

# Happyecho's Self Hypnosis Start Now Guide

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<http://www.happyecho.com/happyechos-self-hypnosis-start-now-guide.html>

**First Remember: Self hypnosis is when one states direct and positive suggestions to their own subconscious while in a state of deep relaxation.**

Start using self hypnosis by considering what you want to change in your life. Make a list of the new habits you wish to incorporate. Now take these and incorporate them into a self hypnosis script.

## Things to consider when writing your script:

- The correct use of suggestions - ultimately, the words you use is the most important component. It is crucial for success to keep your scripts in a current and positive form. So stay away from negative or past tense statements. Keep your phrases clear and simple, to the point; you want to be as specific as possible and leave no room for doubt.
- During a hypnotic state the suggestive phrases should be repeated; this will ensure optimal effect. The phrases don't have to be the same just as long as each one has the same meaning. An example is to lose weight your phrases could be: "I eat healthy foods", "I lose weight daily" or "I feel better every day".

## Things to consider while recording your script:

- Tone of voice - you should speak in a tone that sounds calm, and confident.
- Speed or pace - don't be afraid to speak slowly. Pauses of 5 - 15 seconds between suggestions may seem excessive at first, but in reality it allows you subconscious to 'take in' and act on what you are saying.
- Inflection - Be careful not to sound mono-tone. Put some life into your words, but not too much to keep you awake.

### **Before you start listening to your recording:**

- Make sure your bedroom is clean and organized (physical messes have an effect on our mind).
- Close your eyes
- Take 10 slow deep breaths (in through the nose, and out through the mouth)
- Say to yourself the word 'Relax' on each out breath.

You may want to follow the above steps several times throughout you day – even when you're not preparing yourself for self hypnosis. It's a great stress reliever.

### **Things to consider while listening to yourself hypnosis recording:**

- You can be seated, or lie down – whichever is most comfortable for you. You want to be in a position that symbolizes your openness to change – so make sure not to cross your legs or arms.
- Use ear buds. You'll have much better results.
- Use visualization. Make the image as real as you can, use all of your senses.

**Don't be afraid to fall asleep. Just let yourself go and trust in your script.**

Getting into a relaxed hypnotic state is a skill that will improve over time.  
Don't expect too much of yourself your first time. Remember - practice makes perfect.

You can download Professional Hypnosis audio at: [Instant-Hypnosis.com](http://Instant-Hypnosis.com)