

Creating The Life You Desire

*Using Hypnosis And The Power Of The
Subconscious Mind To Change Your Life
And Live Your Dreams.*

Don Barnhart

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www.DonBarnhartHypnosis.com

To my loving wife, best friend
and partner, Linda Vu.

By the same author

Freeloader

China Dolls

Contributing Author

*I Killed: True Stories From The Road By
America's Top Comedians*

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Introduction

I want to thank you for your sincere interest in learning about hypnosis and the power of the subconscious mind and allowing me the honor of joining you on this journey. By buying this book, you've already taken the first step in creating the life you've always desired.

It is my intent by writing this book to share with you the simple yet powerful techniques of how you can create the life you've longed for by taking control of your thought patterns and habits at the inner most subconscious level.

By applying these formulas, you will soon find yourself living the life you've always dreamed of, achieving your goals with relative ease, breaking bad habits and negative thought patterns.

The techniques you will learn in this book can guide you to higher level of both personal and professional satisfaction. They have worked for me and I continue to practice them on a daily basis.

These techniques, along with a healthy diet and regular exercise can literally transform you into the person you've always dreamed you could be.

Our current healthcare system's modern day practice of symptom relief does little more than put a band-aide on our health problems. Now more than ever, it is imperative that we take care of our own health issues instead of waiting for someone to fix our ailments.

This includes both physical and mental healthcare. I find it ironic that so many people with low self-esteem opt for plastic surgery to feel better about themselves while doing nothing to improve their mental or emotional state leaving them at a loss as to why they are still not fulfilled.

For a while, they feel better about their appearance but slowly those self-esteem issues creep back up and they go in for even more plastic surgery creating a vicious and dangerous cycle.

I've always been a dreamer but it took me many years to stop listening to what others thought best for me before I truly pursued my passions and goals. Far too often the people closest to us will criticize our hopes leaving us emotionally scared and fearful to follow our dreams.

As a teenager, I started reading up on every self-help book I could get my hands on. At the time, I didn't have enough money to actually buy the books I wanted so I would go to bookstores and pick out a title that spoke out to me. I would then sit on the floor reading until the store closed or they kicked me out. Which ever came first.

Throughout my life, I have been fascinated with the healing arts both studying and using them. I would read everything I could about theology, meditation, yoga, hypnosis and NLP. There is a great saying I once heard

that goes something like this, “A poor man has a big TV whereas a rich man has a big library”.

I believe that to be true and to this day, I continue to read every book I can get my hands by authors like Tony Robbins, Deepak Chopra, Dale Carnegie, Wayne Dyer and Jack Canfield.

One of the most common, underlying and recurring themes I found in all of these books was the power of thought. Time and time again, the message was there. From books dating back to the Bible to modern day works like Unlimited Power, the quotes were all related. They all said something like, “As a man thinketh” to “I believe in myself”.

We become that which we think and we are the product or reflection of the people we’re around the most. This is why it is imperative to take inventory and review who or what you are surrounded by, listen to or watch.

Most news programs bombard us with negative input. Watching the nightly news of doom and gloom will hardly prepare you for a restful sleep. Are your friends, family and work environment a happy and positive place or is your inner circle filled with naysayers and negative people who criticize your hopes and dreams?

If the latter part is true then it's time to take control of the input that you are receiving and scrape the barnacles out of your life.

The power of hypnosis allows us to literally rewrite our own inner dialogue and change our thought patterns. We can script out a life of our own choosing while simultaneously tapping into the power of the subconscious mind. I have found that using a combination of Neuro Linguistic Programming or NLP techniques while under hypnosis can help you to fast track your results.

My own personal journey led me to discover these techniques when I was a teenager to get over my own stage fright, negative thinking, personal limitations and

addictions. I continue to practice these techniques on a daily basis because they work and I have created the life of my dreams and now I want to help you achieve your goals.

You too can live the life of your dreams. In fact, I guarantee it. Literally! All of self-improvement audio CD's that have a 100% money back guarantee. That's how much I believe in this. After 30 days, if my self-improvement audio CDs do not work for you, I will refund your purchase price.

The impact and power of these techniques have allowed me to live out my dreams and make an extremely comfortable living doing what I love to do. I travel around the world making people laugh doing my comedy and hypnosis shows, I give speeches and seminars on the power of hypnosis teaching them to live their dreams and take control of their life and now I'm honored to be able to share my "secrets" of success with you.

I know these may come off as strong claims but I am living proof. Coming from a cynical and overly skeptical

point of view, I hesitate to even suggest such benefits, however the data is irrefutable. I can personally vouch for my own successes in overcoming the hurdles that were keeping me from living the life I always dreamed of.

Despite your current educational or economic status, you have the ability to take control of your own life and make positive changes. On this page it may be too early for me to tell you this, but your life may never be the same. In your hands is a tool that will allow you to tap into the power of your mind, to control your destiny and enrich your life and as well as the lives of others.

It only requires a small investment of your time and sincere willingness to experience and apply its usefulness and to open yourself up to all the possibilities the universe has to offer.

I do suggest one cautionary warning. Do not continue to read any of this unless you are truly ready to live the life you've always dreamed of.

Prepare yourself to be amazed as you take control of your destiny and create the life you want and not just settle for the one you have.

I look forward to someday meeting you and hearing of your transformation and success. I wish you all the best this world has to offer as you begin your journey and adventure in creating the life you desire.

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What Is Hypnosis?

The majority of people are quick to define hypnosis by the images they've seen portrayed in the movies and on television. We often think of the dark, mysterious and creepy stranger lurking around in the shadows. Or we think of the evil genius using his powers to dominate and control the universe by creating zombie like creatures that do the bidding of their masters. This sure is entertaining and makes for great movies however it's a far cry from the truth of what hypnosis really is.

Hypnosis is a natural state of mind that each one of us experiences every day. In its most simplistic form, *hypnosis is a state of trance or intense focus on a singular thought or task while excluding other stimuli.*

Have you ever found yourself engaged in a project or

hobby that absorbed all your attention on the task at hand and time seemed to fly by? Maybe you've been driving home "zoning out" listening to your favorite song and all of a sudden "snap to" realizing that you passed your exit and you live a few miles in the opposite direction.

Have you ever tried to speak with somebody who was playing a video game, working on their laptop or texting away on their iPhone or Blackberry and you had trouble getting his or her attention? Ever try and talk to someone or get the attention of someone watching an intense sporting event? Perhaps you've been to a movie and laughed or cried out loud. Even though you know the movie to be fictitious, you experienced real emotions.

These are all natural states of hypnosis or trance. It is the state of mind where intense focus eliminates distractions from the external world and your internal world expands opening up the door to your subconscious. It is here and at this point that we can tap into the suggestibility of the subconscious mind and learn at an accelerated rate. We can also change our inner dialogue or script and erase

negative thought patterns, stop destructive behavior and break bad habits. It's important to note that most habits take approximately twenty-one to thirty days to build or break.

Unlike meditation where the object is to clear your mind, hypnosis is the intense focus of a goal during this hyper state of relaxation. It is during this state of intense focus and the opening up of the subconscious mind that we are able to “reprogram” or rewrite our inner dialogue.

Around the late 18th century, a physician by the name of Anton Mesmer began to arouse both the scientific community as well as the general population's interest in hypnotic phenomenon.

Starting with his own powers as a Guide, he claimed with strong beliefs that astrological forces could influence the human body, even hypothesizing that the subject's imagination could bring about cures for one's disease.

This was later proven by what is often referred to in the scientific community as the “Placebo” effect and creating an interest in the power of the mind.

At the time, Mesmer had a flair for the theatrics. He often used dim lighting, scented aromas and soft haunting melodies to create a mystical element to a patient’s surroundings. He filled the air with a sense of magic, curiosity and wonder.

Later, in 1849, it was Dr. Braid that came up with the literal Greek definition of hypnosis, which is “to sleep”. Although this is the accepted definition of hypnosis, it is far from accurate. When one is hypnotized, the subject is extremely relaxed and hyper aware and is in what is often referred to as a “consent state”.

During hypnosis, one is not actually asleep but suspended in a highly relaxed state opening up the door to the subconscious mind creating a highly suggestible state. More often than not, they are in or around the Alpha brain wave state.

It's that moment right before one drifts off into sleep.

During the course of its history, doctors, scientists and governments alike have studied the phenomena and power of hypnosis. Each of which is trying to get a better understanding of the practical applications of this relatively new science.

It wasn't until 1967 when hypnosis and hypnotherapy really gained national attention as a scholastic science. During that time, Dr. George Kappas founded the Hypnosis Motivation Institute (HMI) and became the first Nationally Accredited hypnotherapy training school in the U.S.

According to the HMI definition, hypnosis is:

1. The overloading of message units
2. Disorganizing our inhibitory process or critical mind
3. Triggering the fight/flight response
4. Leading to a hyper state of suggestibility

5. Allowing access to the subconscious mind.

Most researchers have come to agree that the simple definition of hypnosis is: *“The ability to follow suggestion without conscious intent.”*

Or more simply stated, *“Hypnosis is a hyper state of suggestibility”*.

Prior to 1967, hypnotists used one of three basic approaches to induce the hypnotic state. These were:

1. Eye Fascination
2. Authoritarian Approach
3. Progressive Relaxation

Dr. Kappas found out that there were several different types of suggestibility. This explained why the direct or literal suggestions were not working with so many of the hypnotic candidates.

According to Dr. Kappas, it was of major importance to first identify the type of suggestibility a hypnotic client was and that would determine the hypnotic approach.

Unfortunately, most hypnotists today still continue to work their approaches with direct, literal suggestions. Although very common and popular, this singular approach still does not work with approximately 50% of the population because direct, literal suggestions only work with one type of individual.

The current research proves that unless one is mentally deficient, almost anyone can be easily hypnotized. In fact the smarter you are, the easier it is to hypnotize you as you have the ability to focus and concentrate.

The physical suggestible individual learns literally and directly, but speaks in metaphors and inferences where as the emotional suggestible learns indirectly and inferentially, but speaks directly and literally.

The Four Suggestibility's are:

1. *Emotional Suggestibility*: A suggestible behavior often characterized by a high degree of responsiveness to inferred suggestions, affecting emotions and restriction of physical body responses; usually associated with hypnoidal depth. This person learns more by inference than by direct, literal suggestions.
2. *Physical Suggestibility*: A suggestible behavior characterized by a high degree of responsiveness to literal suggestions, affecting the body and a restriction of emotional responses usually associated with cataleptic stages or deeper.
3. *Somnambulist*: A somnambulist is an individual who has a 50/50 suggestibility. This person will respond equally well to all suggestions, both direct and inferred, affecting both the body and emotions.

4. *Intellectual Suggestible*: This type of person is very analytical, with a high degree of emotional suggestibility. The intellectual suggestible fears being controlled by the hypnotist, and is constantly trying to analyze, reject or rationalize everything the hypnotist might say. The induction for this type of person would vary to more of an “Auto-Dual” method, discussed in more advanced hypnotherapy courses.

The bottom line is that knowing how one communicates will unlock the door to being able to hypnotize almost anyone.

A basic example of how to tell which category of suggestible a subject falls into would be to ask them a basic question, “Would you tell me your name?”

The Physical would respond, “Yes” and the Emotional would respond by actually telling you their name.

There are several different types of suggestibility tests to

determine the best approach for a hypnotic client but since we are concentrating on self-hypnosis, we'll leave that for further discussion.

As of today, there are numerous schools of modern day hypnotherapy and if you would like to study more about hypnosis in depth and pursue a career in hypnotherapy, I would highly suggest the Hypnosis Motivation Institute's Hypnotherapy Program as a starting point to a career in Hypnotherapy.

You may be interested to know that in the laboratory setting, researchers have used hypnosis to create false memories, hallucinations and alternative behavior in people so that they could be studied and analyzed.

Some of the more interesting facts we've learned in modern day hypnosis are:

- Anybody can experience hypnosis as long as they want to.

- 1 hour of hypnosis is equal to approximately 8 hours of natural sleep.
- As a rule of thumb, the more intelligent a person is, the easier it is to reach the trance state.
- Hypnosis heightens your senses; the Hypnotist does not have any special powers over a subject but serves as a guide for someone looking to hypnotize him or herself.
- Numerous athletes, performers and business professionals use hypnosis to elevate their skills and improve their successes.
- You cannot get stuck in hypnosis.
- Your moral barriers cannot be crossed while under hypnosis.
- The Vatican approved hypnosis to ease one's pain during childbirth.
- Since 1958, hypnosis has been recognized by the American Medical Association.
- Although hypnosis shows are often performed for the troops, the Department of Defense will not authorize a hypnosis show for soldiers.

- Contrary to common belief, hypnosis is not actual sleep but merely a heightened state of relaxation and suggestibility.
- Hypnosis shows are truly one of the most enjoyable and entertaining experiences you can have for your next event.

I think it's important to explore a few of those studies and some of the recent hypnosis knowledge that has come to light.

Recent Hypnotic Discoveries

Over the last several years there have been significant advances in neuroscience, which has allowed us to more effectively study hypnosis. In fact, science has helped to develop numerous instruments for studying hypnosis. This has allowed hypnosis to come out of the dark ages of being labeled “alternative” medicine and join the traditional medical and psychological sciences as a collaborator in both mental and physical therapies and enjoy its current mainstream success.

HMI came up with the “Theory of The Mind” scale that breaks down how we learn into the emotional and physical suggestibility. This has lead the way to new hypnotic techniques identifying that at least 25% of all people are naturally suggestible and great hypnotic candidates.

It also illustrates the importance of bending the hypnotic techniques around the individual and catering to each individual's pattern of communication and that almost everyone can be hypnotized. It is this identification on how people communicate that allows us to get into hypnosis faster than ever before and have a higher success rate when working with clients.

This has been associated to the successes of Neuro Linguistic Programming (NLP). Authors such as Tony Robbins and Wayne Dyer use powerful word imagery to reshape one's thought patterns and inner dialogue. Hypnotherapy combines the use of these elements while working with clients in the trance state. Most Hypnotherapists are also specializing in NLP.

One of the cutting edge tools that are used to study the hypnotic state is called a Positron Emission Tomography (PET) scan. It records an actual image of the brain during the brain's thought process.

It is found that hypnosis produces a very specific pattern of activity within the brain and it also shows an increase in blood flow in the right anterior cingulate cortex.

Based on the tasks of the right anterior cingulated cortex, this suggests that there is an internal focus. This brain activity is very different from normal and waking states. Let's consider brain wave activities.

There are four types of brain wave classifications.

They are:

- Beta
- Alpha
- Theta
- Delta

Beta waves are the normal waking consciousness state. As you read this book, you are in beta. Beta is a state where you are wide-awake and aware of your surroundings.

Alpha waves are slower patterns that are found when people relax, listen to music or meditate. This is the first stage of hypnosis. This is also a state many find themselves in when they pray and where professional athletes put themselves in when they are, “in the zone”.

Theta waves are present just before and after you awaken from deep sleep. Theta waves are also present during the deeper hypnotized trance state.

Delta waves happen during deep sleep. It is during the Delta stage that one rejuvenates, heals the body and dreams.

Using the PET scan, scientists have made some exciting discoveries regarding hypnosis. For instance, some people have concluded that hypnosis is simply imagination. This is now proven to be false. It has been determined that there is absolutely no relationship between hypnosis and imagination although the imagination does come into use and is a useful tool during the hypnosis process.

While in a state of hypnosis, many people experience auditory (sounds) and visual hallucinations. This explains why people will often connect the imagination with hypnosis. Using the PET scan, researchers have discovered different regions of the brain are utilized during hypnosis, which differ from the regions of the brain exercised while using imagination.

That means when a person imagines a sound, the activity is located in a different place in the brain. When that same person experiences a hypnotic hallucination, the brain activity is recorded in an entirely different area.

I believe the true power of hypnosis is the fact that the subconscious mind cannot actually tell the difference between what is imagined and what is real. Thereby, during the hypnotic state and with frequent repetition, we can break bad habits, negative thinking and destructive behavior by replacing them with positive choices creating a more successful and fulfilling life.

Henry Szechtman at the McMaster University in Ontario

Canada recently did studies. It was there that he used a PET Scan to record the brain activity of hypnotized individuals who imagined a scene and then those who experienced a hypnotic hallucination scene.

Researchers found that auditory hallucinations and imagining a sound are both generated within each of us. However the hallucination in hypnosis, like that of real hearing, is experienced as being received from an outside or external source.

Researchers then tried to isolate the area of the brain responsible for this different brain response pattern while in hypnosis.

Szechtman and his colleagues studied eight human subjects during these hallucination sessions.

During the sessions, each person heard the exact same audio track while the PET scan recorded the brain activity. The brain activity was studied during four different circumstances:

1. While they were listening in they're normal waking state.
2. While they rested and listened to the audio track.
3. While they just imagined hearing the audio track.
4. While they were in a hypnotized state responding to suggestion to hallucinate the audio track, although it was not actually playing.

The research revealed that the region of the brain called the right anterior cingulate cortex was just as active while the volunteers were hallucinating as it was while they were actually hearing the track.

In comparison, the right anterior cingulate cortex was not active at all while the volunteers were imagining they heard the audio. Clearly something amazing was going on!

In other words, suggestions giving during hypnosis had completely fooled the right anterior cingulate cortex area of the brain into registering the hallucinated voice as being true and genuine.

By opening up the door to our subconscious, this leads us to some powerful options to reprogram our thought patterns, habits or inner dialogue.

Inspired by this knowledge, Jose Silva has done extensive research on one's ability to learn while in the Alpha state. He and his family have created an entire educational system worldwide dedicated to this theory of advanced learning.

Even more fascinating, over the last decade, the medical industry has begun to accept hypnosis as an alternative to drug therapy.

In fact, my hypnotherapy audio CDs are being offered in numerous medical clinics across the country as a supplement or in addition to standard drug therapy.

Many of the prominent medical publications and institutions have done extensive research and found hypnosis to be very effective in preparing anxious patients

for medical or surgical procedures and in helping to reduce one's pain.

Breaking Hypnotic Myths

Many people are quick to define hypnosis as “brain-washing” or attribute hypnosis to be an occult practice. Hypnosis in its most basic form is just a highly receptive state. No one will ever do anything that they don’t want to do while under hypnosis and it doesn’t take anything away from your religious or spiritual beliefs.

In fact, I believe while under hypnosis you are actually tapping into your higher power.

Some skeptical people believe that in order to be hypnotized you must be weak willed. Numerous studies have shown that one’s “hypnotizability” is completely unrelated to that characteristic. Hypnotizability has

nothing to do with gullibility, submissiveness, imagination or being weak willed.

In contrast, the complete opposite is true. The stronger your will, the better your concentration and the faster and easier you can go into a trance state. Some people believe that in order to be hypnotized you must put forth effort. Studies have shown this is also incorrect. Most hypnotized people say, “It just happened.”

It’s very similar when you try and fall asleep. The more you try the less likely it is that it will happen and you lay there tossing and turning but when you finally relax and just let go, you drop into a deep and natural sleep. The same is true with hypnosis, by relaxing and not forcing it, the hypnosis happens naturally.

More often than not, I find that clients working on a fear of public speaking will tell me, “Out of nowhere, I began to feel comfortable, confident and relaxed.” Or “I no longer had any fear of getting up in front of a group of people.” And, “I’m looking forward to my next engagement.”

Those working on pain management will often say, “Almost immediately, I no longer had any pain” and one client working with me on career development said they found themselves becoming more productive and energized towards their goals.

More often than not, if people are having trouble experiencing hypnosis it is usually because they are trying too hard. It’s when they relax and try less that hypnosis happens!

The Stanford Hypnotic Susceptibility Scales

These scales were developed in the late 1950's by Stanford University psychologists Andrea M. Weitzenhoffer and Ernest R. Hilgard and are used to determine the extent to which a subject responds to their hypnosis state.

For instance, one model of the Stanford scales consists of a series of 12 actions, which test the depth of their hypnotic state.

Such tests include the suggestion that a subject's arm is getting heavier and will lower slowly as the weight increases and slowly pushes their arm down towards the floor.

In another test, ammonia is passed under a subject's nose and the suggestion is given that they have no sense of smell. If the subject responds appropriately, then a positive score is awarded. If the subject's hand does not move or the subject reacts to the ammonia smell, they are not as suggestible and may need to be "deepened" into their hypnotic trance.

Scores range from 0, for those that do not respond to any of the hypnotic suggestions, to 12, for those individuals that respond positively to all of them. As you can imagine, most people score in the middle range.

HMI uses similar techniques and most of these or a variation of them are used today in both clinical and stage hypnosis to determine the depth a subject is in during the hypnotic state.

Researchers have determined that a person's ability to respond to hypnosis remains consistent throughout their lifetime. They established this by testing individuals over the course of 10, 15, and 25 years.

It was found that individuals maintained the approximate same score as previously tested.

I find that it is also easier for those that have been hypnotized before to achieve the hypnotic state much easier as their ability to relax and let go is improved with each session.

It is interesting to note that this study has provided evidence that hypnotic suggestibility has some hereditary components as well. For instance, identical twins are more likely than same sex fraternal twins to share Stanford scale characteristics.

It is also important to note that a lower score on the Stanford scale does not mean that one cannot be hypnotized.

What it communicates is that the induction will be longer and getting to a “trance” state will be a different process than the technique used with a higher scored individual.

It was the research done by Dr. Kappas at HMI that led the way to have a success rate of around an 80-90% average of hypnotic conversion based on rapidly identifying the suggestibility of the subjects and immediately adapting the induction styles based on their responses.

Can I Be Hypnotized?

Some people say, “Hypnosis sounds wonderful but I don’t think I can be hypnotized!” or “I’m too stubborn or strong willed to be hypnotized” or that “I’m a control freak so I can’t be hypnotized. Often they think the opposite and that only “intellectually challenged” or weak willed people are the only ones that can be hypnotized.

These attitudes are extremely common. In fact, a while back I was working with a rather famous comedian on performance anxiety. Although he was a huge success and a star by today’s standards, he still got sick before a show due to his stage fright.

During our sessions, he related to me that although he thought hypnosis to be interesting and was doing it only out of desperation, he had mixed feelings about the end result and truly wondered if hypnosis could be beneficial to him.

After a very short while of working with him on stress reduction and goal creation, he no longer has the same stage fright and anxiety he once had when approaching the stage and as he says, “It just seemed to disappear” and now he actually looks forward to and enjoys the moments as he approaches the stage and now he cannot say enough about the true power of hypnosis.

The irony is that by telling yourself that you cannot be hypnotized, you have really hypnotized yourself with the belief that you cannot be hypnotized.

The old cliché is truer today than ever. Whether you think you can or you think you can't, either way you're correct.

Well, the naysayers may be surprised to learn that they

already experience hypnosis on a daily basis. In fact, most people need to “awaken” from the hypnotic trance they are walking around in. Most people’s actions, personalities and identities today are what other people such as their parents, teachers and friends told them they were.

Just think how wonderful life would be if we took over our inner programming and created a more positive, healthy, happy and productive version of ourselves?

Let us look at examples of daily hypnosis.

Have you ever found yourself completely immersed in an activity to the exclusion of everything else? That is a natural trance state.

Common examples of this are:

- While watching a movie and becoming transfixed in the plot and then having a real emotion to a fictitious situation.

- Reading a book or working on the computer and being so transfixed that you did not hear someone come in and speak with you.
- Driving down the freeway and experiencing highway hypnosis.

Hypnosis is not witchcraft, manipulation or magic. It is simply a tool that will allow you to tap into the power of your mind and rewrite your life's script if you so desire.

In reality, the smarter you are, the easier it is because your ability to concentrate and focus is much better. You see, you never truly lose control while under hypnosis and the fact that you might be strong willed, stubborn or uncertain of the usefulness of hypnosis is not a factor in its value for you, it's an asset.

Visualization Accelerates Hypnosis

Almost all professional athletes and performers use some sort of visualization to improve their game and performance. Legendary golfer, Jack Nicklaus once said, “I never hit a shot, not even in practice, without having a very sharp, in-focus picture of it in my head.”

Many of these professionals are actually going into the hypnotic trance sub-consciously. When one relaxes, the brain enters the Alpha state opening up the door to the subconscious mind where we can reprogram our inner dialoged, break our bad habits or use visualization to create a new, better and more successful life for ourselves.

When going into the hypnotic trance, using all of our senses including the imagination and creative visualization can help to lock in the hypnotic suggestions. By

visualizing your goals as already complete each and every day while in the hypnotic trance, you can build a positive habit or trait in your subconscious mind.

This is the critical factor and creates a conflict between what you are visualizing and what you currently have in your life.

The brain or “conscious mind” doesn’t know the difference between something vividly imagined or something real therefore when we visualize with enough intensity, our brain will begin to create that new reality by seeking out the things that support this new reality.

Your subconscious mind will resolve this conflict by turning your current reality into the new, positive and successful vision you’ve created during the hypnotic trance.

Your conscious mind will begin to act “as if” this new reality is already in place. This conflict, repeated over and over with emotional intensity through constant

visualization during the hypnotic trance will cause several things to take place.

1. The brain's RAS system (reticular activating system) is now programmed to let into your awareness anything that will now help you achieve your new goals.
2. The subconscious mind is now activated to create solutions for getting the goals you desire. When you wake up to start your day, you'll have new ideas in your conscious mind. These may appear as you shower or get dressed, while on the drive to work or perhaps while working out at the gym.
3. This conflict creates a new level of motivation. You'll begin to notice an unexpected shift as you begin doing things taking you closer to your goal. Without conscious awareness, you'll begin eating healthier, becoming more physically active, smoking less, volunteering to work on a new project or assignment at work, speaking out at

meetings, asking more directly for the things you want, saving money to fund your own ideas, paying off credits cards and debts and taking more risks in your day to day life. You'll do these things with relative ease and without thinking about it.

In short, you conscious or waking self will begin to act according to what the subconscious mind tells it to do.

Unless the subconscious mind is active, bad habits will always win out and we will continue to do what we do even though we know it's not in our best interest.

However, when the subconscious mind is on patrol and programmed to know a habit is bad then the conscious mind or awakened self will have no alternative then to act accordingly and stop that bad habit.

Using visualization helps to reaffirm the hypnotic suggestions. Albert Einstein once said, "Imagination is everything. It is the preview of life's coming attractions." Visualization or the act of creating compelling and vivid

mental pictures when done at the hypnotic level can greatly accelerate the achievement of any success in number of ways. The top three are listed below.

1. Visualization activates the creative powers of your subconscious mind.
2. Visualization intensely focuses your brain by programming its RAS to notice the resources that were always available but previously overlooked and underutilized.
3. Visualization attracts or magnetizes to you the people, resources and opportunities needed to achieve your goal.

Hypnosis Requirements

All that is required to be hypnotized is willingness and a minimum IQ level of 60. Anyone that has the ability to relax, focus and concentrate can be hypnotized.

To reiterate, the smarter you are the easier it is to hypnotize yourself. Ironically, those that say they, “can’t be hypnotized” have already hypnotized themselves with the belief system that they can’t be hypnotized thus disproving their theory all together.

If you don’t have the willingness, then you will not be able to concentrate on reaching this state of mind, and consequently you won’t. If you are the type of person who does not a high level of “hypnotizability” then it merely means a longer time period may be required to access that special state of mind.

Age is not a factor for hypnosis. There are far too many children that are often hypnotized by their parents without either party being aware of it going on. When a parent yells at a child telling him or her that they are stupid or worthless, it is usually with such emotional intensity that the child grows up with that negative self-image. At their early age, they are vulnerable to the input of the giant that feeds them.

Ironically, elderly people are often the most open to experiencing hypnosis as they have a greater understanding of the word and a willingness to try something new.

I find that trust is also an important factor for easily going into hypnosis. When using self-hypnosis, you have control over your thought patterns. However, when going to a hypnotherapist, it's important that you feel a trust or bond with that person and have a strong level of connectedness.

If the hypnotist reminds you of someone you had a bad experience with then it is unlikely you will be able to relax enough to be able to go into trance. The same is true if you don't find their voice soothing.

You can enter into the trance state anywhere you desire. However it is safest to do so only when your direct attention is not needed like when driving a car or doing something dangerous. Make sure you have the time to relax and close your eyes and focus your attention on your internal world.

Sounds, lights or other external noises and disturbances can themselves be incorporated into the hypnotic process, which is called the induction. Often times, incorporating these items will make the hypnosis state easier to reach and even more fulfilling.

The lulling sound of the ocean is much more soothing than the gardener's leaf blower but with practice, both can be used as a trigger to help bring a deeper state of hypnosis.

I personally use all of these techniques when performing in nightclubs, fairs, concerts and noisy TV studios. It's important to embrace and use whatever your surrounding stimulus is and incorporate that into your induction so that it's working for you and not against you.

If you have difficulty visualizing or picturing things, just use your imagination and you will get the same results.

When using visualization or your imagination, picture your desires in the affirmative. See the house you want as already built and you already living in it. Be detailed as possible. Use and incorporate all of your other senses as well.

Feel the breeze as you walk up to the front door of your dream house. Smell the flowers or grass in your perfect front yard. Picture yourself walking through that door and looking around your new house furnished in the way you desire. Sit in your favorite chair or couch and feel your body sinking in.

Hear the voice of your perfect mate greet you and welcome you home with love and affection. Do the same with anything that you are working on.

If it's a presentation you're working on, run the entire scenario in your mind and use all of your senses.

Imagine yourself walking up to the podium and giving the perfect speech that brings the audience to their feet with thunderous applause.

Picture your boss giving you that raise and feel the sand beneath your feet as you walk along the beach on your perfect and well-earned dream vacation.

Using Affirmations While Under Hypnosis

Truly successful people know you are never stuck in your current situation. You just keep recreating the same experience over and over by using the same belief system, speaking the same words and doing the same things.

Alcoholics Anonymous goes one step further and defines insanity, “as doing the same thing over and over then expecting a different result”.

Our limiting and negative thoughts reinforce a downward spiral of negative thinking, which in turn govern our behavior. Using positive affirmations while under hypnosis will help you to create your new reality and as we learned earlier the conscious mind will do what the subconscious mind tells it to do.

It's important to flood and inundate your subconscious mind with the thoughts and images of the things you want and desire and not the things that you don't.

Most habits take an average of 21 days to break. The reverse is also true. To create a new habit or positive addiction takes about the same time. The effects and outcome can be dramatically increased with the use of repetition, visualization and affirmations while under hypnosis.

This is why so many hypnotists are also skilled practitioners of Neuro Linguistic Programing or NLP and include it in their hypnosis sessions.

Most people's failure in life can be attributed to their reliving of the past or as I like to call it, "picking the scab." A wound cannot heal if you keep picking at it. In fact it's liable to get worse.

As long as you keep complaining or reliving a bad situation by constantly talking about it, you are reinforcing

that negative thought process and the subconscious mind will continue to attract the same type of people or circumstances that you've already created.

Far too many people “relive” the bad experiences of their past by replaying the scenario over and over again in their mind and experiencing the negative emotions as if they are currently happening today. How many people do you know that blame others or the world for their current condition? Are you one of those? If so, then it's time to stop the negative behavior or eliminate those people from your life.

This is also why people who call themselves “unlucky” in love draw the same loser into their lives again and again. The same is true for people that are sick. By constantly reaffirming how miserable you feel...guess how you're going to feel? Miserable!

Guess what? The opposite is just as true and that's why you picked up this book. I'm thrilled that you are one of those people who refuse to accept life, “as it is”.

It's time to stop being a victim of circumstance and become a survivor by taking control of your inner thoughts and creating the life of your dreams.

Einstein stated that, "The significant problems we face cannot be solved by the same level of thinking that created them". Without doing something different or changing our thought patterns we can expect to stay the same.

In order to use affirmations and achieve the life you desire while under hypnosis it's important to bombard and overwhelm the subconscious mind with your new thoughts, images and positive lifestyle as if they've already happened.

We get what we focus on and when we focus intensely while under hypnosis, we can deepen the suggestions speeding up our new reality and locking it into our subconscious mind. Our conscious mind will have no alternative but to follow the instructions given it and that is to live a life a success, happiness and fulfillment.

Your affirmations should be constructed using the following guidelines:

1. Begin each affirmation with the words, “I am”.
2. Use the affirmations in the present tense.
3. Affirm what you want, not what you don’t want.
4. Be brief and specific.
5. Make it for yourself not others.
6. At the end, add the words, “or something better”.

How Does Hypnosis Work?

Hypnotic change works through the power of suggestion while engaging the subconscious mind. In order to fully understand how, it's important to discuss the mechanics of your conscious and subconscious state.

Each day we fluctuate between the conscious and subconscious state of mind and most of our daily activities are performed subconsciously.

When activities are performed subconsciously, there is no decision and no consideration as to the outcome. The activity is simply performed. Conversely, when activities occur on a conscious level, often times there is resistance, reluctance and the opportunity to discard the activity. The

conscious mind starts to think, rationalize and then react all within the blink of an eye.

A basic example would be: If I'm a smoker, I don't say to myself, "A cigarette sure sounds tasty right now. I will engage in smoking one in approximately ten minutes." I simply pick up a cigarette and without any consideration pick up the lighter and light it up.

If I'm in the habit, or unconscious behavior of not getting any work done for the first thirty minutes of my shift but rather of visiting co-workers, clearing my desk, organizing my day, etc., then for me to consciously address that issue would be difficult, if not impossible. I would form numerous reasons to support that wasteful behavior.

However, if I changed either behavior at a subconscious level, there wouldn't be any resistance because activities that occur at the subconscious level occur without any consideration or effort! They simply happen and you automatically adopt what is programmed subconsciously on the conscious level.

So, in order to truly change something, we have to “reprogram” our inner dialogue, thought patterns and habits at the subconscious level. The reason why most diets, dreams and goals fail is that they are only programmed on the conscious level of our awareness and not the subconscious. Often times this is called wishful thinking or daydreaming.

The conscious mind is like a little child and has to be trained to make positive and healthy choices. Through hypnosis, we can train it to be more motivated, make healthy choices and be happier and more successful in life.

Recall the last time you operated your vehicle. Perhaps it was while you were going to work, shopping or headed to the doctor’s office. Think about that trip. Do you recall the details of that drive? I doubt it. Most people do not consciously drive their vehicles.

If you look around, it can appear most people are walking around completely in a daze and unconscious or aware of anything around them.

For most people driving is something done in our unconscious mind. You don't say to yourself, "I must put the vehicle in gear, release the parking brake, check over my shoulder for oncoming traffic, signal to turn left, release the steering wheel to right the vehicle and stay in this lane."

Driving is typically done unconsciously. Your subconscious is aware of everything that is happening but consciously your thinking about things you need to do, thinking of things you want to watch on television later, or things you wished you would have said or done.

We tend to multitask all day long without actually thinking about the details. We easily and naturally move between the conscious to the subconscious and then back again.

Here is a simple test: Read the following sentence.

*I fly a
a kite everyday*

What did you see? Your selective conscious mind would probably have you focus on just the letters of the sentence structure. I'm certain you also saw the book you are holding. Perhaps you also saw your hands and fingers, noticed your watch or ring. Did you see your desk, chair or floor?

Consciously, you automatically became very selective of what you were processing. Subconsciously, your awareness was fully engaged by all these other stimuli. In addition, there are numerous other factors involved as well.

Perhaps once directed consciously you will become aware of the sounds in the background or of the temperature of your surroundings or the contact your body is making with the furniture or floor.

More than likely while taking this simple test, those items were not in your consciousness at all and you may have also missed the repeated letter, "A".

Sometimes during stress control seminars people will say,

“I have so much going on that it’s hard for me to stay focused and I end up getting nothing done because I can’t stay on track and reach my goals.”

Do you ever feel this way? Have you ever had an issue you could not resolve? Or, have you ever found yourself trying to remember the answer to a question that you know that you knew but couldn’t recall? Maybe you have found yourself struggling to remember a person’s name.

If so, it is likely that this information “popped” into your conscious mind as soon as you quit trying to retrieve it.

Maybe you awoke in the morning with it or maybe *as soon as you consciously directed your attention to other things, your subconscious mind took over and delivered that information to you.*

There was a recent documentary on musicians talking about the creative process. Several of the songwriters who spoke talked about how they had awakened in the middle of the night and had written their biggest hit without ever

being consciously aware of it until the next morning when they found the song written on a pad beside their bed.

The phrase, “The harder you think about, the easier it is to forget” is certainly true and a great example is when you’re looking for something and it’s in the last place you decided to look.

More often, it is after exhausting your conscious mind that you take a minute to catch your breath, plop down on the couch, close your eyes for a second and the lost item’s location just pops into your head resulting in the big, “Duh!”

In fact, if you are ever struggling to remember something, simply tell yourself the specific words: “I don’t know how quickly that answer will come to me, but until it does I will direct my attention to a different task.”

You will then find that missing piece of data is quickly delivered to you. Your subconscious is always working even if your conscious mind is on vacation. Embrace it

and it will work wonders for you.

Hypnosis allows us to place suggestions directly into the subconscious mind and what takes hold in the subconscious is automatically acted on by the conscious mind.

It's important to read that again.

Hypnosis allows us to place suggestions directly into the subconscious mind and what takes hold in the subconscious is automatically acted on by the conscious mind.

Personal Benefits Of Hypnosis

Personally, hypnosis can help you make the changes you desire in four different areas.

1. Psychological
2. Physical
3. Chemical
4. Emotional

These simple classifications take on enormous proportions quickly when you begin to consider the territory covered by each.

While we don't have the space to cover all of these areas in the book, we will go over the most common.

Psychological

What changes would you like to make? Some of the most common areas hypnosis can address are:

1. Motivation
2. Confidence
3. Attitude
4. Focus
5. Goal Orientation
6. Stress Levels
7. Weight Loss
8. Quitting A Smoking Habit
9. Self Growth

With hypnosis you can change these areas in your life. In fact, specific behavior change is the most common and popular use of hypnosis.

Many people have a strong desire to change a behavioral pattern of their life but find it difficult if not impossible.

These people try to make these behavior changes based on self-discipline and will power. They have a few successes but then slide right back into the old way of thinking and doing.

The problem is that this is an inefficient and ineffective way to facilitate long-term significant change. Hypnosis is much more effective technique as it deals with changes on the subconscious level.

Our modern day technology has created a much easier life however we've grown much more unhealthy along the way. Both our mental and physical health has rapidly depleted as our lifestyle has become more sedentary and easier.

We seldom, "run to the store" these days to get our food when we can just as easily drive through and eat our meals while commuting to work. The use of computers has freed us up while tying us down as more people these days avoid going outside to play sports or games choosing instead to stay inside to virtually take the field.

While we may have great hand and eye coordination and strong thumbs, we may become unhealthy due to lack of exercise.

Let's consider some of the more common and specific behavior change applications of hypnosis.

Weight Loss

There are many people out there who have tried to lose weight repeatedly before using hypnosis. Weight loss is a billion dollar industry loaded with fads, gimmicks and diets. Some have succeeded but far too many have failed.

They often start out with great enthusiasm and a brief initial success but after a short time they fall back into their old habits and put the weight right back on. How many people do you know with a closet full of the latest ab machines that promise six pack abs with no physical effort but the input of your credit card?

There are even clothes that will squeeze your stomach in creating the illusion of a slender body only to reveal a huge disappointment as soon as you take them off.

Two of my sisters who have battled weight issues their whole life both decided to get Gastric Bypass Surgery or what's commonly referred to as "the band". Both lost weight.

Unfortunately, after only one year, the one who did not change her lifestyle has already put back on the weight that she lost and even gained quite a few more pounds.

The problem was that although she changed her body, she didn't change her mindset at the subconscious level and slipped right back into the old patterns that led to her obesity in the first place.

My other sister has been able to maintain her new weight by using hypnosis to change her mindset about working out, eating better food and overall leading a healthier and more active lifestyle.

You can do all the surgeries, fad diets and buy the latest novelty gym equipment but none of them will work for long term results unless you change your thoughts patterns about following through with your dreams. This can all be done through the use of hypnosis and current research supports this success pattern.

Clinical Hypnotherapist and mentor Geoffrey Ronning was diagnosed with Saradosis and one of his medications was a steroid. Unfortunately, like many people on that specific medication he experienced the side effect of rapid and significant weight gain. Over the course of two years he went from 165 to 297 gaining 132 pounds.

Although he was still doing his daily routine of the treadmill and watching what he ate, he was humiliated at the size he had become.

Geoff experimented with his hypnotic techniques altering his approach dropping 54 pounds in 74 days. His techniques have been taught and adapted by Hypnotists internationally and now he's looking better than ever.

Psychotherapy

Hypnosis can also boost the effectiveness of psychotherapy for some conditions.

Eighteen different studies found that patients who received hypnosis in addition to their cognitive behavioral therapy for disorders such as insomnia, obesity and anxiety, showed higher improvement than 70 percent of the patients who utilized psychotherapy alone.

You may be familiar with some other uses of hypnosis such as overcoming fears like; the fear of dentistry, the fear of public speaking or the fear of flying.

I was recently on a flight and prior to take off, the lady sitting next to me was really starting to fidget in her seat.

Although I try not to offer unsolicited advice, her behavior was really starting to stress me out and annoy me so I started to do one of my self-hypnotic techniques and put myself in trance.

Sure enough, after a few minutes she nudged my arm pulling me out of my trance and said, “How can you be so calm? We’re about to take off”.

I smiled and told her what I was doing and that I was using a self-hypnosis technique to ease my own stress. (I didn’t tell her that it was her behavior that was causing my stress).

She asked if I could teach her and within a few short minutes I put her into trance, talked her through her fear and then taught her a self-hypnosis technique she could use later and brought her up out of trance about twenty minutes after takeoff.

For the next three hours we talked and had a lovely, peaceful flight. To this day, I get emails from her every time she flies as she no longer fears but instead looks forward to flying.

Many people use hypnosis for stress control, creating a proper sales mindset, or to improve their sports game.

Whatever your reason for utilizing hypnosis you'll find it can make a major impact on the quality of your life.

Pain Control

Personally, I don't have a fear of dentists but I do have a fear of pain and I use hypnosis to put my self in a calm, relaxed state when the dentist is drilling away and I control the amount of pain that I feel. Pain in and of itself is a useful tool that the body uses as an alert system to tell us something is wrong. If we didn't feel pain, we wouldn't know to take our finger out of a burning flame or we might get into that scalding hot bathtub.

Through hypnosis, we can reduce the amount of pain we feel into a more manageable level.

Often times, people will comment that hypnosis isn't any different than the placebo effect. There are a number of research projects that have shown that statement to be incorrect.

In 1969, Thomas H. McGlashan and his colleagues at the University of Pennsylvania found that for those individuals on a lower level scale of hypnotizability, hypnosis was as potent in reducing pain as a sugar pill that they had been instructed was a powerful painkiller. However, highly hypnotizable volunteers received three times the benefit from hypnosis as from the placebo.

In 1996, The National Institutes of Health technology assessment panel judged hypnosis to be a valuable tool for alleviating pain from cancer and other chronic conditions.

There are several medical marijuana clinics that now offer my Pain Reduction Audio CDs as an alternative or an addition to their ongoing pain management therapies.

Extensive clinical studies testify that hypnosis can reduce the pain experienced by burn patients as well as children with bone marrow issues, and to assist women in labor to reduce and remove pain.

In the International Journal of Clinical and Experimental

Hypnosis, as study revealed that hypnotic suggestions relieved 75 percent of the pain for 933 subjects in a total 27 different experiments.

The pain relief effects of hypnotic suggestion are valuable and important. *In some cases the degree of relief exceeded that which is provided by morphine.*

This is not to say that hypnosis is a magic wand to cure, heal and alleviate all your troubles, problems and pain but it is a powerful tool when used properly that can make dramatic differences in these areas.

Research has determined that hypnosis can be an exceptional pain reliever.

Childbirth

I would not let any of my loved ones go into childbirth or any other medical procedure or surgery without first suggesting the use of hypnosis.

It is simply too easy to apply these techniques to create a satisfying experience for the expectant mother or patient.

For instance, with the expectant mother, you can use hypnosis to program nine months of comfortable expectation, eliminate the fear of the birthing process, program enjoyable short and discomfort free contraction periods and create the ultimate positive bonding experience between mother and the new child.

In fact, after one of my own shows a woman came up to me sharing that she had delivered all three of her children drug free using only the power of hypnosis to ease her pain.

In addition, I have heard numerous stories from other hypnotists about easy and satisfying births with the use of hypnosis from happy moms that have used a hypnosis program prior to delivering their children.

How To Tell When People Are Hypnotized

Many people ask, “How do you know if people are really hypnotized, couldn’t they just fake it?”

Yes, they could try and to fake it but it is very easy for the trained hypnotist to spot. There are many telltale signs that a hypnotist will look for while putting someone into trance. Taru Kinnunen, Harold S. Zamansky and their colleagues at Northeastern University did one of the most revealing studies.

In it, they conducted their study using a lie detector to measure the response of both hypnotized and faking (unhypnotized) subjects.

While faking hypnosis, the lie detector revealed the subjects responses as it traditionally would. However, when used on the hypnotized subject, the lie detector could not detect the truth from lies.

This proved that when a hypnotized person is provided with suggestions, their full physiological system reacts appropriately and supports the truth of those suggestions.

There doesn't appear to be an internal difference to real events or fantasy events created by hypnotic suggestions.

Sometimes, during a stage show I'll notice a person "playing along" and I'll leave them onstage and soon as they relax I'll drop them into hypnosis and they'll become one of my best subjects.

After the show, they'll remark about how they were faking it and next thing they remember is coming out of trance and not remembering anything that took place for the last hour.

FAQs

Does losing weight with hypnosis really work?

The changing of any habit is not an easy thing to do. However, losing weight with hypnosis works by giving you control of your appetite and lifestyle at the subconscious level.

By utilizing hypnosis or hypnotic techniques, it makes this change much easier, if not effortless. Participants rarely change *what* they eat, but rather focus on eating *appropriate* portions and living a much more healthy lifestyle making better choices overall.

Will I have to count calories or do a lot of extra work?

That's entirely up to you. Using hypnosis programs properly will have you eating less. Although it is not necessary to count calories, it never hurts to become familiar with what you're putting in your body.

Is hypnosis dangerous?

Not at all. It is purposefully getting one into a relaxed condition that allows the subconscious mind to focus on the suggestions given to it and works in conjunction with the conscious mind.

Easily defined, hypnosis is focused concentration and aids in creating positive, permanent behavior changes.

I have a friend who tried this and lost a lot of weight.

Will I experience the same results?

Everybody is different. Those who listen to the brief audio programs every day as advised tend to do much better than

those that don't. Some people will also lose weight faster than others. It truly depends on how much you want to change.

The thing to keep in mind is that as long as your eating habits have changed (for the better) and you exercise more you will lose weight steadily and keep it off forever.

Using hypnosis is not a diet plan, it's a lifestyle change.

How long does it take to lose weight?

Most people begin losing weight immediately. The key to your long-term success is that this is not a calorie-restrictive dieting plan.

What you start out eating in the beginning will most likely be how you eat from now on. You won't go hungry, but neither will you gorge or overeat.

So unlike dieting plans that will have you dropping a lot of weight immediately (only to gain it back later), your

success will be measured by losing bit by bit, without any more effort than the knowledge you are in control of how you eat.

The same is true with your exercise and fitness goals. When programmed at the subconscious level, you will be more motivated and committed to sticking to your fitness and health goals. In fact, it won't be an effort, as you'll do it naturally and with ease.

Through hypnosis, we are creating a lifestyle change. As we've learned before, what we create in the subconscious mind, the conscious mind will act accordingly.

How It Feels To Be Hypnotized

I'm sure you have seen zombie-like characters in the movies and on television that are supposedly in a hypnotic state of mind. This common misconception can create resistance for those who are being hypnotized for the first time. It implants the suggestion that you lose all control during the hypnosis process.

It can be hard to allow yourself to relax if you think that under hypnosis you surrender all control of your behaviors to the hypnotist.

In fact, when you are hypnotized, you are actually in more control than when you are in the normal daily waking state. Under hypnosis, you become internally focused, and your surrounding environment becomes less important and insignificant.

Remember, studies show that during hypnosis, your blood flow is increased in the right anterior cingulate cortex. This suggests that there is an internal focus, not a release of control.

If for any reason there were an emergency or your attention was needed, you would immediately emerge yourself, or come to a full waking state coming out of the hypnotic trance to respond appropriately.

People in a controlled state of hypnosis, their body can become very relaxed with proper suggestions. They may appear to be asleep, but the biological state of sleep is very different from hypnosis.

While your body is relaxed, your mind will be fully alert and aware of the suggestions it is receiving. All outside stimulus will become irrelevant.

Your focus will be directly on the words of the suggestions you are receiving and your breathing will be light and rhythmic.

You may have a distorted sense of time and you may even feel like you have been in hypnosis for only just a few moments, even if it has been sixty to ninety minutes.

Now that you know what it feels like, it's time to learn how to hypnotize yourself and create your life you desire.

How To Hypnotize Yourself

Are you ready to create the life you desire?

Now it's time for you to experience self-hypnosis. There are numerous techniques you can use to immerse yourself into the hypnotic state but in this book, we will focus on just one.

In my full hypnosis training courses, I teach several different techniques and get much more in depth with how to test your state of trance, etc.

Following the self-hypnosis instruction I will coach you on where, when and how to apply this technique for it's maximum effectiveness and at the end of this book, I'll give you a script for one of my most popular self hypnosis

titles “Personal Power” that you can record and make your own self-hypnosis CD to listen to.

It is easiest to break down the self-hypnosis process in 5 components:

1. Mindset
2. Induction
3. Deepening
4. Suggestions
5. Awaken

1) Mindset

First and foremost, you must be willing to be hypnotized. Your mindset should support your hypnosis session by focusing on the goal you wish to achieve regardless of whether that is a specific change in your behavior (goal oriented such as weight loss) or just simple relaxation exercise. Consider the goal of your session, the outcome you desire and be expectant of reaching your goal.

2) Induction

The induction is what you will use to turn your focus from external to internal. The induction will allow you to tap into the power of your mind to reach your desired outcome by programming yourself at the subconscious level.

I'll repeat it one more time because it so important, what is programmed on a subconscious level will automatically be adopted by your conscious mind.

Here is your self-hypnosis induction:

Take a nice deep breath in. Exhale. Close your eyes and slowly relax each muscle in your entire body. Consciously direct yourself to relax every muscle starting from your feet and working your way up to the top of your head.

Continue breathing in a nice slow and relaxed pace.

Begin by relaxing your toes, feet, calf muscles, up over your knees, up your thighs, your mid-section, your lower back, your upper back, your shoulders, down your biceps,

over your wrists, all the way to the tips of your fingers, up through your neck, over your jaw, through every muscle in your face and around your eyes.

Allow every muscle to relax from the top of your head down to the tips of your toes.

Just allow yourself to systematically relax and enjoy it. Don't be in a hurry to complete this process. Depending on your time constraints it should take from two to eight minutes.

Tell yourself, “the more I relax the deeper I go and the deeper I go the better I feel. I'm growing more and more relaxed with every easy breath I exhale.” You can either say this out loud or just repeat it in your mind.

Don't force it to happen; the more you let go, the easier it is. Just allow yourself to completely release all tension, stress and worries.

Now, think of a time when you were relaxed. Maybe it

was while you were on a vacation or a recent day off. It doesn't really matter where or what experience you chose to remember as long as it's peaceful, calm and soothing to you.

Use each of your senses to relive that experience.

For example, perhaps you were relaxing on a hike, surrounded by vibrant green trees and a gentle bubbling brook. Hear the sounds of the running stream and the wildlife in your mind.

Relive that experience, feel the slight breeze as it rolls over you, feel the ground beneath you and smell the fresh outdoors. As you remember this pleasant experience, you will find yourself changing on a physiological level and becoming very relaxed and focused.

Final suggestions in this phase to give yourself are: "The deeper I go, the more satisfying it becomes. I feel comfortable, relaxed and continue to release all tension with every thought I have."

“If ever I need to awaken I can do that simply by counting myself up from one to five and I will awaken feeling refreshed and energized.”

You should repeat these final suggestions from one to three times and then move onto deepening your trance state.

3) Deepening Your Hypnotic State

In order to deepen your hypnotic trance state you should provide yourself with the following suggestion:

“With each count from five to one, I will drop down twice as deep. As I descend this staircase (in my mind), I will drop down deeper, with each step I take down I descend to a place of peace and contentment.”

Five. Letting go of everything.

Four. Feeling light, distant, relaxed.

Three. Dropping down deeper than ever before.

Two. From here out, with every step down I will drop twice as deep as before.

One. All the way down, I feel more relaxed than ever, I feel peaceful and content.

I would recommend that you repeat this deepening process three times. You will start to feel detached. Anyone watching you will notice that your breathing pattern has become light, your heart rate will be altered and your blood pressure has changed. You are now in a state of hypnosis.

I would recommend that with every self-hypnosis session you do, you always give yourself the suggestion: “I will drop down deeper and deeper with each session, faster and faster.”

You will quickly find yourself dropping down into wonderful and peaceful states of trance quickly.

Initially, you may wonder if you are really hypnotized. This is completely natural. If you are following the

instructions on the previous pages, you can rest assured you are hypnotized.

If you were to measure your brainwave activity throughout this, you would have started Beta then passed through Alpha and are now in Theta, and a PET scan would show increased activity in your right anterior cingulate cortex.

In addition, in the coming pages I will teach you how to prove to yourself you are in a hypnotic trance.

Many people wonder how deep they have to be in order to receive the benefits of hypnotic suggestions. Studies show even in light trance depth you will receive the wonderful benefits of hypnosis.

4) Hypnotic Suggestions

Prior to your hypnotic trance you want to form your hypnotic suggestions. Your suggestions should always be phrased in the affirmative and positive, never in the negative. They should be very specific and you should

phrase them in the present, never in the past or future.

Here is a Weight Loss example suggestion:

Correct Example:

“I now only weigh 180 pounds and find greater satisfaction with smaller portions.”

Incorrect Example:

“I’m on my way to losing weight and giving up foods that are bad for me.”

In the second example, you will notice it is phrased in the negative, giving up foods and eventually losing weight. In addition, you will notice the incorrect phrase of timing.

Your subconscious mind will hear these suggestions and take them literally. It will think you are on your way, but it’s not yet time to lose the weight.

Here is a Stress Control Suggestion:

Correct Example:

“I control my stress level and release those things I cannot control.”

Incorrect Example:

“My life will be less stressed when I worry less about those professional and personal worries that are out of my control.”

Think about those areas of your life you would like to improve and then work on one specific area during your trance session. Don't work on multiple tasks in the same trance session.

Some people think, “I'll work on stress, pain control and weight loss during the same session.” It is too much and you will dilute the value.

Think of the specific goal you would like to achieve. Record that goal. Then start to structure suggestions that will allow you to achieve it. Be positive, be present and be brief.

Edit your suggestions down to simple sentences. In a typical trance session you should use no more than four suggestions that support the single goal you have chosen.

Repetition of each suggestion is important to achieve that desired goal.

5) *Awaken*

The final step in self-hypnosis is to awaken yourself. You do that by giving yourself the following suggestion: “In a moment I will count from one to five. I will awaken feeling refreshed, energized and looking forward to my next session. Allowing myself now to fully integrate each suggestion I have provided myself, which supports my goal. With every session I will find myself dropping down deeper, faster and enjoying it more and more.”

“One, imagining that I’m back at home just like I am every morning. Two, allowing the energy to fill my limbs. Three, becoming more aware of my surroundings. Four, appreciating the time I spend for myself and the value it

provides. Five, wide awake, fully alert and noticing how good I feel.”

Congratulations you have just programmed your mind to help you accomplish your goals. *Do not under estimate the power of this formula; research has proven its effectiveness!*

Am I Really Hypnotized?

Here is an advanced, little known technique that you can use to confirm you are in a state of hypnosis.

This test should occur after the deepening component and prior to the behavior change suggestions.

1) Give yourself the suggestion that as you relax, your mouth will begin to fill with saliva and as you swallow it will take you down deeper.

If your mouth begins to fill with saliva then you know you are hypnotized and responding to suggestion!

How Long Should My Trance State Last?

There is no set time requirement for a hypnotic session. It only takes a couple of minutes to enter this state of mind and program yourself for success.

When I'm at home and on my regular schedule, I prefer to do twenty-minute hypnotic sessions on a daily basis. If my schedule will not permit this length of time, then I experience a quick five or ten minute session.

Because I'm constantly traveling and doing shows around the world, my body clock gets completely out of sync so I will do quick hypnosis sessions on the plane or before a show to either relax or charge myself up depending on what my body needs at the time.

Where Should I Experience Trance?

Never practice hypnosis while driving or operating any machinery.

Many people use hypnosis during their normal day activities such as when they are on a break at work or while traveling as a passenger on the subway or on a plane.

If you will be using hypnosis at home, I would recommend you experience your trance session seated or reclined in a chair, couch or bed and let your significant other or kids know you are not to be disturbed unless an emergency occurs. This is time for yourself, enjoy it.

How Many Sessions For Permanent Results?

I recommend you work on one specific change (weight loss, confidence, etc.) for twenty-one days straight. Research shows this is the opportune length of time to achieve your goal and make long-term permanent change.

On the average, most habits take about twenty-one days to build or break. You can do more than one session a day if you have the time. The more you practice these techniques, the more it will reaffirm your new behavior and lock it into your subconscious mind.

Obviously, before making any changes in your medical or physical well-being, you should consult your physician.

What's On The Horizon?

We are just now beginning to enter a phase where hypnosis will grow exponentially and improve the lives of those who utilize this powerful tool.

I believe that with the current research that is possible in neuroscience, and the realization of both individuals and corporations that hypnosis can be extremely valuable, the horizon for hypnosis is brighter than ever.

The Future Of Hypnotherapy

Hypnotherapy has been around for centuries and it is gaining in popularity as people are searching for ways to improve their lives. I believe it will continue to grow rapidly over the next decade. Many people are excited by the opportunities the field offers both financially and personally.

In addition, the general public is starting to explore more natural options to meet their health needs and hypnosis satisfies that requirement.

With the rising cost of health insurance, more and more people are looking into preventative health care options

and hypnotherapy is without a doubt one of those options.

Even today, some insurance companies already recognize the value of hypnotherapy and cover its cost. As the average individual hypnotherapy session cost is between \$100-\$150, some individuals are not able to afford the cost without insurance providing coverage.

Over the last few years, more and more insurance companies are offering coverage of hypnotherapy and it is my belief that in the future, coverage will be the rule and not the exception.

In a recent interview, President Obama commented on how corporations should entice their employees with bonuses for living healthier lifestyles.

Corporations Improve Profitability With Hypnosis

Hypnosis is a wonderful tool for specific behavioral change such as motivation, telemarketing reluctance, attitude and many other characteristics that are of vital

importance to the success of their organizations.

More and more corporations are adopting health programs into their daily routine and even giving out bonuses to individuals that choose a healthier lifestyle.

Let's consider one area in detail: Smoking Cessation.

Dr. William Weis of the Alber Business School at Seattle University has estimated that it costs the average employer up to \$4500 a year when hiring someone who smokes.

He based his conclusions on:

1. Absenteeism. (45% to 57% more often than a non-smoker)
2. Increased risk of death. (70%-270% more likely to die at an earlier age)
3. Increased accident rates. (Smokers are twice as likely to have an accident)
4. Decreased productivity. (35 minutes are wasted per day over that of a non-smoker)

5. Increased property damage. (There is an increased maintenance cost for smokers)
6. Decreased morale. (For non-smokers who work among smokers)

When you analyze the costs of employees who smoke it becomes staggering. Hypnosis can attack that problem and help reign in some of those costs. When you consider that over 90% of smokers want to quit, a Stop Smoking Seminar provided by employers truly is a win-win situation.

I'm currently working with several corporations that offer my smoking cessation programs for free to their employees and the success rate is staggering.

Employees tend to work harder when they know their company actually cares about their overall health and offers programs to better their life.

Corporate Sales Skyrocket With Hypnosis

Hypnosis is a wonderful sales tool because it allows one to program themselves to become self reliant, motivated and more productive.

In addition, I believe as old ‘Hard Sell’ sales techniques become dated, the new sales professional will learn to rely more on ethical rapport building tools creating a bond and connection with his customers and gaining returned business.

Hypnosis is initially about building rapport and gaining a client’s trust. The same techniques used to build trust with a client during a hypnotherapy counseling session work just as well in a sales call.

Obviously, I’m not talking about the old, tired cliché’s of, “Agree with whatever the customer says and ask about their interests”. In the future, the most successful sales professionals will be knowledgeable in the latest rapport techniques and an expert at applying them.

Hypnosis Script Creating The Life You Desire

Although you can memorize and then talk yourself down into hypnosis, I find it's easier to free the conscious mind and go deeper into the hypnotic trance when listening to a live hypnotist or a recording.

Here is a script that you can use to create your own self-hypnosis program. It is written as if you're talking to someone (or yourself) and broken up into three parts. I suggest recording it into a tape recorder or computer and add some quite soothing background music or some pleasant nature sounds to help you to relax even more.

If you don't care for the sound of your own voice, you might ask someone that you trust or whose voice you find

appealing to record it for you so you'll enjoy listening to it even more.

Hypnosis Pre-talk:

Before relaxation can take place you must first understand some of your favorable and unfavorable influences. Please note, these conditions or influences are not totally necessary for your success in hypnosis.

However past experiences have shown that results come much more quickly and easily when sessions are practiced following these suggestions.

First, you should never participate with this program while you're driving or operating any machinery. Now, select a place or sit or lie down that feels comfortable to you, away from distractions such as family or friends, telephone, etc.

Place your arms and legs in a relaxed and comfortable position. Place your head in a firm balanced position loose

enough to be moved. Your favorable influences are subdued lighting and a comfortable room temperature around 70-76 degrees.

Loosen up restricted clothing such as a tight wristwatch, shoelaces or belt. Anything that's tightened and binding you should loosen up because you want the blood to circulate freely.

A quiet peaceful atmosphere is helpful but not important. Your unfavorable influences are unpleasant odors. Remove them. Such as tobacco or garlic. If it's already unpleasant, it becomes even more unpleasant. Remove contact lenses and chewing gum.

Avoid cold drafts. Pain or physical discomfort of any kind may be a hindrance. Perspiration or cold clammy skin should be corrected before you start your hypnotic session. Physical relaxation tends to produce more of a natural sleep. Intoxication causes confused thinking but also produces more of a natural sleep.

HYPNOSIS SCRIPT – (Begin recording)

Part One:

Start by taking a nice deep breath all the way in and hold it for me. (pause) All the way in. Slowly exhale and let it out. As you exhale, allow your eyes to close. Release some tension. Take in a deeper breath this time. All the way in. (pause) Slowly exhale. Let it out and release some more tension. One more time. All the way in. (pause) And slowly let it out. Your breathing will begin to change. It will become slow and easy.

As you listen to the sound of my voice, just allow yourself to relax more and more with every easy breath you exhale. With every word I say, appreciate how good it feels, just to allow yourself to relax. As I talk to you, you become less and less aware of the noises that surround you. They are just everyday noises that will not disturb you or interfere in any way with your hypnotic relaxation.

Now you want this to be a wonderful experience and you want me to help you with these ideas so you relax as much

as you possibly can and completely let go and completely open yourself up to my positive, good, constructive suggestions.

Appreciating the time you spend for yourself, appreciating the way you feel, and allowing yourself to become more and more relaxed with every easy breath you exhale, and every word I say.

You don't have to force yourself to relax. You don't have to force yourself to feel anything. Everything will come easy and automatic for you. Your breathing will become slow and easy. You'll be able to unwind; you'll have a quiet mind and calm nerves.

As I start to name off different parts of the body to you, you'll direct your attention to those parts that I name off to you. Feel them become relaxed and help them become relaxed. You don't have to force yourself to feel anything. Everything will come easy and automatic for you.

And soon, every sound of my voice will act like a

monotonous metronome that will hum drum you, sing song you and cause you to go into a deeper state of hypnotic relaxation. And as I talk to you, you will become less and less aware of the noises around you. They are just everyday noises that will help deepen your state of relaxation.

Now direct your attention to the toes of your right foot and left foot. A pleasant, warm relaxed feeling now spreading through the toes. Let that feeling now flow into the ball of the right foot and left foot. A pleasant, warm, relaxed feeling now.

Allowing any tension of the day to just disappear with every breath you take.

Let that feeling flow into the ankles. So the ankles become loose and supple. The ankles become loose and supple. I want you to notice how you needn't do anything, you can just let go. Relaxing all the muscles and all the joints throughout your entire feet, noticing how good that feels.

By the time I reach the scalp area you'll completely let go and completely surrender to my positive, good, constructive suggestions. It doesn't matter if you're aware of what I say to you, whether you pay attention to what I say to you, subconsciously you still pick up all the good suggestions that I give to you.

Every sound of my voice will sooth you, relax you and cause you to go deeper asleep. Let the relaxation flow into the lower part of your legs below the knees. Let the relaxation flow into your knees.

The knees become loose, relaxed and supple and every sound of my voice will sooth you, relax you and cause you to go deeper and deeper asleep.

Every breath of air that you take into your lungs will cause you to go deeper asleep. Every heartbeat will cause you to go deeper asleep. Every repetitive suggestion I give to you will cause you to go deeper asleep as you begin to unwind. Step by step, inch by inch.

Going deeper with every suggestion I give to you and with every second that goes by.

Let the relaxation flow into the upper part of your legs. The upper part of your legs relax. The upper part of your legs relax. Your legs may feel heavy or they may feel light. You may be aware of your legs or you may not be aware of them.

It really doesn't matter. Whatever sensations you pick up, they are pleasant sensations and every sound of my voice will hum drum you and sing song you and cause you to go deeper asleep.

Every breath of air will cause you to deeper to sleep. Every breath taking you down deeper and deeper. The deeper you go, the more comfortable, the more secure you feel. The deeper you go, the more comfortable and secure you feel, just allowing all the muscles in your lower body to completely relax.

All the tension of the day disappearing with every breath you take. The more relaxed you become, the deeper you go. The deeper you go, the more confident, the more secure you feel. Every breath relaxing you more and more and as you exhale going deeper and deeper into relaxation.

As you go deeper to sleep and you do the good things I tell you to do you'll remain deep asleep through and through. When you awaken from this sleep you'll carry with you all these good suggestions that I'm giving to you.

You feel so good, so peaceful, so happy, tranquil, calm, relaxed and contented. You notice your breathing now has become slow and easy. Breathing, slow and easy. Breathing, slow and easy. And soon your breathing will become regulated into a flawless pattern.

The inside of your stomach feels as smooth as silk. Any tension you may have in the stomach area is disappearing. Breathing nice and easy. Every sound of my voice will sooth you, relax you and cause you to go deeper asleep.

Every sound of my voice will act like a monotonous metronome, which will hum drum, you and sing-song you and cause you to go deeper.

Deeper with each breath. Deeper with every second that goes by. Deeper with each minute. Deeper with every heartbeat.

Let the relaxation now extend into the lower spinal area. A pleasant warm, relaxed feeling now spreading into the lower spinal area. Let that feeling extend into the upper spinal area. The upper spinal area is relaxed. The chest area is relaxed and all your breathing structures are relaxed.

You don't have to force yourself to feel anything. Everything will come easy and automatic for you. Every sound of my voice will cause you to go deeper asleep.

Every repetitive suggestion I give to you will cause you to go deeper asleep. Let go. Go still deeper. Step by step, inch by inch. Relaxing, unwinding and releasing all the

stress and tensions of the day.

A lot of times this tension has not been used or properly channeled and has no constructive purpose for you. This tension will now be released. As this tension is released, you're going to feel the way you want to feel. Happy, peaceful, tranquil, relaxed and at ease.

Relaxed and at ease. That's it. Let go a little bit more. Let this wonderful feeling of relaxation spread across the shoulder blades.

Let the relaxation spread across the upper part of your arms, across your biceps and into your elbows. Your elbows become loose and supple. The relaxation flowing all the way down into your fingertips. That's it. Let it go.

The relaxation spreads into the all the muscles around the back of the neck. The sides of the neck and the front of the neck relax. All the facial muscles relax. Let you jaw muscles relax so your teeth don't touch. Jaw muscles relax. Your eyeballs feel loose as if they were marbles

floating around in your head. Your scalp area relaxed.

And now, sending a pleasant wave of relaxation from the top of your head, all the way down from the tips of your toes, feeling so good in every way. From the tips of your toes to the top of your head you are completely relaxed.

By this time, you might notice a slight, warm tingling sensation throughout your toes and fingers or even your entire body. Perhaps you notice the warmth. This feeling will increase until you are bathed in complete relaxation.

Both in body and mind you will realize all the highly and beneficial, reenergizing effect of deep and complete relaxation. Quiet rest and complete contentment will soon be yours. Quiet rest and complete contentment will soon be yours.

This warm comfortable feeling it takes you down deeper, and it makes you consider and think about what it would be like to be outside, feeling the sun pour down on you, warming you, surrounding you and bathing you in a

feeling comfort, feeling secure in every way.

Maybe you begin to look up and you notice there's a feather falling, a feather flying gracefully in the air, down towards you, slowly, gracefully. As that feather drops, it drops you down deeper, so you can feel more confident, more secure, more relaxed, and it makes you imagine a time when you felt so good about yourself.

Perhaps you could hear the sounds, the sounds of those times in your mind. You feel the warmth pouring over you from the sun, but you remember that with every word I say, it drops you down deeper so that you can feel better, and you notice that feather getting closer. The closer it gets to you, the further down you drop, feeling so good in every way.

I'm now going to begin counting down backwards from five to one. Every time I count backwards, you find yourself relaxing more and more. Each time I say a number, it will take you down twice as deep as the number before, twice as deep so that you can feel twice as good,

twice as secure, and twice as confident. And, with each number I say, it will take you down deeper, it will still your conscious mind, and every number I say will take you down to an area of security.

It doesn't matter whether you pay attention to what I say to you or whether you're aware of what I say to you. Whether you think you're entering a hypnotic sleep or a natural sleep just let yourself go and I will awaken you and when you awaken from this sleep you'll feel better than you've felt before in a long, long time.

You'll always find hypnosis to be relaxing, refreshing and invigorating. And when you awaken you feel mentally alert, feeling gloriously alive with a firm conviction that any problems that disturbed you in the past will now disappear. Disappear.

Disappear into the midnight of your consciousness. You will be able to face each problem that confronts you with a great deal of confidence, peace of mind and tranquility. Let go, step-by-step, inch-by-inch.

Five, deeper, relaxed, feeling so good in every way, just letting everything go.

Four, you. This is your time, a special time for you that you appreciate, that you're committed to for making change in your life.

Three, deeper, relaxed, doubling that relaxation with each and every number, noticing how good you feel. Three, deeper now, profoundly relaxed, peaceful, feeling good in every way, appreciating the way you feel, appreciating that feather gracefully falling, dropping you down deeper with every movement it makes down.

Two, you, deeper relaxed.

Now, this is a time for you, a time for you to make the changes you desire, and allowing you to experience a wonderful feeling of peace, profound serenity.

One, deeper, relax now, feeling so good in every way, and every easy breath you exhale, and every word I say takes

you down deeper, so that you can feel better.

Part Two - Suggestions:

As you continue to relax and breathe you drop down deeper and deeper into hypnosis. Very deep. Deep sleep. A sound sleep. A beneficial sleep. A relaxing sleep. Free from tension. Free from stress.

Free from any worries that you might have. Just letting go. Going down deeper. Deeper with every sound of my voice. Deeper with every breath you take. Deeper with each second that goes by. Deeper with each minute. Deeper and deeper and deeper to sleep.

As you hear the following affirmations, repeat them silently to yourself. I believe in myself. In the absolute, dynamic power of the subconscious mind. Once again, repeat that to yourself silently. I believe in myself. In the absolute, dynamic power of the subconscious mind. Feel it. Believe it.

I am calm and happy. Repeat it again. I am calm and happy. Anytime I make good suggestions to myself, those suggestions will be quickly obeyed by me and will give me lots of help. Once again, repeat it silently to yourself. Anytime I make good suggestions to myself, those suggestions will be quickly obeyed by me and will give me lots of help.

I'm going to count backwards now from 5 to 1. When I reach one, you will not hear my voice for sixty seconds. During those sixty seconds, mentally give yourself suggestions. Suggestions you think that would benefit you.

Think the suggestions to yourself during those sixty seconds. The sixty seconds will start when I reach one. 5, deeper, 4 deeper, 3, deeper, 2 deeper and 1. (Pause for 60 seconds)

Now accept those suggestions. Accept those suggestions. Make them your own. Implant them firmly in your subconscious mind. Implant them firmly in your

subconscious mind until they make an imprint. Until they make a positive imprint.

Now you may accept or reject any of the suggestions that I give to you. But once you accept those suggestions, you will find yourself completely responsive to those suggestions. Once you give yourself a suggestion, you'll find yourself completely responsive to those suggestions.

As you hear the following affirmations, repeat them silently to yourself. I believe in myself, in the absolute dynamic power of my subconscious mind. I believe in myself, in the absolute dynamic power of my subconscious mind.

My subconscious mind will form a strong mental pattern of positive thinking. My subconscious mind will form a strong mental pattern of positive thinking. A strong mental pattern of positive thinking.

Now go deeper to sleep. Sounder to sleep with every good suggestion that I give to you. You feel good. You feel

happy. You feel calm and you feel contented. I will constantly improve, physically and mentally in every way. I will constantly improve, physically and mentally in every way. The use of my conscious mind and subconscious mind will become better every day in every way. Better every day, in every way.

I now believe that I have the power to survive all of life's frustrations. All life's disappointments and misfortunes. I believe that I have the power to survive all of life's frustrations. All life's disappointments and misfortunes. I believe that I have the capacity to acquire and experience inner peace of mind. I believe that I have the capacity to acquire and experience inner peace of mind.

I believe that I'm capable of improving my life by improving my way of thinking. I believe that I'm capable of improving my life by improving my way of thinking.

I will become the person that I want to be. I will become the person that I want to be. I will become the person I am capable of becoming. I will become the person I am

capable of becoming.

I am going to do everything in a relaxed way. I am going to do everything in a relaxed way. I will achieve a fuller, richer life. I will achieve a fuller, richer life. I enjoy relaxing and using self-hypnosis. I enjoy relaxing and using self-hypnosis.

I'm going to count backwards again from 5 to 1. When I reach one, you will not hear my voice for sixty seconds. During those sixty seconds, silently repeat suggestions to yourself. Suggestions you think that would benefit you. 5, 4, 3, 2 and 1. (Pause for 60 seconds)

Accept those suggestions now. Accept them, make them your own. Implant them firmly in your subconscious mind. At this point it doesn't matter whether you pay attention to what I say to you. You can feel yourself drifting.

Whether you feel yourself drifting into a deep hypnotic sleep or a natural sleep it really doesn't matter just let

yourself go. I will awaken you. While you're in this deep sleeplike state, I'll be able to give your positive suggestions.

Now you may accept these suggestions that I give to you or reject them. But once you accept them, you'll find yourself completely responsive to those suggestions.

You believe in yourself, you now believe in yourself and the absolute, dynamic power of the subconscious mind. You are a calm person. You are a happy person. You are a calm and happy person.

You believe in yourself and the absolute, dynamic power of the subconscious mind. You are a calm person. You are a happy person. You are a calm and happy person.

Let all your thoughts and suggestions be positive and affirmative both night and day. Let all your thoughts and suggestions be positive and affirmative both night and day. Your thoughts and suggestions will be positive and affirmative both night and day. Your thoughts and

suggestions will be positive and affirmative both night and day.

You're going to improve in every way. You're going to improve in every way. You're going to constantly improve both physically and mentally in every way. You're going to constantly improve both physically and mentally in every way.

The use of your conscious mind and your subconscious mind will become better every day in every way. The use of your conscious mind and your subconscious mind will become better every day in every way.

You'll believe in yourself. You'll have confidence in yourself. You'll believe that you have the mind power to survive all life's disappointments, frustrations and misfortunes. You'll be able to overcome any of life's difficulties or problems.

You'll believe that you're capable of improving your life by improving your way of thinking. You are capable of

improving your life by improving your way of thinking.

You'll become the person you want to be. You'll become the person you want to be. You'll become the person you're capable of becoming. You're going to do everything in a relaxed way.

You are now using all of your potential and creative abilities. You are now using all of your potential and creative abilities.

You are confident and strong in all your decisions and life's choices. You are confident and strong in all your decisions and life's choices.

You believe in yourself and the have all the creative talents you will ever need. You believe in yourself and the have all the creative talents you will ever need.

You are healthy, happy, confident and successful. You are healthy, happy, confident and successful. You are creative, talented both loving and loved. You are creative, talented both loving and loved.

I'm going to count backwards again from 5 to 1. When I reach one, you will not hear my voice for sixty seconds. During those sixty seconds, Silently repeat suggestions to yourself. Suggestions you think that would benefit you. 5, 4, 3, 2 and 1. (Pause for 60 seconds)

Accept those suggestions now. Accept them, make them your own. Implant them firmly in your subconscious mind.

Don't try to crowd everything into one day. Learn to budget your energy. You're going to do things in a relaxed way. Don't try to crowd everything into one day.

You're not going to worry about every little thing because 95% of the things people worry about never really happen. You're going to do your very best with each new problem as it arises.

You're going to learn to do things in a relaxed easy way. Everything that you do will now be easy for you. All your work will be easy to do.

You'll be animated, rejuvenated, and full of pep and energy all day long. You'll be full of strength and endurance from this point on. You will have all the strength, energy and endurance you need from this point on.

You'll have precision and good work in every way and your work will be better and easier every day. You'll have happy thoughts and a happy mind. Happy thoughts and a happy mind.

You have to strength and ability to do the things you want to do. You have to strength and ability to do the things you want to do.

You'll enjoy relaxing from now on. You'll enjoy relaxing and using your self-hypnosis for self-improvement. You'll do things in a relaxed way.

You are now capable of improving your life by improving your way of thinking. You have positive feelings and positive thoughts day by day in every way improving.

Part Three - Awaken:

Soon, I will awaken you. When you awaken from this hypnotic state you will feel as though you had a nice nap. Recharged, with new life, new energy and new vitality.

However, if you listened to this program before bedtime, even though you'll be wide awake and alert when I count to 5 this will not interfere with your normal sleep.

When it becomes time for you to go to sleep, you'll sleep deeply and undisturbed throughout the entire night. You'll wake up in the morning feeling recharged with new life, new energy and new vitality. New energy and new vitality.

On the count of 5 you wish to wake up. On the count of 5 you will wake up with happy thoughts and a happy mind. You'll wake up with a smile on your face feeling good in every way.

You will feel confident in the suggestions I have given you, confident, knowing that you are in control of your

life. Confident and strong knowing that you are the person you desire to be.

When you wake up, you'll have found this to be a pleasant and enjoyable experience. You'll always find hypnosis to be relaxed, refreshing and invigorating and by the time I reach the number 5 you will be fully awake and refreshed.

You will be more aware and awake than when you started this session.

Your eyes will open easily *only when you have accepted the belief of each suggestion you have been given.*

Here we go now. Repeat after me as I count.

1. I feel good. You feel good as if you're talking to your subconscious mind. More alert now wanting to move...

2. I feel good. You feel good. You can feel the life and energy flowing through your legs. You can feel the life and energy flowing through your arms.

3. I feel good. You feel good. Becoming more aware of your surroundings...

4. I feel good. You feel good. Eyes loosening up. Noticing how good you feel...coming up, up, up. ... I feel good. You feel good.

5. Your wide-awake. Wide-awake and happy. Wide-awake and looking forward to your next session. Take a deep breath, stretch. Wide-awake and happy.

Conclusion

I want to thank you for joining me and learning about hypnosis. I encourage you to begin to use this powerful tool right away to make the changes that will benefit you and create the life you desire.

You may find yourself experiencing a whole new level of enjoyment and success and I'm certain you will find your new life rewarding and exciting.

I wish you a ton of success both personally and professionally and hope you will use the power of hypnosis to create a more rewarding future for yourself and your loved one.

Please visit my website for more information. You'll find more information and a number of hypnotic resources along with my comedy and hypnosis stage shows, film projects and more.

I look forward to hearing of your success!

Don Barnhart

www.DonBarnhart.com

www.DonBarnhartHypnosis.com

About The Author

Don Barnhart is an award-winning comedian, certified hypnotist and graduate of the prestigious Second City Conservatory. He's an accomplished actor, author and filmmaker and in 2010 he received "The Bob Hope Award" for his dedication to both performing and producing comedy shows for the troops.

Barnhart stars in the documentary, Finding The Funny and continues to tour and is a favorite at the top comedy clubs and cruise ships around the world. The Las Vegas Review/Journal has named him one of their "Best Bets" and Hypnosis Monthly Magazine named him "America's Funniest Hypnotist".

Don is also a highly sought after comedy coach, speaker and consultant. When he's not on tour, Barnhart resides in Las Vegas with his wife, producing partner and best friend Linda Vu along with their two cats and in his spare time enjoys surfing, volleyball and ice hockey.

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3. Increase your energy levels.
4. Stay motivated indefinitely.
5. Decrease health risks.

Listen to this program beginning today and make the weight changes you desire, permanently!

CD 101 – “Lose Weight Now!” Audio CD, ~~\$34.95~~ **\$24.95**

STOP SMOKING NOW!

How to Stop Smoking Permanently!

Finally, a program for those who want to quit smoking and for smokers that tried to quit and failed! If you have a desire to stop smoking, Don Barnhart's "Stop Smoking Now!" program provides a powerful, step-by-step formula to become a permanent non-smoker by working on your habits, desires and addictions at the subconscious level.

Eliminate cravings for cigarettes and increase the quality of your life while you reprogram yourself to be 100% free from all tobacco urges, permanently!

Listen and watch your life change for the better! The Don Barnhart "Stop Smoking Now!" program helps you to:

1. Quit smoking effortlessly.
2. Be free of all smoking desires
3. Feel good about yourself.
4. Enjoy a healthier lifestyle.
5. Acquire more time.

6. Save \$1850 per year (based on a 1 pack a day habit).
7. Become healthy, happier and more active.

If you've ever tried to quit smoking, thought of giving it up and are ready to make the change, you can "Stop Smoking Now!" simply by listening to this recording.

CD 102 – "Stop Smoking Now!" Audio CD ~~\$34.95~~ **\$24.95**

BEAT STRESS NOW!

The Stress Management System!

Never again lose control of your temper or get caught off guard. The National Institute for Occupational Safety and Health (NIOSH) has recently acknowledged that the nature of work is changing exponentially with each passing decade. Perhaps now more than ever, job stress poses a serious threat to the health of workers and, in turn, to the health of organizations.

In addition, living a stressful lifestyle has been linked to high blood pressure; stress induced heart attacks and other health problems. It has also been know to cause family discord, financial troubles, professional difficulties and communication and relationship issues.

Barnhart's Stress Program allows you to immediately dissolve the stress you feel and provides you the tools for future stress management in a healthy manner and at the subconscious level.

The Stress Management Program benefits include:

1. Tremendous calming effects.
2. Deep relaxation techniques.
3. Powerful ways to increase productivity.
4. Enjoy a healthier lifestyle.
5. Stronger and more meaningful relationships.
6. Career focus.
7. Increased personal satisfaction.
8. Overall life balance.

Even if you are unable to enroll in one of Don's live sessions, you can "Beat Stress Now!" by listening to this program on CD.

CD 103 – "Beat Stress Now!" Audio CD, ~~\$34.95~~ **\$24.95**

Other Titles Available

PAIN CONTROL

In this program you will learn how to control and manage your pain.

CD 104 – ~~\$34.95~~ **\$24.95** “Stop Pain Now!”

BANISH INSOMNIA

Sleep can be difficult for too many people. In this program you will learn to control your sleep patterns and end those sleepless nights once and for all. Experience restful sleep and increase your energy without drugs or pills.

CD 105 – ~~\$34.95~~ **\$24.95** “Sleep Now!”

CONFIDENCE

Created specifically to help you have all the confidence you will ever need whether it's business or personal, you will stand tall knowing you are your best self ever.

Experience new levels of confidence, power, and ability to achieve your goals. Includes tools for daily use.

CD 106 – ~~\$34.95~~ **\$24.95** “Be Confident Now!”

MEMORY AND CONCENTRATION

This program is designed to help you improve your concentration and memory easily. Never forget a name, face or phone number again!

CD 107 – ~~\$34.95~~ **\$24.95** “Improve Memory and Concentration”

PERSONAL HYPNOSIS PROGRAM

This program is an overall self-hypnosis program specifically designed for you to work on anything that you desire. Learn all about hypnosis in this audio program, as this is the same hypnosis script given at the end of this book recorded by Don with soothing hypnotic music.

Get a full education and then enjoy being guided through a natural process in which you'll learn how to use self-hypnosis to improve any aspect of your life. This CD will teach you how to build your own positive suggestions and exercise self-hypnosis anytime you need to.

CD 108 – ~~\$34.95~~ **\$24.95** “Personal Self Hypnosis Program

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