If you've smoked 20 years, every time you raised a cigarette to your lips and drew in the smoke, you were enforcing a positive smoking suggestion. Understandably, it may take a lot of non-smoking suggestions to override the old programming. But keep at it. Change will occur if you are patient and tenacious.

Body Position

For your self-hypnosis sessions, try to pick a time when you will not be interrupted and a place where it is quiet. You may either sit in a chair or lie down. If you are sitting, be sure both feet are flat on the floor and place your hands on your legs. Do not cross your legs; any weight can feel heavier during hypnosis.

The prone position is best unless it causes you to go to sleep. Avoid altered-state work when you're very tired. Each session conditions your subconscious mind and you don't want to condition it to fall asleep when you go into hypnosis. If you fall asleep twice while in the prone position, do your sessions in a sitting position for a few days.

Your subconscious mind contains all of the memories of this life (and past lives), but it has very little reasoning power; thus it can easily be programmed contrary to your conscious desires, unless you know how to work with it. There is no danger whatsoever in falling asleep while in an altered state; it is only the habit pattern that is to be avoided.

If you wear contact lenses and normally remove them when you go to sleep, take them out before going into an altered state.

The Environment

Certain conditions are more conducive than others to doing altered-state work. An overly warm room is much better than a cool one. Darkness helps most people to visualize more effectively, so if you don't have a dark room, use one of the sleep masks available at most drugstores. If your environment is noisy, use earplugs. If you're using a tape, use headphones. If it is extremely noisy, you may also want to play another tape/CD at the same time to block out the noise. Sound effects programs such as rain or the ocean are good, and New Age music might also be helpful.

Retaining the Impressions

Subjective impressions received or created while in an altered state may seem dreamlike and fade rapidly when you awaken. For this reason, you might want to have a pencil and paper beside you when you awaken so you can quickly write down any impressions you desire to remember.

The Tripping Problem

Once you are fully conditioned, you may sometimes go into an altered state and not remember anything upon awakening. If you are working with a tape and open your eyes on the count of five, you are not just falling asleep. You may actually be too good of a subject and be “tripping” or drifting in and out. There are several ways to deal with this tendency.

First, try sitting up against a wall or in a chair while in the altered state. You won't be quite as comfortable, but this may help to keep you from tripping.

If you're simply going too deep, don't do any deep breathing before the induction. Once you have become conditioned, you may also want to limit the body relaxation to simply imagining a wave of relaxation moving from your toes to your head. Another technique is to make sure you stay fully conscious during the initial part of the induction. If you're working with a tape, don't close your eyes until you get to the seven-to-one countdown.

Other techniques that may help if you're falling asleep or tripping out: Niacinamide (vitamin B3) opens all the deep-level blood vessels within about 20 minutes after you take it. College students often use it to stay fully alert during an exam. I usually take about 500 milligrams before going out on stage to conduct a seminar.

A couple 400 IU capsules of vitamin E and two tablespoons of honey is another upper, especially when combined with a few minutes of stretching or exercise. The honey instantly puts sugar in your system while the vitamin E extends the oxygen. It will keep you wide awake and mentally alert for up to four hours. Don't use this if you've been drinking alcohol as it will work in reverse—as a downer.

Spinning or Swaying

A small percentage of people sometimes experience a feeling of spinning or swaying while in an altered state, especially toward the end of the induction. There is nothing to fear; you are probably attempting to leave your body and astral project. To stop the effect, simply give yourself the strong command, “Stabilize! On the count of three I will stabilize and the swaying ceases, one, two, three.” You are always in control in self-hypnosis/meditation.

Headaches

On rare occasions, someone will awaken from an altered state with a headache that feels like a tight band around the forehead. Although somewhat uncomfortable, it is not a matter for concern and will usually disappear within 30 minutes.

Trigger Word Post-Hypnotic Mind Programming

The trigger word technique is post-hypnotic programming to use when you need an extra lift to support your goal. The word you choose might be “concentration,” “willpower,” “motivation,” “energy” – whatever you want it to be, in keeping with your goal. The programming is highly effective once you have become conditioned and begun to use it.

Here's an example as to how it is used on my Master of Life Video Hypnosis programming: "And you now become a Master of Life, living in harmony with yourself and your world. And I am now going to give you some key trigger words for post-hypnotic conditioned response. Any time in your daily life that you find yourself needing to recall your dedication to the goal of enlightenment, you will simply stop what you are doing, close your eyes, take a deep breath and say these words quietly to yourself, 'Master of Life.' The words, "Master of Life" are a conditioned response signal to your subconscious mind and when you say these words, you will experience peace, balance, and harmony. This conditioned-response technique draws upon the power of your mind to support you in the fulfillment of your enlightenment goal. The words 'Master of Life' now become a post-hypnotic suggestion for mental tranquility, peace, balance, and harmony. And you will experience the suggestion as totally effective. Every time you hear this suggestion and every time you use your 'Master of Life' programming, it will become more and more effective."

Trigger Word Script For You To Use

And I am now going to give myself some key trigger words for conditioned response. Any time in my daily life that I find myself _____, I will simply stop what I am doing, close my eyes, take a couple of deep breaths, and say these words quietly to myself ... " _____." The words " _____" are a conditioned-response key to my subconscious mind and when I say these words, I will draw upon the unlimited power of my subconscious mind to support me in the fulfillment of my desires. When I say these key trigger words I will _____. The words " _____" now become my conditioned-response technique and I will experience it as totally effective. And every time I hear this suggestions and every time I use my " _____" programming, it will become more and more effective."

Why Hypnosis Works

Your subconscious mind cannot tell the difference between fantasy and reality ... between the real experience and the imagined experience. One of the initial tests that proved this was the recording of brain wave patterns under specific conditions. Test subjects would be placed in a room and wired to an EEG machine. Someone would now run into the room and fire a gun. Someone else would do a dance, a dog would bark, a color would be projected, et cetera. As the test subject was exposed to each situation, it caused his brain waves to form patterns on the recording instruments. Each situation was marked on the recording paper so the researchers would know what had transpired to create each pattern. "Dog barked here," as an example.

The next stage of the test was to have the subject sit and concentrate upon the situations described by the researchers. As an example, "I now want you to imagined yourself watching a woman doing a dance. See it in your mind, fantasize it, conceive it with as much imagination as possible. / / / All right, I now want you to imagine a dog barking."

While the subject was concentrating upon these imagined situations, her brain waves were once again being recorded. The results of the test showed the exact same patterns

of up and down brain waves were created when the woman came into the room and did a dance as when the subject imagined her doing a dance. The same was true with all other situations with all of the test subjects.

The brain waves were identical, so the computer part of the mind was obviously incapable of telling the real from the imagined.

Another supportive series of tests were conducted by the University of Chicago. These and many similar tests show how our subconscious computer actually creates the reality for which it is programmed. Three test groups of subjects took part in a mental programming experiment based upon shooting a basketball. All the participating students were tested as to their individual basket-shooting ability and the results were tabulated.

Group One was told, "Don't play any basketball for a month. In fact, just forget about basketball for the entire month."

Group Two was told, "You are each to practice shooting baskets for one full hour a day, everyday, for the month."

Group Three was told, "You are to spend one hour a day imagining you are successfully shooting baskets. Do this each day for the month. Fantasize yourself at being successful shooting baskets. See every detail of your accomplishments in your mind."

One month later, the three groups were again tested as to their basket-shooting ability. The Group One participants, who hadn't played basketball for a month, tested exactly the same as they did the first time. Group Two, who had been practicing a full hour every day for a month, demonstrated a 24-percent improvement in their basket-shooting ability. Group Three, who had only imagined that they were successfully shooting baskets for an hour each day, tested 23 percent improved in their actual basket-shooting ability – only one percentage point less than the group that had actually been practicing.

Obviously, the group that only imagined shooting baskets successfully programmed their subconscious mind to perform almost as effectively as those who had actually practiced. The subconscious will always work to replicate your inner programming in your outer life. And it can be fooled – tricked. It can be programmed, especially by vividly imagining what you desire as if it were already so.

A breakthrough in physics research shows how the use of altered states of consciousness can lead to a transformation in nearly every part of your life.

An experimentally confirmed theory earned Belgian chemist Ilya Prigogine a Nobel Prize. Called "the theory of dissipative structures," it solved the mystery regarding why the use of altered states can result in life-changing insights, new behavior patterns, and the relief of lifelong phobias or ailment. Here's how the theory works as applied to real people:

First, human beings are structures. The structure of your body is composed of bones, muscles, and ligaments. Your brain, however, is given structure by the thoughts and memories that dictate your actions. It is the programming of your brain that provides it with structure.

Now, Prigogine's theory states that complex structures (such as the human brain) require an enormous and consistent flow of energy to maintain. In the brain that energy is measured as brain-wave levels on an EEG machine. The up-and-down pattern of these

wave levels reflects a fluctuation in the amount of energy reaching the brain. The larger the fluctuation of brain-wave levels, the larger the fluctuation of energy.

In wide-awake beta consciousness, your brain-wave levels would show up on an EEG as small, rapid, up-and-down lines. There is little fluctuation in the level of energy. However, when you change your state of consciousness through the use of altered-state techniques—hypnosis, meditation, relaxation, et cetera—your brain-wave levels shift to alpha and theta. There is a lot of fluctuation in the level of energy in these altered states.

According to Prigogine's theory, small fluctuations of energy (such as beta rhythms) are suppressed by the brain, so it stays essentially the same. That's why changes suggested to a conscious mind usually have little effect. The message is suppressed by all the existing programming. However, says Prigogine, large fluctuations of energy (such as alpha and theta rhythms) can cause the structure to break apart and reorganize itself into a higher and even more complex form.

That's why suggestions given to an individual exploring in the alpha and theta brain-wave levels are so effective in creating change. The new suggestion, dropped into the uneven alpha rhythms like a pebble into a pond, creates a ripple effect that tears apart old programming and creates new behaviors and viewpoints. Your brain dismantles its old concepts and reorganizes them into new, more complex, and usually more meaningful forms.

When this shift occurs, you may become aware of information about your life and goals that your old mental structures kept hidden from you. You may experience a sudden, powerful insight into an unsolved problem and you may even release yourself from its effects.

There is also an added bonus. Each transformation makes the next one likelier. You see, every time you trigger a collapse of memory or data structures and your brain reorganizes them into more complex forms, it requires more energy to maintain those new structures. And they are even more vulnerable to fluctuations of energy. Basically, the more complex a structure is, the more unstable it is, and the easier it is to trigger the next transformation.

If you carry this concept to its logical conclusion, you'll see that every time you successfully use an altered state of consciousness to achieve new insights, or to program or reprogram your mind, you increase your chances of success the next time you do it. In other words, the more you program self-improvement, the easier it gets. And the more you'll understand how unhappiness and failure are self-inflicted, while happiness and success are self-bestowed.