Science Of Self-Hypnosis Manual

The Evidence Based Way To Hypnotise Yourself
Hello and welcome to this support manual,

Thank you for investing in this audio programme, I hope you enjoy it and listen to it thoroughly, applying the skills as you progress through the programme.

Within the programme, I refer to a support manual, and this is it. It is simply designed to remind you of a couple of key points, and it is also designed to equip you with written versions of the various processes within the A-E protocol. Finally, it also gives you a comprehensive bibliography of all the studies referred to within the audio programme.

Please do explore my blog for a wide range of self-hypnosis applications:

www.adam-eason.com/blog

Do follow me and my school at twitter and at facebook as we offer a great deal of resource there too which will help you advance your self-hypnosis skills:

http://twitter.com/adameason

www.Facebook.com/hypnotistadam

If you wish to hang out and learn from me and fellow self-hypnotists, do also consider joining (for free) our hypnosis hub with it's forum, groups, discussions and supportive community:

www.adamshypnosishub.com

If you have any questions or queries, you are more than welcome to contact me via any of these channels too.

I send you my very best wishes,

Adam Eason.

www.adam-eason.com
Self-Hypnosis As A Hypnotic Mindset:

The hypnotic cognitive-set originally described by Barber (1974) and then formulated more recently by Robertson (2012) is explained in terms of five attitudes that you adopt throughout your self-hypnosis practice:

1. Firstly, is the attitude of **recognition**. When you learn the variety of hypnotic induction methods later in this book, you’ll simply recognise it as your trigger to initiate this progressive, favourable hypnotic mind-set. You do so by actively engaging your imagination to the best of your ability and in a way that you find convincing. You also respond to your own hypnotic suggestions with a depth of focus and absorption, so as to avoid distraction during your self-hypnosis sessions.

2. Secondly is the attitude of **attribution**. This is whereby you accurately attribute your responses within and throughout self-hypnosis sessions to your own imagination, self-suggestions and expectations. That is, you do not permit yourself to think of your responses as just compliance or the "unconscious mind" doing it for you. You are actively responsible for the hypnotic response you get.

3. Thirdly, you adopt the attitude of **appraisal**. Here you appraise the demands of your desired outcome in a favourable way. You view your hypnotic suggestions, cognitive strategies and mental imagery processes (that are shown throughout the remainder of this book) as serving you well, being consistent with your own personal values. You realise and appraise self-hypnosis to be a safe, ordinary process that requires a progressive mindset to develop as a valuable skill.

4. Fourth then, we have the attitude of **control**. It is important that you realise that you are in control of your own self-hypnosis experience. It is a skill to develop, and therefore, you assure yourself of your ability to do self-hypnosis and engage in it in the ways laid out in this book. Continue to encourage yourself and take control of your attitude towards self-hypnosis. Consider yourself capable.

Additionally here, be in control of your own level of expectation. Expect the responses that you wish to occur, to actually occur. Expect them to happen automatically. Expect yourself to respond in the ways that you suggest or imagine in your self-hypnosis sessions.

5. The final attitude to adopt within the hypnotic mindset is that of **commitment**. It is important that you allow yourself enough time to respond hypnotically to your suggestions. You do not want to rush yourself and likewise, you do not want to procrastinate or linger on things for too long. Additionally though, being committed means you invest the right amount of time and enthusiasm into using your self-hypnosis skills.

This hypnotic mindset may seem sobering and a far cry from the magical way hypnosis is often presented. Some people do not like having the magic whipped
away from them…. However, one important consequence of this is that the role of the hypnotic subject, the role of the self-hypnotist has now been demystified and made more easily learnable. In order for you to be a successful self-hypnotist, you learn the evidence-based hypnotic skills that are included within this audio programme and adopt this hypnotic mindset throughout.

This hypnotic mindset includes a number of themes that are duplicated in varying guises within this audio programme, and for good reason. If you truly engage in these attitudes and adopt them inherently within your self-hypnosis sessions, the outcomes are going to be enhanced and advanced and self-hypnosis is going to have much benefit for you.

We conclude, that hypnotism is basically about inducing a set of attitudes or mind-set. The self-hypnotist learns to adopt a favourable attitude, to "get into the right mind-set", prior to engaging in the structured processes throughout the audio programme.

Hypnotic Skills Development, Further Reading:

Using Emile Coué’s convincers:  

Chevreul's Pendulum:  
The A-E Self-Hypnosis Protocol:

To begin with, the self-hypnosis sessions you engage in will require you to loosely follow a five step structure, with a model that takes you through steps A to E:

**Step A – You Access hypnosis.** This is initially done with any one of a variety of induction methods, many of which contain similar hypnotic skills mentioned in the previous chapter. There are a wide number of means and ways that you’ll be given to help you access hypnosis.

Using the word ‘access’ in this step could lead someone to think that hypnotising yourself is a mechanical result of the induction process when it is not. Remember, our model of hypnosis is such that you adopt the hypnotic mindset with it’s inherent attitudes. The induction, this step A, is simply a cue for you to begin with that. As a result, you will actually enter hypnosis just **before** you start with step A and not afterwards as a result of step A.

**Step B – Being in control.** This helps you to focus and keep on track as well as develop the previously mentioned hypnotic mindset (though it will be in place prior to starting).

**Step C – Continually deepening.** You deepen your perception of your experience of self-hypnosis in a variety of ways that you’ll be shown.

**Step D – Deliver your suggestions.** This is where you’ll engage in the changework, use mental imagery techniques, apply the cognitive strategies or simply affirm suggestions to yourself.

**Step E – Exit hypnosis.** You bring that self-hypnosis session to a conclusion.

We are now going to go through the steps (A-E) one at a time in more detail, offering up options and variety for each step. Many academics tend to believe that it is much easier to access hypnosis once you have been hypnotised by a professional. If you have been hypnotised formally by a hypnotist before now, it is likely to advance your skills as a self-hypnotist.

If you have not, there is no need to worry, everything you need is explained here, however if you wish to experiment and advance your skills, as I mentioned previously, you can download a full hypnosis session from my own website for you to practice entering hypnosis: [www.adam-eason.com](http://www.adam-eason.com)

There are a number of options and instructions given here for doing the various steps. It is not by any means fully exhaustive; that would require another full book, not just a single chapter. Do therefore consider visiting the blog of my website for more ways of inducing and deepening self-hypnosis.
Step A: Access hypnosis:

Our first step gets a lot of attention in literature on hypnosis. What hypnotists refer to as the induction, whereby hypnosis is induced. This is where we self-hypnotists Access hypnosis and induce hypnosis for ourselves. Please read through all the techniques in this chapter before you start practicing them. Get a general understanding and then practice them before you proceed with the applications going forward. They have a number of similar elements that require focus, attention, absorption and positive expectation, just as you have been shown within our hypnotic mindset.

Principles of inductions:

With regards to the upcoming range of ways to complete step A, prior to explaining the inductions themselves, there are some core principles to bear in mind.

1. Expectancy:

Clark Hull (1933) stated that “anything that assumes hypnosis, creates hypnosis” and so being beholdent of the belief that hypnosis is going to happen is going to serve you well. Be expectant; expect to go into hypnosis and 'just know' it is going to happen for you.

Irving Kirsch (1985) believed expectation was the dominant factor in hypnosis. Kirsch has argued that the response expectancy (or "response set") created in the hypnotic subject by the hypnotist and the environment are the very essence of hypnosis itself. As author of the book you are reading, you could think of me as adopting part of the hypnotist role by the way in which I have explained the model of hypnosis and developed a certain degree of expectancy here.

Kirsch has suggested that hypnosis can be seen as a "non-deceptive mega-placebo", insofar as it operates in a similar, but more powerful manner, than placebos in medicine. Know what your outcome is going to be; that you’ll enter hypnosis. The more of a positive expectancy you have, the better your self-hypnosis experience will be.

2. Attitude:

You adopt a progressive, receptive and appropriately motivated attitude and manner throughout the induction (step A) that carries on through your hypnosis session. Have a progressive tone with yourself; communicate with yourself in a way that you find convincing, assured and with an appropriate, useful level of enthusiasm.

Create trust with yourself by believing in yourself and adopting a trusting attitude towards your own ability to really do this. Remember our five key attitudes that make up the hypnotic mindset as laid out in chapter one too.
Here is a recap:

**Recognition.** You recognise the induction as your cue to initiate this progressive and favourable hypnotic mindset. You recognise how important it is to focus deeply, to absorb yourself in the process in the process.

**Attribution.** You accurately attribute your hypnotic responses to yourself, your own imagination, your own suggestions you give yourself and your own expectations. Attribute the elements of each induction to being a result of what you do in your mind.

**Appraisal.** Appraise your self-hypnosis skills and the upcoming session in a favourable way. Appraise self-hypnosis as something that is serving you well. Appraise the induction process as something you are very capable of and that is leading you into and through a beneficial session of self-hypnosis.

**Control.** Realise that you are in control, so encourage yourself throughout and consider yourself capable.

**Commitment.** Commit the right level of time and effort into the induction process. Be patient for the responses without deliberating for too long.

3. **Simplicity:**

Keep things simple where possible. I know that there is plenty for you to consider right now, but I assure you that inducing self-hypnosis is a simple process. Just having the attitudes, the expectancy and the belief is going to develop your self-hypnosis.

Additionally though, although we'll look at the language you use in self-hypnosis a bit more later on, keep the language simple, obvious and direct. There is no need for things to get too complex.

4. **On The Ball:**

Pay attention throughout your hypnosis sessions, and especially during Step A when you do the inductions. Be attentive throughout. Many hypnotherapists use the term 'ratify' to describe how they feedback what they notice is happening with the client. You can do this yourself too. Almost as though you are commenting on your ongoing experience, tell yourself the things you notice. If you notice your eyelids fluttering, or your breathing rate slowing down, or a twitchy movement of some kind, you can be aware of it.

Be tuned in to your ongoing experience throughout.

5. **Non-Verbal:**

Have a positive intent throughout your self-hypnosis sessions. Have a positive regard to your self-hypnosis procedure that you are following. Likewise, behave
as if you are hypnotised. Adopt the behaviour, fill the role of someone who is hypnotised. Act like you are hypnotised and convince yourself throughout the induction process that it is having the desired effect upon you.

This is a facet of the socio-cognitive theory of hypnosis and Sarbin’s (1950, 1954 & 1967) social role theory which we can utilise to advance your hypnotic responsiveness in line with a range of other facets mentioned already. Behave like a hypnotised person, adopt the position and posture of a hypnotised person and let it enhance your belief that you are hypnotised as a result.

People think that I have ego issues, and I have no idea why, but keep these five facets in mind:

E – expectancy.
A – attitude.
S – simplicity.
O – on the ball.
N – non-verbal.

These are five principles to remember and consider when you are inducing hypnosis in Step A. Now let me offer you a number of different ways of actually doing this Step A. Following, are a number of different ways of accessing hypnosis, inducing hypnosis, or more simply; your cue to actively engage in the hypnotic mindset.

1. Using Eye-Fixation To Induce Self-Hypnosis:

On my hypnotherapy training diploma, the eye-fixation induction is kind of the “hypnosis 101” induction that all students learn before any other inductions and here, I want to show you how to apply it to yourself rather than do it with another person.

This method of inducing hypnosis was originally developed by James Braid, the afore mentioned founder of hypnotism as we know it today. As well as being a medical man of the day, James Braid specialised in eye treatment and as a result, having coined the term ‘hypnosis’ and moved the understanding of hypnosis away from the field of Mesmerism, it was natural that his initial methods of inducing hypnosis would involve the eyes and fixing their attention. What’s more, there is a great deal more research that has been conducted on this induction method and more research conducted using this induction than other methods used.

The basic premise is to attempt to produce a level of strain on the eye muscles by looking upwards with the eyes and without moving the head.

After trial and error with a variety of ways of doing this, Braid used an object, such as his lancet case and elevated it in front of the individual to the point where it would be a strain to continue looking at it. If such an object was not used, an individual could be asked to look at a point on the wall or ceiling.
without moving their head, which caused them to slightly strain their eyes if the

gaze was fixed for a while.

Here, for the purpose of using this technique for inducing self-hypnosis, we tend
to suggest that you look up at your own forehead, though again, picking a spot on
the wall or ceiling to create strain can be done too.

The reason that the gaze is pointed upwards in this way is of course to advance
and enhance the tiredness felt in and around the eyes in a fairly speedy
timescale. Importantly, you do not tilt the head backwards at all, otherwise you
assist the eyes and just end up staring upwards with a bent neck. You move the
eyes only with the head in its usual, balanced position upon your neck.

With the eyes fixed in this way, creating some minor strain, the individual
induces a slight sensation of the eyes being sleepy as they close in this slow
manner. Importantly though, this process gets the individual to concentrate in an
intense fashion by staring at that point.

Braid actually attempted to call hypnosis ‘monoideism’ at one stage because of
the importance he placed upon getting some focus and attention to achieve it.
When doing this with an individual in my consulting rooms, guiding that
individual into hetero-hypnosis, they tend to close their eyes after around 30
seconds or so. When using this to induce hypnosis in yourself, you should
consider aiming for a similar timescale to close your own eyes.

Once you have adopted a comfortable, seated position, with your head facing
forward, without moving your head you move your eyes to the elevated position
whereby it is a slight strain to hold them there, you then need to employ your
imagination to make your eyes feel like closing. This is incredibly important. You
must help the process along with your thoughts; imagine that your eyelids are
getting heavier, tell yourself that they want to close and that it will be so nice and
comfortable when they do so.

All the time that you are communicating with yourself in your mind in this way,
ensure that you keep your gaze fixed in that same position without waivering or
moving or allowing your eyes to relax by compensating in some other way. Keep
your head and eye position in the way that ensures the eyes become tired. Then,
once they are ready to close, you let them close and that is the initiation of your
hypnosis session. You then proceed with the subsequent steps B through to E
that follow.

Some theorists of hypnosis would also offer up some ways of advancing the
success you have with this process which I thought I’d add here too. For example,
you could adopt the behaviours of someone who is in hypnosis. That is, act as if
you are hypnotised to enhance the fact that you are and thus also enhancing your
openness to it. Take on the posture of someone who is initially concentrating
very hard, who then falls asleep as the eyes close. You’ve seen what happens
when someone is fighting falling asleep. Like when I am sat in front of the open
fire at home with the TV on after my dinner in the evenings. I get that sensation
in my eyelids where they start to close and I keep snapping them open to regain my focus. Adopt that same behaviour; let your eyes close slowly and adopt the posture of someone drifting off in this way.

To further complement this, you can let your body relax deeper when you close your eyes as you proceed on to whatever deepening strategies you are going to use in latter steps of this A-E protocol.

As you purposely take on these behaviours, the idea is that you’ll start to take on some of the things you are acting – the same way a method actor takes on characteristics of their character when acting – you then notice how you do actually start to feel slightly drowsy as your eyes flutter perhaps, and slowly close.

As I alluded to earlier, it is also important how you communicate your thoughts throughout the process. Use your imagination to advance the process and make it more effective. You can simply tell yourself you are feeling more relaxed and that your eyelids are feeling heavier, for example, using your internal dialogue. You could imagine them closing and getting heavier during the straining process. You can imagine them closing and imagine how much more relaxed they’ll be when closed.

You might remember times when you have been drowsy or sleepy and your eyelids felt heavy and wanted to close. As you remember that sensation, tell yourself that this is the same.

You might imagine a light shining in your eyes or a gentle breeze blowing toward your eyes, exaggerating the desire to close them and let go. Use a gentle, relaxing assured tone when you communicate with yourself, encourage yourself by telling yourself how well you are doing this and use your imagination and cognitions in whatever way helps advance the overall process.

As with any self-hypnosis process, repetition makes it better, so practice this over and over to get really good at it. Use your thoughts, expectancy and posture in line with the structure and really get good at using this method.

2. Heavy Arm Self-Hypnosis Induction Method:

Here is our second way of doing step A and accessing hypnosis.

This is a self-hypnosis induction technique that engages the imagination and makes use of nature’s law, in a way that many hypnosis professionals refer to as a ‘biological’ induction or it is known as ‘coupling’ (whereby the suggestion is coupled with a law of nature, in this case, gravity helping the arm get heavier) and includes a convincer inherently within it too; that is, it convinces you that self-hypnosis is occurring by the way it is carried out.

**Important reminder:** Excuse me sounding like a broken record. The people who benefit the most from this type of self-hypnosis induction are the ones who
really engage their imagination, focus on the instructions and absorb themselves in the process. What would you rather do; nothing? Or engage your imagination, focus and absorb yourself to benefit the most?

Throughout this book, I use a step-by-step method of explaining many of the processes. That starts now. Follow these simple steps to induce hypnosis using the heavy arm method.

**Step One:** Just get yourself comfortable and be in a place where you will be undisturbed for the duration of this session, ideally sat up in a chair with your feet flat on the floor and your arms uncrossed and ready to begin. Adjust yourself so that your head is nicely balanced and comfortable upon your shoulders and your body is at a most comfortable posture.

Throughout this hypnosis induction process, you may notice certain changes happening immediately whereas others might take a few moments, trust that you are doing this in the way that is right for you, you are unique and respond in your own unique way. Then take a nice deep breath and as you exhale, allow your eyes to comfortably close, and begin.

As I say in many of my audio programmes and to my clients, you don’t have to sit perfectly still throughout these self-hypnosis induction processes, but the more still you are, the less spatial awareness you’ll start to have of your physical body as the session progresses and so, the deeper your subjective experience may well appear, so experiment with stillness as much as you find it comfortable to do so. Stillness means you tend to get less distractions and so do consider benefiting from incorporating stillness into your sessions.

Then move on to the next step.

**Step Two:** Ensure you are in a nice seated posture, with the crown of your head pointing to the ceiling and your shoulders relaxed.

It is an attentive posture you want to have, with your feet flat on the floor and your hands by your sides or on your lap and not touching each other. I prefer to be attentive than too slouched and relaxed which tends to encourage people to wander off, lack focus and even fall asleep, which is not all that useful – unless you want and need more sleep.

With your eyes closed, take your right hand and arm and hold it straight out in front of you, palm facing down. Simply hold your right arm and hand straight out in front of you, palm facing down with your fist clenched, be aware of the feelings that you are having in your right arm and hand right now at this time while it is being held aloft and in front of you like that.

Imagine that you are holding the handle of the bucket in your hand, and every relaxed breath you breathe from here onwards and for the duration of this induction process, fills the bucket with more water, making it feel as if it is getting heavier and heavier.
Get really mindful of the sensation that exists within the arm, become aware of as much as you possibly can about the arm. Scan along it and within it with your mind.

Start to notice what you notice. Is there tension anywhere? Are any (even tiny and subtle) movements occurring? What else are you noticing? Tell yourself and feedback to yourself what you notice as you hold you arm out. Become as aware of the entire arm as possible in these moments. Imagine the bucket continuing to fill with water with each breath you breathe, getting heavier and heavier and harder to keep in that position and move on to the next step.

**Step Three:** Now continue to pay attention to that arm because this is the stage all the fun is going to start happening.

Imagine it (your arm) is beginning to feel heavier and heavier, imagine it is getting heavier and let it feel heavier and heavier. This is made easier by the fact it is being held and gravity is naturally pulling on it, but start to let it take over a little bit by advancing that sensation of heaviness using your imagination.

As you imagine the arm getting heavier, notice that thinking about the heaviness creates a tendency for your arm to become heavier, feeling as if it is getting heavier and heavier. Affirm this by saying to yourself those words "heavier and heavier" repeatedly as you continue to let your imagination make the arm feel heavy.

As it feels as if it is getting heavier and heavier, also imagine the arm starts to very slowly, but surely move downwards. Tell yourself what that feels like, tell yourself using your internal dialogue in your own head, feeding back as you did earlier. State to yourself that your arm is moving downwards.

The heaviness in your arm grows with your continued imagination of such and as it grows and feels heavier, so you want to also become more relaxed, more comfortable and at ease. So imagine that each movement of your arm going downwards starts to make every other muscle in your body more relaxed and comfortable. Continue paying attention to your arm all the time as it feels as if it is getting heavier, you imagine it getting heavier, as it moves downwards, so you relax and now start to tell yourself you are going deeper into hypnosis.

Tell yourself this with volition, do not allow other thoughts in to distract. Repeat that sentiment, relax with the sentiment (too much effort or stress can impede the progress you make) and repeatedly tell yourself you are in hypnosis as you focus on the arm moving downwards and the body relaxing everywhere else. You might notice your breathing changing as you relax more, if so, enjoy that and tell yourself that it is happening.

You are creating a chain of progressive things occurring here:
Imagine your arm is moving lower and feeling heavier in order to show you how deeply hypnotised you are becoming and how much more relaxed you are right now.

Just as you think your hand is going to reach the chair or your lap or anything else, move on to the next step.

**Step Four:** When your hand reaches your lap, it rests, it relaxes and flops into a comfortable position where the relaxation continues to spread through your body. Imagine the newly experienced relaxation in the resting arm spreading to everywhere else. Maybe even let out an audible ‘sigh’ as the arm reaches the lap or chair and then enjoy the relaxation developing from it.

Use words like “relaxing” and “comforting” to describe your ongoing experience and enjoy the arm no longer being heavy, just relaxed and feeling so good. Continue to affirm that you are drifting deeper into hypnosis, and you can commence with the latter stages of the self-hypnosis session.

You then follow the other steps from B through to E as explained later.

### 3. Using Magnetic Palms To Induce Hypnosis:

This is our third way of inducing hypnosis, still on step A of our A-E steps of our self-hypnosis session protocol.

Many street hypnotists and stage hypnotists use this process for inducing hypnosis and preparing people for hypnotic induction. I have seen many professionals use this kind of process when hypnotising others. Here, I’m explaining how to use the same process to induce self-hypnosis.

This is all about ‘magnetic palms.’

Before hypnosis was officially even called hypnosis, before it existed in the way we know it today, Mesmerists used to believe that there was an invisible magnetic energy that flowed through each and every one of us. Out of that era came a number of tests that are used today within the field of hypnosis and though they really have nothing to do with actual magnetism, they are really useful in developing hypnotic responsiveness, and tuning up self-hypnosis skills.

This process of ‘magnetic hands’ is very simple to do, you just hold your hands out in front of you with your palms facing each other, just 10-20 centimetres or so apart. The aim for you is to then use your imagination and self-hypnosis suggestions to get the hands to move together without actually closing them in a usual deliberate manner.

It won’t happen magically and there is not actually a Mesmeric ‘magnetic force’ pulling your hands in towards each other. Your muscles still do that for you. It is just that instead of you moving them in a voluntary, deliberate fashion as you usually would, you are now using your imagination and a number of different
sensations instead of conscious control. As with the vast majority of self-hypnosis skills, this requires some practice to help develop fluency and overall betterment of your self-hypnosis.

Firstly, on a physical level, if you position the hands 10-20 centimetres apart and have your arms relaxed and at ease, with your eyes fixed on the space in between them, gravity will help them to feel as if they are drawing in that direction.

If you rub the hands together immediately prior to doing this, really rub them together fast and generate some heat in the palms, then the heat in the hands and the ‘energy’ created from that movement will enhance the physical tendency for them to feel as if they are drawing closer together anyway. To really advance this in order to subsequently advance your self-hypnosis skills though, you need to engage your thoughts and imagination.

This can be done in a wide variety of ways, but I recommend you start by imagining that there is a magnetic force pulling your hands together. Imagine that you can feel it happening, as if it is a distinct sensation all of its own that is drawing the hands in. You might also say to yourself the words “my hands draw closer together with each breath I breathe” to advance the flavour of the action happening in response to your imagination. When you say it to yourself, absolutely convince yourself of the hands being drawn together, say it to yourself in such a fashion that makes you believe in it 100%.

For those that prefer something more visual, you might like to imagine the ‘magnetic force’ as a light or a colour that aids the process of drawing the hands in together. Or you may wish to imagine that string is tied around the hands and is being pulled tighter as the hands draw closer. You could imagine someone pressing the backs of the hands and they are getting closer. Basically, anything that you can imagine that would force the hands closer together, make it as vivid as you can and let the process happen.

Keep the remainder of your body relaxed and be fascinated in the process, enjoy it and it’ll be much more effective as you will not be clouded with any unwanted feelings or thoughts.

Expectation is incredibly important with this self-hypnosis induction. If you expect certain outcomes, they are more likely to occur. If you expect the hands to move closer together, then they will. Be positive about it, really expect it to happen and engage your imagination as best as you can and you’ll start to develop your self-hypnosis skills for use in a wide variety of other ways.

When the hands touch together, then let them drop into your lap and you proceed with steps B through to E that are coming up.

4. Hand To Face Induction:

This induction process for self-hypnosis is actually a great one and is a bit more advanced than the previous three, it is also more demanding. The reason is that
often we use nature to advance our imagination. For example, imagining your arm is getting heavier when you hold it outwards is easier to do as it would perhaps feel heavy anyway as a result of gravity and the slight strain of doing so, the same goes for imagining your eyelids getting heavier when you use an eye-fixation process. This technique involves some fixation, it eventually utilises nature but importantly requires some really purposeful use of your imagination.

Within this process, you are required to engage your imagination and to elicit some ‘hypnotic phenomena’ within yourself. If your internal dialogue or belief start to defy your imagination, then quiet it by imagining a volume control of your internal dialogue (and turning it down, obviously), or simply dominating your cognitions with progressive, supportive thoughts and ideas as you have been repeatedly encouraged to do already. Follow these simple seven steps for the hand to face induction method:

**Step One:** Of course you want to be in a place where you are going to be undisturbed for the remainder of this session. Be sat in a comfortable, upright position, ideally with your feet flat on the floor and your arms uncrossed. Be in a receptive posture, and not slouched, your posture will help you to engage with the process and be attentive to it.

Have your hands resting in your lap, upon your legs with the palms facing upwards. Once you have got yourself into this physical position, then you keep your eyes open and proceed to step two.

**Step Two:** Keep your head in the same, still position while you look at your hands. Focus all your attention, all your awareness and gaze attentively at the palms of your hands resting in your lap, whilst keeping your head completely still, just moving your eyes to look at them.

As you look at them, start to be mindful of your hands. That is, notice any sensations within them, which there are likely to be more of when you really focus and heighten your awareness. Notice the temperature of them, are they hot or cold or somewhere in between? Are they perfectly still or is there the tiniest fraction of movement within them? Notice the details of the lines in the hands.

When you are really mindful of your hands, move on to the next step.

**Step Three:** Now focus your attention upon your dominant hand and the expectant idea that the arm will rise. Let that thought dominate your mind and expect it to rise.

Behaviourally, consciously press the back of the hand down against the leg (or whatever surface it is resting upon) and then as you start to truly imagine the arm lifting up, stop pressing down and focus all your attention on the initial sensations of lightness naturally created when it is slowly released and allowed to rise. Stare at a fixed point on that palm, the palm of the hand that now feels lighter than the other. Enjoy the fact that it feels lighter than the other for a couple of moments.
Now start to imagine it is feeling lighter with each breath that you breathe. Almost as if each inhalation is making the hand and arm feel as if it is getting lighter and lighter. You have to really engage your imagination and believe that this is absolutely the case. Each breath you breathe in, let it (the hand) draw closer to you.

Use your internal dialogue and cognitions to dominate your thoughts while you imagine this and say to yourself with real purpose and volition “my hand is feeling as if it is lighter and lighter” and keep repeating it as you imagine your hand moving toward your face. Keep repeating the phrase with real meaning, keep engaging the imagination and as soon as you get a tiny movement of any kind upwards with the hand, then move on to the next step.

**Step Four:** Now engage your imagination further by imagining that in the palm of this lighter, slowly moving hand is an incredibly powerful magnet. A really incredibly powerful magnet. Imagine a second magnet is on one of your cheekbones and that it is attracting the palm of your hand closer and closer.

Watch as the magnet pulls the hand toward your face. Stare at the palm of the hand, imagine it is moving more purposefully towards your face as the magnet pulls the hand to your cheekbone. Some people like to imagine that they can see some sort of magnetic force that is present and is drawing the hand closer to the face. You can do this if you want to.

Now start to engage your internal dialogue, again suggest to yourself using an affirmation; “the magnetic force is pulling my hand to my face” and repeat it with meaning, say it to yourself like you really believe in it 100%. Over and over in your mind as you imagine that magnet and the magnetic force pulling the hand to your face in easy movements at a pace that is right to you.

**This is key:** Now make an important distinction, think carefully as closely as the hand moves towards the face; work out if the hand is being pulled more strongly by the magnet in the palm or the magnet on your cheekbone. Make sure you can tell where the magnetic force is stronger. When you know that, move on to the next step.

**Step Five:** Continue to engage really purposefully with all the above steps and watch the hand move closer to the cheekbone, and as you watch it arrive beneath your eye line, let your eyes continue to look downwards and then just close as any part of your hand gently touches your face. As your eyes close, take a deep breath and imagine the magnetic force is cut. Imagine that as your eyes closed, the magnets were switched off in some way.

With them switched off, notice how your hand and arm feel heavier and heavier and you tell yourself that the arm feels heavier and heavier and imagine it floating slowly back to its original position on your lap. Imagine it drifting back down and as you imagine that, let it relax, feel heavier and tell yourself “as my arm drops,
so I go deeper and deeper into hypnosis” and keep repeating the words “deeper and deeper” as the arms floats all the way back down to the lap.

Let each exhalation increase the heavy sensation as the arm drifts to your leg where it began this exercise. Once it reaches the lap, as it touches, exhale deeply and let the relaxation in that arm spread throughout the body and then move through steps B to E that follow later in this chapter.

5. The Coin Drop Self-Hypnosis Method:

Although I’d recommend you start practicing by using the eye fixation process, as you practice, you might like a bit of variation and likewise, when we have some choice, it may be that we enjoy certain processes more than others.

Here I offer you another really lovely methodology of inducing self-hypnosis that I have been practicing with for a number of years and that I have used with clients in my consulting rooms too. It is entirely inspired and based upon a technique shown in The Oxford Handbook of Hypnosis (2008, p. 494) and I have tweaked it for use in self-hypnosis sessions instead of hetero-hypnosis situations.

To hypnotise yourself this way, you’ll need to have a coin of some kind and then follow these simple steps:

**Step One:** Get yourself seated in a balanced position with your arms and legs uncrossed and your feet flat on the floor. Be in a relaxed, but attentive posture. Hold the coin in your dominant hand, then take a couple of deeper breaths and on any subsequent exhalation, allow your eyes to close. Be really aware of the sensation of the coin in your hand, then let your breathing happen all by itself without you interfering with it and move on to the next step.

**Step Two:** With the coin in your hand, hold your arm out straight in front of you. Engage your imagination and start to tune into the warmth of the coin in your hand. As explained earlier in this book, start to use your internal dialogue throughout this process to create a running commentary of what your ongoing experience is. Tell yourself that you are aware of the warmth surrounding the coin.

Throughout this process make sure that you absolutely convince yourself of each step before proceeding. Noticing the warmth of the coin, move on to the next step.

**Step Three:** Convince yourself and truly allow yourself to believe that this coin is magical in some way and has the same properties as a balloon. Imagine that each breath you breathe is inflating this ‘balloon coin’ and it is expanding more and more surely. Really imagine it inflating in the palm of your hand, so that your hand starts to open and unwrap. Imagine the coin balloon is getting comfortably warmer and is expanding more and more.
Notice that your fingers begin to open up and tell yourself that you can feel them opening up all on their own. The more you imagine it and tell yourself, convincing yourself, the more it happens naturally. Imagine the pressure building in the palm of your hand and as you start to notice the changes happening and your fingers moving, then move on to the next step.

**Step Four:** Now use your breathing rhythmically while you count from ten down to zero, relaxing more with each breath, relaxing more with each number you count and with each breath and each number you count, continue to imagine the balloon coin expanding, inflating, getting warmer and your fingers opening, your hand opening more and more.

Tell yourself that all the time it takes for you to count down to zero, is all the time it takes your fingers to fully open and for the coin to drop on to the floor. Once you have started to count, start to also think and let yourself be aware that the coin may drop. As soon as the coin drops, that is your indicator that you are hypnotised, you are responsive and your imagination is influencing you beautifully.

With the coin dropped, you can now move on and through steps B to E that are coming up.

You can use this situation you now have to start to imagine that without the coin supporting your hand, it is getting heavier and more tired and wants to float back down into your lap. Much like you did with the heavy arm method. Except this time you use it as a deepener, which will make more sense when we get to that part of the process (Step C).

You simply think something along that lines that all the time it takes your arm to drift and float back down into your lap is all the time it takes for you to go deeper and deeper down into hypnosis. Tell yourself you are going deeper and relaxing more as your arm gets heavier and floats back to your lap. Once it reaches your lap, you might like to sigh or imagine the relaxation spreading from the arm into the remainder of the body and engage in a progressive relaxation if you require it.

**6. Chiasson’s Induction Method Applied To Self-Hypnosis:**

Many of the previous five processes have shared underlying themes of attention fixation and ideo-motor responses, and so having developed hypnotic skills, techniques like this one should slot in nicely with your other methods. I’d recommend that you start with more basic and fundamental processes before moving on to a process like this one for inducing self-hypnosis.

Whilst researching for an article some years back, I was directed to a chapter in a book by Golden, Dowd and Friedberg (1987) which fell open on a page about hypnosis inductions. I fell in love with this technique for a number of reasons.
Firstly, it includes what Barber (1974) would refer to as ‘coupling’ as it uses natural physiological responses to gravity, and naturally occurring physical reflexes alongside imagination and self-suggestion to reinforce the response you are after. This will become more apparent when we get on to the technique itself. This technique utilises the fact that your fingers tend to spread apart when they are being held together tightly, and that when you breathe, your arms move in line with it, which this technique uses for aiding arm levitation.

As always, you must be responsible for engaging your own imagination, and being assured of yourself throughout, expecting the outcome without putting too much effort into it; convince yourself of the process occurring. This sixth technique also has an inherent deepener so step C may not be necessary if you used this particular induction method. Simply follow these steps:

**Step One:** In a place where you will not be disturbed for the duration of this session, be sat upright, with an attentive posture; crown of the head facing the ceiling, shoulders relaxed, feet flat on the floor and hands not touching each other resting on your lap.

We are now ready to begin, so proceed to step two.

**Step Two:** Hold up your dominant hand, bring it closer to your face (i.e. do not lean your head towards the hand) until it is a distance of approximately 12 inches/30 centimetres away from your face, and pick a point on the back of that hand to look at and fix your attention upon. Notice how your vision can alter when you focus it and also notice the tiniest of details of that spot your are focused upon.

Squeeze the fingers of the hand tightly together (close them as tightly as you can) while you fix all your attention and focus upon the point on the back of the hand. Make sure there are not any spaces in between your fingers and they are being held tightly together (as much as is physically possible). Once you are tightly holding all the fingers together with your gaze fixed upon that point, then move on to the next step.

**Step Three:** As you keep your attention fixed upon that point, imagine that your fingers are spreading apart. Convince yourself of it happening; as you concentrate on the back of your hand, imagine the fingers are spreading apart.

Stop holding them tightly in together, let the movement start to happen naturally, watch the spaces between the fingers begin to widen and the fingers spread more and more, almost as if it is happening all by itself. Tell yourself it is happening using your cognitions, believe in it happening, let it become your reality as you imagine it happening and watch it happening right before your very eyes.

When the fingers are moving, then move on to the next step.

**Step Four:** You now start to imagine that each breath you inhale, your hand
moves closer to your face. Every breath that you inhale, notice your hand coming a little bit closer. Getting closer, being pulled inwards with each breath that you breathe in. Again, you imagine it happening, you convince yourself it is happening and just let it happen naturally. It is almost as if a force of some kind is pulling your hand towards your face.

Let the movements happen as you imagine it occurring with each breath you breathe, then as it gets closer, move on to the next step.

**Step Five:** As your hand draws closer, imagine your eyes getting more and more tired. Imagine how lovely it is going to be to simply relax your eyelids and let them close instead of focusing on the point on the back of your hand. Imagine your eyelids getting heavier as your hand moves closer and you are trying to keep focused on the spot that is drawing closer to you. It becomes more and more difficult to keep focused on that spot on the back of your hand, tell yourself that your eyelids are feeling as if they are heavier.

Then whenever you are ready to do so, let your eyes close. Notice the wonderful sensation of relaxation in the eyelids, and the relief it brings. Imagine the relaxation in those eyelid muscles now spreads through all the muscles of your face and through the muscles of your body. Softening the muscles and relaxing your entire body. Once your body starts to relax more with your eyes comfortably closed, move on to the next step.

**Step Six:** With your body relaxing so comfortably, start to imagine how good it is going to feel when you allow your arm to return to your lap and relax too. Imagine it is getting heavier as the rest of your body is relaxing deeper.

Now let your arm start to drift back down to your lap. Let it happen slowly and gently. Tell yourself that as it moves towards your lap, so you go deeper into hypnosis. Every breath that you exhale makes the arm heavier, you imagine it getting heavier and heavier and convince yourself that it feels as if it is getting heavier. As it drifts and moves to your lap, so you go deeper and deeper into hypnosis. Take all the time you need to complete your relaxation throughout the body, let the arm lower to your lap before you then move on to the final step.

**Step Seven:** You now follow steps B through to E as per the rest of the protocol (though with this technique, it has a deepener within it, so you may dispense with further deepening if you are happy to do so).

These are six fairly simple methods to practice step A and access hypnosis. Remember, step A is our cue to fully engage in our hypnotic mindset, we get focused, absorbed and begin our self-hypnosis sessions with the induction. Do not expect lightning bolts to fire from the sky and give you some definitive sign that you are hypnotised; remember, it is a mindset that you actively engage in, not something that happens as a result of the induction. As you practice and get persistent with it, you’ll start to notice the qualities of self-hypnosis and the signs will demonstrate to you that you are getting better and more adept at inducing
hypnosis. Now once you have done step A, you have induced hypnosis, you move on to step B.

**Step B: Being in control.**

With this step, you signal your intentions to yourself, you develop focus and you reinforce the hypnotic mindset. This is done very simply and quickly by using your internal dialogue and acknowledging that you are in control of the session. We are really taking a couple of moments to consciously develop our hypnotic mindset now. This gets you receptive and also has you taking charge in a progressive, determined way.

Simply affirm to yourself, something along the lines of the following:

*I am hypnotised.*
*I am in full control.*
*I respond to my intended suggestions.*
*I expect my intended outcomes.*
*I am protected from random thoughts, sounds and images.*
*I am focused.*
*The hypnotic responses are a result of my imagination, thoughts, expectancies and attitude.*

Say these things to yourself in a way that you believe. Convince yourself of the words and what they mean.

You acknowledge and impress upon yourself that you are indeed in hypnosis. You remind yourself that you are in control of the session. You give authority to your intended suggestions (or changework, as per the array of techniques and strategies following in this book), you reaffirm your positive expectancy and you state that you are protected from random thoughts, sounds and images that may occur while you are engaged in this self-hypnosis session. By protected, we really mean that you are not distracted by other thoughts that could interfere. It would be unlikely that other thoughts will not enter your mind, accept them and do not let them irritate or upset the process, let them pass and get focused on the tasks at hand.

Now that you have induced hypnosis with step A, and taken control with step B, you move on to step C.

**Step C: Continually deepening:**

There are a very wide range of deepening methods. The idea here is to deepen your perception of your hypnotic experience. Please note, you are not actually going deeper in a measurable fashion, it is a concept, a metaphor or a level of perception. Traditionally, it was suggested that the deeper you were, the better you would respond to suggestions or changework. However, it is very difficult to measure actual depth of hypnosis beyond individual responsiveness to suggestions.
Some of the techniques that you are going to be using in later chapters of this book will enable you to dismiss using a deepener as suggested here. That is because the technique itself has a structure that can substitute a deepener; you’ll be advised if that is the case.

This step is referred to as ‘continually deepening’ not just because the letter C fits in with my model (which is does very conveniently!), but because at times, when you are engaged and focused within a session, it might feel as if your hypnosis got lighter, or was less profound. If so, you can administer a deepener at your own discretion to deepen accordingly. You can re-establish your focus and get the session back on track if distracted for a moment. Thus, you continually manage your self-hypnosis session, by continually deepening as you see fit. You’ll learn to recognise when you might need to do that.

Many self-hypnotists that are just experimenting and exploring self-hypnosis often write to me or comment in class "I don’t think I’m getting deep enough into hypnosis." In reality, this is probably a red herring and the real problem is not the “depth of trance” but the lack of understanding by the individual. Virtually anything you attempt to do “in hypnosis” should work, albeit to a lesser extent, without the aid of self-hypnosis. Evidence shows this to be the case, as previously mentioned (Barber, 1965).

If self-hypnosis is not working at all then there’s more likely to be a problem with the technique or the way it is being applied, or the absence of the hypnotic mindset. In brief, you should should be flexible, and adapt your approach to your own preferences and requirements without becoming overly-fixated on the notion of “going deeper” into a ‘trance.’ Using the hypnotic skills training and inductions that include convincing elements will offer up much of what deepeners do anyway.

As we have abandoned the outmoded notion of “the hypnotic trance state” what exactly is being “deepened” in hypnosis if not hypnotic trance? In real-life terms, or if you look at a dictionary definition of ‘depth’ or ‘deep’ it is primarily an actual measurement or dimension downward, and that is not the case with hypnosis experience; you do not go anywhere that can actually be measured in those same terms. In the context of hypnosis and self-hypnosis, it is more the perception of the individual that is being referred to when it comes to depth. The “deepeners” that I’ll be offering up for use in self-hypnosis sessions can be put into one or more of the following categories:

**Role-involvement** This is whereby you simply tell yourself you are going deeper into hypnosis. When you tell yourself this, it implies that you should increasingly adopt the role of a more responsive person. We have looked at adopting the role of a hypnotised individual in earlier parts of this book. An example of this is simply giving yourself direct suggestions such as "I am going deeper and deeper into hypnosis and respond more to my intended suggestions."
**Relaxation.** These are techniques and processes to follow which deepen physical or mental relaxation, for example, the upcoming progressive relaxation techniques.

**Mental focus.** These are techniques and strategies which deepen mental absorption by focusing your own attention as much as possible. For example, really engaging with the mental imagery content of a session and even telling yourself that you are becoming more engrossed. For example, you might really engage in the colours of the scene that you are imagining and tell yourself the same thing “I notice the details of shade and light, the colours and distances of the things I focus upon in more detail.”

**Dissociation.** These are techniques and strategies whereby you subjectively experience (as suggested) a deepened sense of dissociation, for example, imagining that you are floating out of the place you are in, or suggesting that you are floating out of your body, etc.

**Expectancy.** These are techniques which deepen your expectancy and your belief in the process overall. This might include, for example, the types of convincers mentioned in our hypnotic skills and inductions sections such as the heavy-arm or eye-fixation technique.

With the model that we adhere to throughout this book, applying our hypnotic mindset, the need for a major distinction between the inductions and deepening techniques is not really necessary. To be honest, most of the deepeners can be used as inductions and many of the induction methods in step A could easily be used (or adapted) to be deepeners. Additionally, research suggests that deepening techniques seem to have similar levels of effectiveness across the board (Lynn & Kirsch, 2006, p. 62).

Here are a number of ways that you can deepen your subjective experience of self-hypnosis.

**1. Progressive relaxation:**

Before I explain how to use progressive relaxation as a deepener, I wanted to mention that this type of process can easily be used as an induction i.e. used as step A. As long as you have the hypnotic mindset and have a progressive attitude towards the process, it is fine to use this type of process, especially if you are going to be using the self-hypnosis for reducing anxiety or stress, for example, whereby the deepener becomes a healthy contributor to the therapeutic aim of the session.

There is a popular misconception that you need to be highly relaxed and ‘tranced out’ or ‘feeling sleepy’ to fully respond to hypnosis or to gain the most benefit from it. This is simply not universally true. Evidence has shown that people can be just as receptive to hypnosis when they are not at all physically relaxed (Banyai & Hilgard, 1976).
Lots of people I have encountered over the years tend to believe that if they felt ‘zonked out’ or were so sleepy during a session that they drifted off and did not remember anything, then this is somehow a good thing. They believed that this was evidence that they were hypnotised. Yet this is the stuff of myth and misconception. If you get yourself so relaxed you can hardly move a muscle, it is very unlikely that you are going to be able to respond impressively to suggestions of taking action, being energised, enhancing levels of motivation and increased enthusiasm. Whereas, if you are receptive, alert, attentive and focused you are going to find it much more effective altogether to achieve that sort of outcome. The literature shows that using hypnosis in an alert, upbeat and attentive fashion is often preferred by modern hypnotists when motivating depressed clients or enhancing sportsmen’s performance (Golden, Dowd & Freidberg, 1987). The same is true of the choices you make for your self-hypnosis sessions. If you are ‘zonked out’ and slouched, slumped and resembling a dribbling man who fell asleep on the train home, then you are unlikely to really have the physiology or the mental capacity to derive the inspiration for taking action to overcome a depressingly episode in life, for example.

Despite so many self-hypnotists thinking that their level of relaxation is somehow indicative of them being responsive to hypnosis, it is simply not the case (Golden, Dowd & Freidberg, 1987, p. 27). However, if your aim is to be really relaxed, then knowing that and believing in your ability to do so could well contribute to you being more responsive, because of your level of belief in your skills.

As a deepener and/or induction, you can engage in progressive relaxation in a number of ways:

1. You can simply breathe and say the word ‘soften’ to yourself as you think of the muscles of your body. Work your way through your body, using your awareness, starting at one end of your body and moving all the way through to the other end. This is a process I learned from Richard Bandler, one of the co-creators of the field of NLP (neuro-linguistic programming) when attending a seminar of his.

2. You can imagine a relaxing colour, and then spread that colour through your body, one muscle at a time. Tell yourself that as the colour spread, it relaxes the muscles.

3. Imagine light and/or heat spreading through you, relaxing you deeply.

4. Imagine that you are a rag doll and that your muscles are loose, limp and dormant.

5. Imagine being close to a heat source that spreads throughout you.

6. Imagining tensing specific muscles as you inhale and then relaxing them as you exhale. Doing this systematically starting at one end of the body and finishing at the other end.
There are many, many other ways to use progressive relaxation. Just use whatever process you know of to deeply relax and allow your body to be more and more relaxed. In a later chapter in this book, we focus on relaxation and you’ll be shown how to use a very particular method of relaxation for desensitisation purposes that can also be used as a deepener.

2. Imagining Going Deeper:

The most obvious way to deepen hypnosis is to use the classic types of means and use mental imagery that involves going deeper; skiing or trekking down a mountain, going down stairs, drifting into outer space, diving deeper into the sea, walking deeper into a landscape of your own design.

You could simply spend time imagining being in a favourite place, or you might also imagine watching the numbers in your mind as you count downwards and backwards from 100 down to 0, telling yourself that each number takes you deeper. Counting backwards is used within a lot of research.

3. Quiet The Mind– Bubble Time Deepener:

Simply follow these steps:

**Step One:** Induce hypnosis and take control as we did in steps A and B.

**Step Two:** Now imagine a large body of water of some kind. This can be an ocean, a sea, a lake, a river or even a large pool of some sort. A lake would be ideal for the first few times you use this process as it is more still and has less movement occurring within it that lends itself well to the very nature of this type of session.

As you imagine that large body of water, imagine being sat on the bed of it, the floor of it and use your imagination to let you breathe easily and comfortably. Just be mindful at this stage. Observe yourself, your breathing and don’t try to change anything and don’t try to stop anything from changing. Sometimes thing change just by being observed. Enjoy some quiet. Just be comfortable imagining this rather unusual idea that you are breathing comfortably and easily whilst sat at the bottom of a large body of water.

When you have got comfortable with that notion and are imagining it as clearly and vividly as possible, move on to step three.

**Step Three:** After any period of mindfulness and quiet reflection occurs, eventually a thought is likely to cross your mind. As soon as any thought enters your mind, watch and imagine a bubble rising out of the ground, rising up to the surface of the water.

So if and when any image, sound, dialogue or thought comes into your mind, you watch and see a bubble rise up out of the water bed, it then floats up and up and
you watch it go out of view as it reaches the surface of the water.

Imagine that the bubble is the thought and that you simply let go of the thought as the bubble drifts and floats far away. The thought then leaves your mind quiet and peaceful again. Continue doing this for a few moments. As you continue to do this, tell your self that with each bubble that floats up, with each thought that dissipates, and with each breath you breathe comfortably at the foot of this body of water, you go deeper and deeper into hypnosis.

You might simply say the words “deeper and deeper” (for example) to yourself as a deepening mantra and a means of keeping the mind still while letting go of any other thoughts as bubbles that float up and away. Once you have got comfortable doing this, move on to step four.

**Step Four:** Let the bubbles rising and floating away be mirrored with your breathing rate. That is, create the bubble and get it rising as you inhale. Then as you exhale push it all the way out of the water and into the air to dissipate. Some thoughts may persist and continue, in which case, be patient and accept the repetition and keep repeating the process gently and easily as you breathe gently and deeply.

Do not judge or try to interfere with the thoughts you have. Just notice them, watch them happening, accept them and then let them go by imagining the bubble. Allowing each facet of this mindful bubble process to take you deeper into hypnosis. As you go deeper and once you have done this for a comfortable period of time, move on to the next step.

**Step Five:** Once you feel that your hypnosis is of a sufficient depth, then you continue with your change work or self-suggestion as you would do usually before moving on to the final step. Though this entire process can be done simply to derive the benefits of mindfulness and enjoying a quiet, relaxed and peaceful mind for the duration of the session. (We discuss mindfulness in more depth later on in this book too)

**You then follow steps D through to E** and open your eyes to bring this session to an end.

**4. Mind’s Eye Deepener:**

One of my favourite deepening processes in hypnosis is one I first read about in the book *Trancework* by Michael Yapko, and is called the mind’s eye closure. I like it because it is fairly quick, really does the job of deepening well and helps in a variety of ways with the session. The technique involves imagining the presence of a “mind’s eye” as the (albeit metaphorical) part of our mind which thinks and imagines stuff even when our body is relaxed, comfortable and still.

This imaginary mind’s eye also has imaginary eyelids that we imagine closing (similar to an imaginary version of the eye fixation we learned about earlier in this chapter). You guide yourself and imagine the mind’s eyelid getting heavier,
for example and you then extend the metaphor so that this (imaginary) eyelid closing also helps the mind to go quiet and be less distracted. It is great to use if you are about to engage in hypnosis following some time in a busy environment, or if you are a little fidgety at the beginning of a session, for example.

Following steps A and B, you then imagine that you have a mind’s eye that is responsible for your mental imagery and thoughts. You imagine that this mind’s eye has an eyelid and just like your physical eyelids, it can also close. You then imagine it getting more tired and gradually closing. You tell yourself that as it closes, it also closes out stray thoughts and images that may have distracted you and allows you to focus on the important aspects of the session. You tell yourself that you mind is getting clearer and more peaceful.

I think it goes well following an eye-fixation technique as you will have an orientation of the eyes throughout.

5. Hypnosis Revivification - Revivifying Previous Hypnosis:

Ok, so to say the word revivification does make you feel like you have a stutter and sound a bit like Arkwright from Open All Hours (those of you in the UK old enough to remember the TV show anyway!), however, it remains a very powerful and simple way to deepen or induce hypnosis.

Disappointingly, my huge dictionary only has revivification noted as the noun for the word revivify. I may have to go and get myself a new one and revive my dictionary collection. However, my wordchecker keeps correcting my typing errors, so it knows that such a word exists. The word revivify in my dictionary means the following:

*To give new life or spirit to; revive.*

Which does beautifully explain the notion of using revivification for the purpose of deepening or inducing hypnosis. Revivification utilises a person’s previous experiences of hypnosis or other similar types of experience, such as times when you have been highly focused, absorbed or progressively expectant, for example.

The classic experiences you can choose to elicit are those that are predisposed to have hypnosis present. For example, experiences that are similar to hypnosis that you have been in before; times of great fascination/absorption, times of intense learning and so on. Of course, if you have experienced hypnosis formally on one or more occasions before, then you can use that previous experience of hypnosis to revivify in future self-hypnosis sessions too.

**Step One:** Having gone through steps A and B, now have a think and tell yourself how you know when you have been totally absorbed in something? Or simply remind yourself of what you like to do to relax. If you have experienced hypnosis before (hetero-hypnosis or self-hypnosis) then you can recall an occasion when you experienced hypnosis.
**Step Two**: Now start to imagine that occasion, and narrate it. Simply describe when, where, with whom, what happened and so on; giving a detailed account of it happening as you imagine it in as much detail as possible. This in itself can begin to deepen your experience.

**Step Three**: Now start to move the scenario from the occasion ‘then’ and move it to ‘now’ with your commentary. Instead of describing that past experience as you previously were by saying things like *‘I was sat with my attention fixed on the telly, and I felt connected with the characters’* you now start to bring it into the ‘now’ and describe (you are actually suggesting it to yourself) the same feelings as occurring right now, made relevant to your self-hypnosis session. For example if you had previously said the previous sentence about being sat fixated on the telly, you could now say *‘I am absolutely absorbed and fixated on this self-hypnosis experience and really feel connected to it.’*

You start to also shift the focus of your words from external descriptions of the setting and situation, to internal elements, sensations and thoughts to move the focus inside of you and point your attention inward.

“So as I was sitting on the sofa, watching the television listening to the music on the show, I am now feeling deeply relaxed and absorbed in this self-hypnosis session.”

**Step Four**: You can then start to give suggestions to build, develop and magnify those feelings you experience and tell yourself you are going deeper as those feelings increase. Remember to add belief and maintain your hypnotic mindset and those attitudes throughout.

That is revivification. Complex name, very simple process.

**6. Perfect Hypnotist and Mirror:**

One of my favourite ways to deepen hypnosis when working with clients in my therapy rooms is this process. It is a great self-hypnosis induction or deepener as it requires the imagination and personal interpretation of the individual. It is best used when you have some experience of hypnosis as you’ll benefit from being able to refer to previous experiences and understanding what your own experience of ‘deep hypnosis’ actually means to you.

Once you have gone through step A and B, then you imagine being sat opposite a mirror and you look into that mirror and see your own reflection. I recommend that you allow yourself enough time to imagine the reflection in as much detail as possible. As you see yourself in that mirror, imagine and notice the things that tell you that you are deeply hypnotised. What is it that tells you that you are going deeper and deeper?

The beauty is, that as you see yourself in the mirror going deeper and being more absorbed in your self-hypnosis, you can realise that in order for that mirror reflection to be that way, you must be that way yourself now. With that realization, start to behaviourally and cognitively adopt those things you see in
the mirror. There you have it, you have very simply deepened the hypnosis. You choose whatever is convincing to you. You then generate the observable signs in the mirror reflection.

I often taken this notion a step further. For example, having induced hypnosis, you can even imagine that you in the company of the perfect hypnotist for you in every way. The hypnotist speaks in the way that resonates best with you, that you find easiest to connect with. See the scene and the hypnotist in as much detail as possible to advance your focus and absorption. The nuances, tone and language you observe and notice all enhance your absorption and you expect desired outcomes as a result.

Basically, you construct and create their your ideal hypnotist and use your imagination to transfer those qualities, using your imagination, onto what you are doing and how you are conducting the self-hypnosis session. Let it enhance the already much mentioned hypnotic mindset. One might imagine that you have a fabulous rapport, trust and expectancy with the hypnotist, but all the time remembering that you are the one responsible for generating all the hypnotic effects.

If you do not have a good idea of what this would be like, then you could go and have a look at my YouTube channel and use some of the one-to-one clips that I have there as material for your imagination.

7. Posthypnotic Suggestion and Re-Induction:

Additionally, I wanted to add one more thing before we get onto step D.

The means of deepening hypnosis that I am writing about here today is referred to as refractionation by many and also goes by other names. It is particularly useful within a hypnotherapy session as we hypnotherapists tend to work with people whose presenting issues can detrimentally effect their ability to concentrate or focus well; this process enhances concentration and focuses attention very well.

This type of deepening process is virtually the same as the induction process often referred to as fractionation, the kind cited in a Dave Elman (1984) style of induction; a very popular form of induction used by hypnotherapists in clinical practice.

The process of refractionation is whereby the hypnotherapist or hypnotist delivers a suggestion to the client who is already hypnotised. The suggestion is that they can be hypnotised quicker and deeper. That individual is then brought out of hypnosis, fully emerged, and following a brief chat is hypnotised again. The ideal response is that they are now hypnotised quicker than before and have a perception of it being deeper. This process is then repeated a number of times with each occasion being hypnotised lasting slightly longer than the previous one.
Each period spent in hypnosis teaches and demonstrates to the client how easy it is to be hypnotised, and it trains them to get better and more effective at it. On occasion, some stage hypnotists have used similar notions as a means of being able to click their fingers whilst directly suggesting the person "sleep!" as they immediately respond and go into hypnosis, giving an impressive display for the audience to be wowed by; sometimes not knowing that the process has been practiced and re-induced to reach this speed prior to the show beginning in earnest.

Many hypnotherapists set up and use what is referred to as a "cue word". This kind of a cue is associated with the rapid entering of hypnosis and applied over and over so that upon being used in future sessions, the client can immediately go to that level of hypnosis attained previously. The hypnotherapist then has a posthypnotic suggestion that can be used in future sessions and can spend a lot less time inducing hypnosis and more time engaging in the hypnotherapy.

I would hasten to add that many cues actually exist inherently anyhow. I find many of my clients simply react a certain way to sitting in the chair in my consulting room. Or if I change my voice or dim the lights in a way that indicates the hypnosis part of the session is going to occur, in line with words used that have been used before when the client was hypnotised.

This really is basic stuff as far as hypnotherapy goes, but as with so many things in life, the simple tend to get overlooked and not appreciated enough when so much time is spent in awe of the complex alternatives. For a self-hypnotist, entering and re-entering hypnosis repeatedly, telling yourself you are going deeper each time, telling yourself that it is easier each time helps develop skill and ability to enter hypnosis in a way you perceive to be deeper. When you are in what you consider to be deep hypnosis, setting up a 'cue-word' is just as easily done; “each time I repeat the words ‘deeply hypnotised’ I return to this depth of hypnosis”. Then, each time you enter hypnosis, you simply use those words that you have become conditioned to, to go deeper into hypnosis. Use your own preferred words or phrase though.

8. Dissociation Example:

Remember that gag? "What do you do if you see a spaceman?" .... “Park in it man.”

Well with this deepening process, we are going to use self-hypnosis to go into space. It is just one way of using dissociation and you can adapt the rationale and apply it in other ways too.

I recall one of the first times that I had the age-old notion of ‘The View From Above’ shown to me within the Meditations of the Emperor Marcus Aurelius and I often use it in therapy sessions with my clients to help them get a sense of perspective. Though this process can be used for therapeutic gain, it is really being used here as a deepener.
**Step One**: Having gone through steps A and B, develop a heightened awareness of yourself. Become aware of your body, the sensations within it, your breathing, and just observe yourself in this moment. Don't try to change anything, just watch and observe yourself in this moment. Become so aware of yourself that you can imagine what you look like in that position that you are in.

Then imagine that you are watching yourself as you relax in that position. When you are aware of watching yourself as you relax in that position, as if you are seeing yourself from the outside, then move on to the next step.

**Step Two**: Now as you look at yourself start to float upwards and away from your body, leaving it there in the chair. Leave the building your body is in and as you float up, imagine going deeper inside your own mind and all the time going higher. Start to notice the surrounding area, notice the life going on and the movements of traffic.

Then start to notice more of the landscape as you travel higher. Start to see the larger land mass and even the coastline as you travel higher, you see less detail of the streets and more of the general surrounding area.

As you float higher, move through the clouds and beyond the atmosphere and take all the time necessary to float up and into space until the entire planet Earth is there is front of you that you can look at in all its beauty and magnificence. Notice the colours of the planets, the clouds around it and see it from here in space. Spend all the time necessary to do this step in a thorough and enjoyable way, making sure that you notice the different perspectives as you move further away from that point where your body remains.

When you have done this, move on to step three to do so.

**Step Three**: From this place in space, totally removed from the planet Earth, viewing the earth and all the life that exists within it from this place in outer space, start to imagine you are sharing and benefiting from the wisdom of the universe. That you are gaining insight, wisdom and perspective from being here in space for a while.

There are more advanced ways of using this process for therapeutic gain, but as a deepener, that is all that you need to do. You may want to include a journey involving you floating back down to earth when you are about to exit hypnosis too to help you reorient.

You can use a combination of these deepening methods, understanding the principles of the processes recommended here will enable you to create and develop your own ways of deepening too. There are going to be some mindfulness processes recommended later in this book which could also be used for enhancing your awareness of the moment and enhancing absorption. They do have a good deepening effect that could be employed at step C stage of your self-hypnosis sessions.
Having adopted our hypnotic mindset, induced hypnosis, taken control and then deepened, we now move on to the next step in our five-step self-hypnosis protocol.

**Step D: Deliver suggestion or do changework.**

Throughout the remainder of this book, you are going to be given a wide array of techniques, methods, strategies and processes to do at this stage of your self-hypnosis sessions. Once you have induced hypnosis, taken control and deepened (if you needed to) you then get to the important part of the process, which is the changework, the process that is going to advance and contribute to your well-being in some way.

This is going to include self-suggestion, affirmation, mental imagery, cognitive strategies and a range of other processes and protocols supported by evidence. For now, it is important to simply know that you do this in a way that adheres to the hypnotic mindset and in a manner that has an appropriate level of enthusiasm.

**Step E: Exit from hypnosis:**

E stands for Exit or Emerge. It is not referred to as awakening because you have not been asleep and we want to make a distinction from sleep altogether.

The exit process given here should be done at a pace slow enough for you to fully reorient yourself. Probably the most important part of this process is actually telling yourself you are coming out of hypnosis and having an obvious intention to come out of hypnosis.

As we have distanced ourselves from the notion of a ‘special hypnotic trance state of altered consciousness’ you might wonder what it is that we are actually exiting here, what are we emerging from? Throughout a self-hypnosis session you will possibly experience a range of different physiological sensations and other changes as a result of the suggestions given and the use you have made of your imagination. If you have used dissociation deepening methods, or imagined being in a different place, then you will benefit from reorienting yourself to your actual surroundings. Even if you’ve been greatly relaxed, you want to then reorient to being your usual, alert self as you go about your day.

You conclude the self-hypnosis session by simply counting from 1 to 5. You can count aloud or in your mind. Whichever way you do so, when you count 5 and open your eyes, you signal the end of that self-hypnosis session.

Each of the numbers can represent a number of different things, so you might like to consider that the first few times you exit hypnosis, you even tell yourself the following:

*As I count from 1 to 5 I am coming out of hypnosis. I am emerging and exiting this self-hypnosis session.*
When I count 1, I have full control, flexibility and coordination throughout my entire body, from the tips of my toes to the top of my head, from the tips of my fingers and thumbs to my shoulders. Any feelings of lightness or heaviness return to their true and correct perspective.

Here we have put all our bodily sensations back as they should be. Sometimes, prolonged stillness in hypnosis can, for example, alter our sensations of lightness and heaviness in our limbs, and some of the inductions we use may have altered sensations and perspective that we want to return to usual.

When I count 2, I position myself back in the place where I entered hypnosis, remembering and recalling what was to my left and right, above and below, remembering and recalling some features of the place.

This is important if you spent some time in a favourite place or used your imagination vividly to imagine being somewhere else. Some of the mental imagery techniques we use later in this book require you to imagine rehearsing coping skills when being somewhere else in your mind, for example. You are ensuring that you reconnect with the place that you are actually in once again.

When I count 3, all sounds return to their true levels of importance and have the correct perspective.

Some people find that, while in hypnosis, their hearing can become altered slightly. For example, a lady I once hypnotised commented that my voice seemed like it was background noise even though I was sitting right next to her and that the traffic outside seemed louder. Our focus can sometimes make sounds seem different. Likewise, a strong imagined experience can have our hearing tuned differently potentially, so we like to make sure that is all back in place too.

When I count 4, I am keeping and bringing with me all the wonderful benefits of this hypnosis session.

All the good stuff that you have worked on in the self-hypnosis session can now be brought back with you into your real-life. Make sure it is integrated and is not left in the domain of hypnosis. Evidence suggests that you'll enhance the suggestions used in the session if you tell yourself that they'll be effective when the session has come to an end.

When I count 5, I open my eyes to be fully emerged and out of hypnosis.

You then count from 1 to 5 and open your eyes. That particular session is completed. I strongly suggest that you revisit this chapter now and run through the A to E protocol, practice the various inductions and deepening skills, then you are ready to start using it all for the upcoming ways of advancing your well being.

This chapter has explained the A-E step-by-step protocol: Access hypnosis, being
in control, deepening, delivering suggestions (or engaging in mental imagery or
other cognitive strategies) and then exiting. Remember throughout to apply your
progressive hypnotic mindset and we are then ready to start applying self-
hypnosis for beneficial and therapeutic change and enhancement of well-being.
I’d recommend that you do not continue with latter parts of the audio
programme until you have practiced with the early sections and got the A-E
protocol down to a tee.
References:

Within the audio programme, a number of works, studies, pieces of research and books are referred to, here is a comprehensive list of everything referred to throughout the programme:


From above book:

The relation of self-reports of hypnotic depth in self-hypnosis to hypnotizability and imagery production (pp. 147-159)

Representations of self-hypnosis in personal narratives (pp. 115-121)

The role of imagery in self-hypnosis: Its relationship to personality characteristics and gender (pp. 135-146).


Rhue (Eds.), *Theories of hypnosis: Current models and perspectives* (pp. 324-361). New York: Guildford Press.


Oral surgery Oral Medicine Oral Pathology, 93, 429-434.


