The Secrets of Self-Hypnosis: Your Masterclass Ebook

The Specialist Techniques

By Adam Eason

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Chapter 1: Introduction

Ok, hello and welcome to the Self-hypnosis master class specialist techniques and extra strategies galore ebook.

I hope you are not being impatient... That is, I hope you have listened to all of the volumes of the entire audio programme before reading this. First and foremost, to get the most from this entire collection of Self-Hypnosis mastery tuition, you need to have listened to everything and browsed through the accompanying basic manual.

Once you have done that, practiced going in and out of hypnosis and actually heard me explain the techniques in this ebook – then (and only then) should you be reading this lot.

Up to this point then, I have given you the basics, then a handful of advanced applications, then lots and lots of different techniques and strategies, these are a collection of many different ways of using your self-hypnosis, learning to be creative, flexible and different with how you are using your self-hypnosis. Now they are here for your easy reference and application – in writing.

“Gee... Thanks Adam”

During the next 23 chapters, I have put together for you lots of unique and fun ways of applying your self-hypnosis skills. I use a lot of my own experiences to illustrate the techniques and strategies and I recommend that you be flexible with them – each one I have put into step-by-step processes, so that you can follow along and heck, you can alter and change them as you go along too if you like.

As with everything we have been learning, continue to do these things in the way that works best for you. I am presupposing with all the techniques from here onwards that you know how to go into hypnosis, deepen that state and direct your own mind accordingly. Throughout these techniques, I am just going to be saying that you should get yourself into a state of hypnosis and then take it from there with applying the technique.

Here we go then, lets roll our sleeves up and get on with it, shall we?

Have some fun my fellow master of self-hypnosis....

With my very best wishes to you,

[Signature]

Adam Eason
Chapter 2: Going Inside Your Brain

I have spoken about it a couple of times throughout the early stages of the masterclass programme, you highly evolved masters of self-hypnosis are well and truly familiar with the notion of 'doing things differently'... that is, I recommend that you do different things in your life for your own personal development.

I am not going to write about that again today, however, I do many things differently in my week to get different results and so on and so on. Someone very close to me latched on to this idea and suggested that they needed to do certain things differently. She had always turned her nose up at my particular penchant for sci-fi TV series and so over the past weekend, following a very long training run, I decided to share my love of the X-files with this particular person. She hoped it would open her mind to something she would refuse to do in the past...

We happened to watch a couple of episodes that included aliens who could make themselves feel any emotion or sensation due to certain thoughts they had. This enabled them to seem more human (in the eyes of other humans) and harder to detect from the lobe-slurping, destructive life-forms that they were in reality, causing the usual amount of mayhem for Agents Mulder and Scully.

"Wouldn't it be great if you could do that in real life..." Was one comment that worked its way into the conversation.

"Well, you actually can pretty much do that... I'll show you how if you like." Was my reply and so here is my instruction on how to go about being able to use your brain to deliver and amplify any emotion within yourself using self-hypnosis.

One of the great things I learned from some of the early Buddhist meditation teachings I had as a younger man, was that if you experience more of a particular emotion, you get more used to experiencing it and it becomes easier to replicate naturally. It becomes more of who you are and occurs more in your daily existence. Buddhists often meditate of concepts of love and compassion for example, so that they can exercise more compassion and love in their lives.

My reason for doing this is not so selfless, quite the contrary actually. I recommend you learn how to do it because it makes you feel truly wonderful more of the time. So let's learn how to go inside our brains, tune into our bodies and really turn the dial up on any feeling we want to have more often, shall we? Just follow these 6 simple steps.

**Step One:** Prior to entering hypnosis, choose what feelings you would like to instruct your brain and body to experience and amplify in the coming moments - for example, it could be your confidence, your self-esteem, your motivation, your metabolism, your energy levels, your determination, your mental calmness or whatever else you choose. What would you like some more of right now?

Having found a comfortable place to relax and having decided upon the sensation that you want more of, make sure that you are going to be free from interruptions and spend a few quiet moments tuning into your mind and enter self-hypnosis through the usual steps or whichever is your preferred method by now.

As a side issue, it amazes me how few people are capable of or comfortable with being still for a relatively short period of time. Get still, I mean really still when entering
hypnosis and observe what stillness feels like. As I said, tune into your breathing, relax and let go.

So, in a moment you are going to take a journey inside of your body, a journey to tune in to your body so that you can send the right message from your brain to your body to experience more of your desired sensation. Almost as if you are experiencing your body on a cellular level. The idea is that you can communicate with the cells in your body, to create an optimum, amplified condition for communication within you and a more fertile environment for growing fabulous sensations without any particular reason other than you want more of them! Great!

Now once you have got yourself into the state of self-hypnosis, just imagine reaching inside of yourself and tuning in to your mind in this moment. Deepen sufficiently and we are ready to get onto the next step.

**Step Two:** Having got yourself relaxed and engaged in the moment, in a nice state of self-hypnosis, place all of your attention and focus onto the central area of your forehead, right on the centre of your forehead, that place that is often referred to as your third eye, or your mind’s eye. You know the area I mean, zone in on that area.

At this stage be aware that there is a certain wisdom within ourselves, you know, that part of us that knows more about us than we consciously know (you know, your subby, your unconscious). We are going to be connecting with our unconscious mind quite intimately here with this process, exciting isn’t it?

So focus on that spot right in the centre of your forehead. Now, imagine that your eyes actually roll up and look at the inside of your forehead and locate that spot that is your third eye, your inner eye, your minds eye or whatever you wish to refer to it as. Just imagine your eyes rolling up, they do not actually have to do so, it can sometimes be uncomfortable to do so.

Heighten your awareness of that spot in the middle of your forehead, become aware of it’s qualities; notice the colour, the light, even the temperature of that area.

**Step Three:** Now here comes the clever bit - allow that awareness to now move from that spot right behind your forehead and let it float down inside of your head; inside of your brain.

Just move your awareness; focus and imagine that you can actually move it right around to the place in the back of your head, right around the back of your brain, where the top of your spine begins. This is that area where all of the communication, all of the information is sent from the thoughts that you think down into your body, for your body to experience what you communicated. Keep your awareness there for a moment on that place right at the brain stem, right at the place where all of the nerves are, all of the electrical activity is funnelled right there into the rest of your body.

Chemicals are sent from here from your hypothalamus, hormones travel, the flow of blood moves from here, electrical impulses are sent, this is where your thoughts get communicated from your brain and then throughout the body - this is a wonderful part of you to behold... so much life is here... your life!

Let yourself really tune in and imagine this more vividly, let yourself feel what it’s like to be inside of your body, notice the sounds, the sensations, the sights in this area of your body from all that activity.
Step Four: Before we begin to orchestrate what we want from here, enjoy some exploration! That’s right, journey through your entire body, experience your physiology and journey into lots of your organs. Move your awareness into your heart, stomach and lungs. Then go to anywhere else to make sure that you tune into and experience your physical self in this intimate way. Allow your mind to create this connection, this very clear and powerful connection with the organs in your body that perform such wonderful functions, and that keep you healthy.

Travel, journey and explore your body and of course, enjoy it!

Step Five: When you are sure that you have really tuned in to your physical self and become aware of your physical being, bring your awareness all the way back up to the top of your spine, back to the place where your brain stem is, where all the information flows from your brain down into your body. Know that it is right here at this point that you can create whatever sensations that you desire. This is what we came here to do.

From this place you can go into your body to direct and command your cells to heal, to grow, to develop, to feel good and create sensations that are for your better good.

So from here, journey into your brain, into all the places in your brain that controls everything in your body. You have created a beautiful level of receptivity in you body right now. Your body is very open to sending messages and new information, communicating with all the cells in your body. Somewhere in your brain there is a place that controls your confidence, your self-esteem, your motivation, your metabolism, your determination or whatever else you chose in step one. Go and discover that part of your brain that decides how you feel that sensation and experience that feeling in your body. Let yourself be drawn to the part of your brain where that is.

And when you find that part of your brain, notice that if you were to turn up the dial on your desired sensation or move the lever or slide the switch, in whatever way it happens or perhaps you simply change the colour of that area and it increases the relevant sensation, when you do that, you are actually sending the messages from your brain to your body to increase the sensation to feel more of that wonderful feeling that you wanted more of.

You are being the conductor of your very own orchestra within you. You are guiding your brain to deliver that glorious sensation!

Find what it is that increases the sensation that you want more of in your life... that sends the message to the cells that during the next few days and the next few weeks you’re going to experience more of; turn it up to an optimum level.

Now don’t just turn it up to any level, let your mind indicate where the most balanced, most optimum level is for your personal well-being. As you turn it up, notice what happens. Be aware of sensations, thoughts, and feelings, observe what happens within you.

Now really enjoy this, bask in this good feeling. Isn’t it fabulous to be in control of your body, to decide the way that your body feels, the way that your cells react and...
communicate? You have this ability and now you know exactly what to do, whenever you want.

**Step Six**: Enjoy relaxing, enjoy the amplified, optimised feelings and then when you know your mind has soaked up enough of those good feelings, you can bring yourself up and out of hypnosis and go about your life knowing that you have just given yourself a nice big shot of well-being in the form of that sensation.

Also know and realise just how in control of your own brain and awareness you are. Then let your mind and body begin to deliver more of that beneficial feeling, more of that useful sensation over the coming days and weeks. This is a great self-hypnosis session to do regularly to keep boosting the good feelings in your mind and body.
Chapter 3: Sculpting The Perfect You

At all times of the year, lots of people ask me about reducing their weight and how to use their brain more to help them and can I send them some techniques for doing so and so on and so on. I have given lots of ideas about weight reduction throughout this programme – this one is a bit different though.

Can you remember the film Ghost? Remember that romantic scene at the beginning when they are in love and they are showing us just how in love they are.... By doing pottery together!

They are sat at the pottery wheel, hands intertwined around a great big blob of wet clay, it was erotic and loving and symbolic and lots of other things that I do not have to rant on about today. The final piece of pottery that was yielded from this clay love-making was not up to the usual standard of our heroine (played by Demi Moore) but it was a piece that represented their love. Almost as if they had sculpted the shape of their love.... I know, all you romantics are going “aaah” and all you others might be going “yuck!”

I can remember pottery classes at school, we would do some sculpting and bake them and glaze them and all that stuff. I can remember one class, we all had to do a self portrait in pottery class and at the end of class all these kids were taking home these Frankenstein look-a-like pieces of pottery to show their parents which they could place on the mantle piece alongside the other ‘leaning tower of Pisa’ style vases and wonky crockery crafted by their child at school.

Now, my aim of today was not to solely reminisce about such halcyon days, but to show you how we can all sculpt like Michelangelo with the clever use of our minds... and that we can then allow that sculpting to become reality. If you want a different shaped body, then this is a great technique for you. However, if you are totally happy with your body, you can apply it to other areas of your life too.

What if we could do that then? Actually sculpt our own body, inside our minds! Exciting idea, isn’t it?

Let me show you how:

**Step 1:** Take a nice deep breath and as you let it out let your body relax. Then take yourself into self-hypnosis in the way you know how and the way you favour.

Tune in to the moment and focus on your breathing. Imagine that the more that your body relaxes the more open and receptive your mind can become.

**Step 2:** Move your awareness through your entire body from the top of your head to the tips of your toes and imagine relaxing them, say the word “soften” as you move your awareness through each muscle. Imagine a wonderful sense of peace floating all the way down through your body, melting each muscle...to the very tips of your toes.

**Step 3:** Using your imagination, find a path right out there in front of you, a beautiful path. See what you see around you, hear the sounds all around you and feel the feelings of how it feels to walk along this path, a path of your own design, in a place...
that you have been to, somewhere you have created, dreamed about or just imagined.

The path is long, just waiting for you to discover more about yourself with every step that you take. This path is going to show you what you can create if you truly focus your intention and your desire.

Maybe you can imagine hearing your own footsteps on this path, notice how perfect everything is here, just right for you. With every step you take right now, imagine that you are tuning into your body and stepping deeper into your own mind.

Soon you are going to give a communication to all of your mind and body to ask your body to be the shape, the size, the form that you would like it to be. You are going to sculpt your ideal body.

**Step 4:** Right now as you walk, with every step, connecting with your body. Up ahead, imagine something in the distance; a full-length mirror. Imagine the details of it and as you get closer, see your own reflection in that mirror. Walk right up to that reflection of you in the mirror.

Think about what it is that you truly want for yourself as you look in your face, in your eyes, look at your body. You are going to very lovingly guide your body to change its form, to actually sculpt your body and to communicate to the cells in your body to instruct them to be the shape, the size, and the look that you want them to be.

So now, standing right in front of that mirror, let that mirror disappear, let it vanish so that all there is that exact duplicate version of yourself.

Make sure that the mirror is gone and that you are now standing in front of a duplicate of you.

**Step 5:** Now, beginning at the very top of the head, use your hands to lovingly, shape and sculpt your entire body while you are in this deep state of hypnosis. You are coding the way your mind thinks about your body.

From the top of your head to the tips of your toes, the things you would like to change, the way that you would like your body to appear. While you sculpt, you send love through your hands and your fingers.

You send a very real communication to your skin, your muscles, the tissues to be the size and shape that makes you happier and happier. Let your hands sculpt just as if you were a sculptor, an artist, working with clay, taking away the excess or adding more lovingly. Creating the right shape for you, the shape that makes you happier and feel better about who you are.

At this point in the process, take some time to shape it, smooth it, and tighten it, all the way down through every aspect of your physical body. Really create a work of art!

As you do this, trust that your unconscious mind is learning how to change the internal image of your body, how to create this in reality. So take the time to go to every area and create beautiful shapes, wonderful curves and angles that you want and desire.

Give it the perfect tone and form, let your hands absolutely love your body and communicate in a way that tells your body the shape, the size, the muscle tone, every detail that you want your body to learn about of how it is to be shaped.
Step 6: Just look at your work of art. This body that you have formed and sculpted, and notice that these changes are being made inside of your mind as well and that part of your inner mind that is ready and willing to accept a new image of who you are.

New cells and tissues are being formed all the time and sometimes your mind is just waiting for a new communication to create these cells in a new way, healthy, strong, firm, toned. Your mind learning right now every detail of this new shape, of this new image of you.

This body that you look at right now is a body that is loved, that is nurtured by your own hands. In this body there is strength, integrity, confidence and pride in what you look like and what you feel like.

As you look at this body, let it reach out a hand and that hand is going to lead you right into that body so that you become that body, so you feel it, you see through those eyes, almost like you are putting on that body, like putting on a new jacket. You are stepping into that new you and feeling what it is actually like to be inside that new you.

So your mind can get used to what you are beginning to look like, what you're becoming, what you're beginning to feel like. Just take that hand right there and let it pull you in.

And as you enter this body, your mind learns that it is okay for you to be this way. Then just love your body and of course accept your body. Accept that this is who you choose to be.

Step 7: So right now in this body you continue on the path. You begin to walk with these legs, feel with this stomach, and see through these eyes.

Let it be as real as it can possibly be so your mind learns that there is everything right with being in this body, that this truly is who you are because the more that your inner mind learns that this is positive and this is how you truly accept yourself your mind will begin to match the physical body to the image in your inner mind.

The instructions to the new cells, to your metabolism, to that part of you that decides on your appetite, the level of exercise that you get all those things will begin to change to match this internal image of your body and sending a message to the part of you that knows what actions you need to take this very day to achieve and truly be this new you.

Let yourself get more and more comfortable with this body. Walk in it, be comfortable in it, walk up the path, and look at the world all around you and let it feel really good to be in the body that you truly deserve to be in.

Every time you step into this body, your mind becomes more accustomed, more comfortable, and more used to this being who you really are. Your mind learns that it is good for your inner mind to change the way that you eat, the way that you exercise, the way that you talk to yourself or whatever else is required to make sure that you have this body that you have created for yourself today.

Step 8: Now bring yourself up and out of hypnosis in the way you know how. Bring your awareness back to the room you are in. Trust and accept that your unconscious
mind continues to work to match your body to the shape that you have created within your mind. Accept that is who you truly are now. Take a nice deep breath, fill yourself with the energy of that breath and let it out.

So there you have it, a nice technique to start you off in a new body – it can be applied to many aspects of your life if you are creative with this technique and it’s structure.
Chapter 4: Learning To Dream

One of my favourite quotes of all time and I am sure many of you share my thoughts, is the speech by Martin Luther King at the civil rights march in Washington, 1963 which went like this:

"I have a dream that one day on the red hills of Georgia the sons of former slaves and the sons of former slave owners will be able to sit together at the table of brotherhood..."

"I have a dream..." indeed. Inspiring stuff. I want to discuss our dreams in a very practical way today.

I want to write about how to cultivate your dreaming using self-hypnosis. It really is a tremendously valuable thing to do. I want to steer away from dream interpretation and will explain why.

As of today, pay attention to your dreaming and your daydreaming. Dreams are important to us in many ways, because they do the following:

Firstly, when you dream you actively process information and feelings.

Secondly, dreams are always involving many senses, so the highly sensory experience is very rich. It is quite rare for us to use all our senses at once as we do when we dream.

Thirdly, dreams give us valuable information about what is going on in our lives, whether directly or more often in a disguised or symbolic form.

Fourthly, dreams are strongly sequenced, though often in a way which is emotionally rather than logically organised.

Finally, dreams draw upon a rich range of unconscious, associative, creative links between many kinds of information.

Some people remember their dreams; others tend to forget all but the most dramatic bits as soon as they wake. When you dream or daydream, take time to replay as much of it as you can in your mind before the events of the day overlay it. Relive the story of that dream. Remind yourself of the events, pictures, sensations and other sensory information it involved.

This dream was the product of your mind. Marvel at your own creativity! This is amazing stuff here; get excited by it.

If you get into the habit of asking yourself when you wake, “what did I dream?” you may at first only remember a few particularly strong feelings or vivid images: write them down and review it regularly. I actually used to write a dream journal and wrote everything down as soon as I opened my eyes each morning. It provided me with such inspiration when I required it.

Naturally, lots of you may want to start with dream interpretation straight away. Resist the urge for dream interpretation, ok?
Do your best not to assume that there is necessarily a single clear meaning which can be interpreted according to psychological theories or books on dream significance or dream interpretation. How can your dreams have the same meaning as someone else? Is your brain the same as that persons? For now, ease off the dream interpretation.

I have found that the most useful assumption to make about dreams is that they have some kind of significance for you, the dreamer: they come from your internal, unconscious mind’s storehouse of feelings, experiences and images, and are an active and useful way of processing that is quite different from – and just as useful as – the processing that belongs to the logical conscious part of your mind.

Often a strong feeling will be your first clue to the meaning a dream has for you; so note it, and wonder about it, but don’t try to rush to tie it down by conscious analysis. The real work of the dream is often done simply in the dreaming of it: the conscious mind does not always have to understand, and when it tries to translate dreams into its own terms it may be limiting it, just as poetry translated from another language usually loses something of its more subtle tapestry of meanings.

Think about the value of dreams.

Dreams demonstrate a different level of mental functioning from conscious, disciplined thought. When you pay attention to them, and even cultivate them, you are learning to become familiar with, to trust and to draw upon a fuller range of your own mental resources; in other words, you are using more of what you’ve got. Hey, this stuff is going to keep happening, so why not really use it.

The mind works both consciously and unconsciously. Conscious thought is formally taught in our education system. Its strength is its systematic and disciplined way of handling information. Its limitation is that it tends to be rule-bound and too narrow in its problem-solving approach.

The brain also processes information at an unconscious level: mostly, this is associative and depends on links, similarities and feelings. This processing produces dreams, as well as much of our other “creative” or “expressive” experience. That is why we are often surprised by the spontaneous connections we make or insights we have, and by our imaginative inspiration: it is not what we would have come up with consciously at all, yet it seems somehow completely “right”. This way of thinking works “laterally” – it expands, goes sideways, finds multiple avenues rather than just one.

We need both kinds of functioning if we are to make the most of our brain power. Logic and intuition, discipline and divergence, are all vital tools that enrich and enable us. But whereas we are used to working with the conscious mind, in part because we are aware of it and can monitor it as it works, many people are less at ease trusting and using the unconscious processes. Paying attention to your dreams, and deliberately cultivating daydreaming, are both ways of stretching yourself into this area.

So let us have a look at the value of deliberate daydreaming. Where dreams come unbidden, you may find it useful to deliberately evoke the conditions for daydreaming, if, like many people, you have not really valued the activity before now.

How is it valuable? Daydreaming brings us escape and relaxation; visions of the future that inspire and help us to bring about what we have dreamed of; solutions to apparently unsolvable problems; inventions and creative possibilities. Daydream
states allow the unconscious, associative parts of the mind to work in their own playful and imaginative ways, bringing not only pleasure but results that our usual deliberate, attentive, rational thought does not. We need space in our lives for both ways of processing if we are to realise ourselves as fully as possible.

The key to daydreaming is to be in that right state. Practising achieving good trance states and good deep levels of hypnosis is perfect. There is a kind of automatic abstractedness that goes along with daydreaming. Mostly it just seems to happen – but when you know about creating and changing states, you can choose to make it happen.

Here are some ways you can cultivate and work with your daydreams:

Firstly, notice when you have been daydreaming. Is there any pattern of circumstances that helps bring about your particular daydreaming state?

Some people find that repetitive, relatively automatic, activities such as jogging, ironing or walking create the right state. Perhaps it is a warm bath, swimming a few lengths, or sitting in the garden. Or it may be swaying to the movement of a train, staring into space, looking out of the window of a bus on the way to work, or going on a long drive.

Once you find what helps you daydream, use it and make space for it in your life on a regular basis, imagine that you are in that experience, recreate those circumstances inside of your mind. Let daydreaming come to you, and notice what kinds of windows it opens from our ordinary world into what other kinds of possibilities. Some of your best ideas and inspirations may come at these times.

Secondly, next time you have a decision to make, or a problem to solve, or a challenge to overcome, you can set up the circumstances so that you can trigger your daydreaming state – and allow yourself to explore your problem or decision in this way. When you have done so, make some notes of what you experienced and discovered. Add that to your conscious thinking on the subject: you now have much more information, and the advantage of having engaged more of your mental resources.

Thirdly, for now, forget dream interpretation. That is a conscious and limiting thing to do. Did I make myself clear? Forget conventional dream interpretation. For now use your dreams in personal ways to you.

Start to use yourself-hypnosis sessions to instigate and choose what you want to dream about – direct your mind before you sleep and later on I am going to talk to you about lucid dreaming. For now, really start observing and cultivating your dreams as if they are a natural bi-product of your regular self-hypnosis use.

Have some fun with your dreams and you’ll find your self-hypnosis becoming much more powerful and vivid too.
Chapter 5: Lucid Dreaming

Ok, I did it.

I ran all 26.2 miles of this year’s record-breaking London marathon. Want to know why it was record breaking?

The heat was the hottest recorded in a London marathon, reaching 24 degrees at one point!

Sweltering heat made the event an even bigger test of endurance as a record number of runners took part.

Race organisers said 36,391 people started the race in difficult hot, sunny and windless weather.

Phew.

When I crossed the line I threw up… Too much information? I had a major outburst of emotion and my dehydration-induced stomach cramps only stopped mid way through Tuesday. You all can see my colouring – I have red hair and pale skin – I was not designed for sunshine and heat! This marathon, on this day, was a challenge for me.

However, let me rewind a little bit... My brother and I took the special train to the start – all runners wearing their number were allowed free access to all of London underground and we were excited about joining our fellow runners for the event, so took the train nice and early. One hour before the start, on this Docklands Light railway special service to Greenwich - the nearest stop to the starting point of the marathon - we were told to get off the train as no more trains were running there.

Apparently a train had broken down and there was no service going our way at all for now. I mean, how are we going to cope when we have to host the Olympics? That is a discussion for another day…

In a mad frenzy with hundreds of other runners, we had to run to another station, we had to run up stairs, through tunnels and down lots of sets of escalators because of this breakdown of public transport. Having boarded a new train and arrived at the nearest stop, I had to walk through parklands, up hills, in the increasing heat so that I could hand my kit bag into the lovely people on the baggage lorries and then try and find my starting pen. You get allocated the right pen for you depending on your predicted finish time – so that if you are a faster runner that has trained for months and months for this special, as I had, then you will not be held up getting to the start line by the guys dressed up as Scooby Doo, Fred Flintstone and Winnie the Pooh. ;-)

I was pouring with sweat before I even reached the huddled masses standing in the soaring temperatures shuffling forward for the race to begin.

I had to join these masses near the back and not my official starting point further up the field, so had to run the first 3 miles extra fast to climb the field and get into a correct pace. I had to weave in and out of the fun runners to get to where my ideal pace could be achieved.
Let me wind things back just a bit further...

The night before I had slept in a strange hotel in central London and not slept well due to noise, stuffiness and pre-race nerves. Us quiet types that live beside the sea have got used to clean air, windows open and peace.

If you’ll permit me to indulge myself in this saga just a little bit more... if we go back to the day before - at the huge expo event at the excel centre in central London, where we had to register and pick up our race numbers and the chip for our trainers so that we could get our net times after the race. My running partner (my brother) and I made the most of a marathon magazine offer and picked up a new running belt each.

The belt was especially designed to carry the carbo gels that we consume during races. It also had a pouch on it. My brother and I had to begin the race at different start points and the full field of the marathon does not converge until mile 3. We decided to take our mobile phones and call each other close to mile 3 so that we could run the rest together as had been our plan all along.

During the race, after we had coordinated and met up, we put our phones in our new pouches so we could concentrate on the many miles in front of us – this pouch split and both of our mobile phones fell out of each of our pouches and were lost. At the end of the marathon, I would be unable to call all the people I wanted to share my special moment with.

Am I painting a glum enough picture for you here? Have I put you off ever wanting to run a big city marathon?

In the aftermath of this race, runners reported "nightmare" conditions as ambulance staff said they dealt with a higher than usual number of patients. London Ambulance Service said this year's event was "busier" than usual, with participants and spectators affected by the intense heat.

What a palaver, eh?

However... I finished it. Writhing in pain, I finished it. Boy oh boy can I look back to that experience with some pride today.

Discussing it with my brother today on my new phone, we talked about the colours, the constant joyous noise of spectators, the humour found everywhere, the pubs on every corner with banners out and music playing loud, the way we kept helping encourage each other at the times when we felt affected by fatigue and heat, the truly unique and awesome experience that is running in front of Buckingham palace, along the tree lined birdcage walk to the rapturous applause and cheers of those in the stands waving us in at the end.

You see, for several months, I had a dream of running this marathon with my beloved brother. We trained a lot together, we raced together and had many small victories along the way. I had dreamt exactly how it was going to be for me... and it happened the way I planned it... regardless of fate trying to nudge me off course with its obstacles.

We had arranged for my family to have tickets so that they were sat in the grandstand as we came down the home straight... Apparently, with the deafening noise, cheering and drama unfolding approaching the finish line, combined with my
own tiredness, I did not hear them all shouting and screaming my name and hoping that I would acknowledge them.

They saw me take off my running cap that had shaded me from the cruel sunshine, and cast it away, I poured the remaining water in my bottle over my head, looked to the sky and mustered all my remaining energy for the final few hundred metres. As I crossed the line with my arms aloft, I knew that I had really pushed myself and that today, I had excelled.

I had one very big smile on my face despite everything I have moaned about in today’s Adam Up. I got a great time. I saw the entire process through with months of self-discipline, self-motivation and had a fun-filled journey on the way – looking back on it today.

This literally was a dream for me. Today’s, I want to add to our previous introductory section on dreams and tell you about my process of dreaming... Lucid dreaming, that is.

You all know that I regularly talk about feeding your brain with the right kind of thoughts, internal dialogue, images, sounds and motivating, inspiring feelings. I have given example upon example during this programme of how to apply those more conventional methods of feeding your brain with all the right nourishment to ensure that it helped me achieve this dream.

Today I want to offer a full step-by-step guide on how to induce a large amount of long, vivid, realistic and highly lucid dreams in a short amount of time.

I have written much in all of my books about how hypnosis works by communicating with your unconscious mind and mentioned throughout this audio programme. Your actual dreams, the ones you have when you sleep or daydream are the domain of your unconscious mind. You spend a great deal of time in the sleep state, so why not use that time to fill your mind with some truly vivid and lucid experiences that your mind can benefit from?

I have spent a lot of my time doing this for my own benefit and it is something that I have done for great effect with my marathon training. Having such a vivid, dream-like memory in my mind that I had experienced over and over during my sleep ensured that no obstacle was going to stop me from triumphing on marathon day.

Lucid dreaming does require practise and lots more practise. I had weeks where I would get nothing when I first started, though I also had five consecutive nights of very vivid and lucid dreams with this very method I am sharing with you today.

As with any of the self-hypnosis methods I share with you here, direct your mind using your internal dialogue and your imagination throughout this process. Doing this before you sleep is best for some people, however, as I mentioned earlier in this programme - you may well fall asleep if you do it at this time. You unconsciously associate this time with sleeping, and your unconscious mind also associates your bed with sleeping and may well just instigate the sleep process because it thinks that is what you want. So you need to keep your wits about you and not wander off while you are running through each of these steps – focus is key here.

Here are 8 simple steps to start you off with this process:

**Step One** – Get relaxed and enter self-hypnosis in this way given here.
Count backwards from three hundred to two hundred while breathing deeply in and out to the rhythm of your counting. Put simply, count three hundred as you inhale and then two hundred and ninety nine as you exhale and so on. Just keep on like this until you reach two hundred. Be still, relaxed, keep tuned in to the numbers and breathe rhythmically. Tune in to the moment.

Be sure not to interfere with your breath, just let it happen and count along with it. Do all you can to avoid wandering – keep tuned in to the counting of the numbers.

**Step Two** - Begin to imagine a heaviness is moving up from your toes into your feet. Imagine it as a colour, a sensation, even give it a sound – really get the notion of heaviness represented in your mind and imagine it moving slowly up into your legs, upper body, arms and all the way up until you reach the top of your head.

Ensure that you tell yourself you want this to happen. Throughout this process, as well as imagining each of the sections of this process, also use your internal dialogue to inform yourself of what you want to do.

Maybe you can even imagine that you have weights attached to your limbs and they are weighing you down and that you are really connecting with the power of gravity. Feel and imagine the gravity pinning you to whatever you are lying upon.

**Step Three** - Imagine taking this to another level now. Imagine a second wave of this heaviness is enveloping you. This new heaviness is twice as heavy as the previous one. This time though, it is starting at the top of your head and moving down through every atom and cell of your body to the very tips of your toes. Make sure you spend adequate time really getting a sense of heaviness moving through you. It is a very interesting way to feel.

Maybe now you can imagine that the weights are replaced by big bags of sand, twice as heavy as the weights. They are being tied to your shoulders, wrists, waist, and ankles. Really engage your mind in this process – get truly absorbed in it.

**Step Four** - This step, take some time to imagine a blackboard directly in front of you with the entire alphabet written across the top and the numbers zero through to nine written underneath the letters. Now go through and erase each letter then each number in order while thinking repeatedly, “Knowledge and information is of no consequence to me right now. It only matters when I’m dreaming and when I’m fully awake. However, all that matters right now is my goal to have regular, long, vivid, highly lucid, realistic dreams with full conscious control and with complete recall of those dreams every time I awaken…”

You can add what you want the dreams to be about. You can also alter the wording if you have a way that appeals to you more – just get that message delivered to yourself. Expect to have lucid dreams – create expectation.

Amongst the many things I have had lucid dreams about, I would tell myself and instruct my mind to dream lucidly about crossing the marathon line with a smile on my face and a feeling that I had achieved as much as I was capable of. For each marathon I have run, I had crossed the line in a very vivid dream many times before it actually happened.

**Step Five** - Next then, imagine an aeroplane flying overhead, one of those planes that writes your name really slowly in the sky. Just imagine that happening as vividly as you can. Now, as it flies off, imagine your name blowing away in the wind. Now think to your self and using your internal dialogue tell yourself, “Who I am is of no
consequence right now. Who I am matters when I am dreaming and when I am fully awake. However, all that matters right now is my goal to have regular, long, vivid, highly lucid, realistic dreams with full control and with complete conscious recall of the dreams every time I awaken.”

Again, you can add more detail about your specific goal.

**Step Six** – In the same style as you did in the earlier step, breathe while counting and now count from two hundred down to one hundred. Tell your self that with each number you count, you relax deeper and deeper. Imagine that you are drifting deeper inside your own mind.

**Step Seven** - Once you have reached the number one hundred, suggest to yourself, “From now on I have regular lucid dreams, dreams that are long, vivid, realistic, under my complete control, and remembered when I awaken.”

Again, as I have said a couple of times before, add any details or specifics as you see fit to do so. Deliver the message, get it embedded deeply within you and you are ready to end this session.

**Step Eight** – Wriggle your fingers, wriggle your toes, take a couple of deep, sharper breaths and open your eyes. Take as much time as necessary to really reorient with your surroundings. Then you might want to sleep, or go about your business. It is important here not to consciously think about it or keep desiring it to happen – I recommend you let go of the outcome and just wait for it to happen from here onwards.

This is a very simplistic way of inducing lucid dreams. It is like delivering yourself a programme for lucid dreaming. For those many of you here that have read my self-hypnosis book, you can of course apply many of the strategies from there to this technique to make it even more effective.

There is much to read on lucid dreaming and I have read a great deal. I just find that it can be achieved simply with persistent internal encouragement and guidance from you. I find it best to work with your mind in this relaxed way – though there are many, many other techniques for inducing lucid dreams. I’ll look forward to discussing them with those of you that participate in the forum in the members area.

Importantly, once your lucid dreams are happening frequently, enjoy them! If your lucid dreams then happen less frequently, just run through this process on a regular basis again, or change what it is that you want your lucid dreams to be about.

I recommend that you assess your lucid dreams every once in a while and ideally keep a dream journal. Just to keep a reality check on what you are doing. This is also amazing for people looking for more creativity and ideas too.

I used this technique as a way of having lucid dreams about completing the marathon in style. This time around, there were times in the hot temperatures where I wanted to slow down and ease up on myself, yet my vivid dream experiences had installed full sensory snapshots in my mind that continued to drive me in their direction – and achieve the excellence that I wanted, against much adversity.

You can use this technique for any goal and any desired outcome, be creative and think about all the things that you would benefit from having experienced in your mind. Use it as an additional way of getting the right kind of message firmly coded.
and embedded in your mind – your desired outcomes. Maybe you want to be wealthier – use this as an adjunct to whatever else you are doing.

This technique I have talked about today is fun too. It is amazing what entertainment and fun your brain is capable of. You already know that your brain is a major, multi-sensory, bio-genetic experience creator. Why not make more of it?

Remember that if you have a vivid enough idea of your goals firmly embedded in your mind, then that goal is much more likely to happen. All the conventional ways of doing this, I am sure you know about.

This technique is like amplifying these kinds of conventional techniques and getting beneficial experiences lodged in your brain and making them so tantalising through your natural process of dreaming, Lucid dreaming.

I am sure you have had one of those dreams, during which you felt like you were really there, haven’t you? Maybe when you woke up you found it hard to know whether it really happened or not? Fabulous to spend some of your sleep time in this way! So go use that time, use your natural resources, your self-hypnosis skills to enhance your abilities and achievements while you sleep.
Chapter 6: Internal Encouragement

The marathon running bug hit me the year before I decided to run my first. I watched the TV coverage of all those people running together throughout the streets of London for London marathon. The City was just about closed. In addition to the thousands of people that were running in the event, there were more thousands lining the 26 miles of the course.

When I started participating in races and getting into marathon training and running, someone said that it is a great idea to write your name on the front of your running vest and throughout the race the crowds will keep on shouting your name and giving you personal encouragement. It is such a wonderful tonic on busy races.

It is amazing how different it is to run on a street lined with thousands and thousands of people shouting and encouraging you - compared to running alone on a rainy, cold, dark evening or a grey, windy morning on your own.

I also remember when the world record holder marathon runner, our very own Paula Radcliffe ran the London marathon for the first time - every inch of the course, she was greeted with cheers and encouragement that was unparalleled to anything I had seen before at a marathon event. She led within the first couple of miles and destroyed the field. She made the world’s greatest marathon runners look ordinary and herself look superhuman. You just know that everyone watching at home was cheering her on and encouraging her too.

So much is said about being the home team in a football match too for example as the crowd supports and encourages their players so much more.

You know what? I believe that we all need some of that kind of encouragement from time to time. This is especially true when we want to make positive and powerful changes in our lives for our own betterment.

Over the years, I have written a great deal about our internal dialogue, as you have learned throughout this entire audio programme, your internal dialogue is fundamental to how you allow yourself to be influenced by yourself and is critical in using your self-hypnosis.

The point I want to firmly establish here is that if individuals insist on continually telling themselves not to make a fool of themselves in front of others, or reminding themselves how things went wrong the last time, or indicating to themselves how useless they think they are, then that internal dialogue is well and truly amplifying a problem and likely to ensure that a similar issue occurs again. It really is! You knew that much already though, didn’t you?

Take a moment out here to imagine this scenario. First of all, think of someone that you love; a child or your spouse or best friend or any other dearly beloved person in your life. Imagine that they were really trying to achieve something; I mean that they really wanted a particular thing to happen or wanted to create something or achieve a goal. Now imagine that a total stranger came and belittled their efforts. The stranger told them that they could not do it and they might as well give up! Imagine the stranger said that they should not have tried in the first place and their efforts will amount to nothing!
How would that make you feel? To understate it, I guess you would feel annoyed at the stranger’s sentiments, wouldn’t you? You are likely to defend your loved one, aren’t you? Maybe you’d like to box the ears of the stranger!

So in contrast, what would you say to that loved one to encourage them and support them? Really take a moment out to think about that. How would you encourage them to successfully achieve and apply themselves?

You see, so often the kind of thing that the stranger was saying is the kind of thing that people say to themselves. You would not tolerate that sort of thing being said to a loved one, as you have just demonstrated, yet you may well be just as guilty and harmful in the way you communicate to yourself. Not just with your internal dialogue, it could be with your belief about yourself and your actions in life.

Encouragement should not just be reserved for sports stars, or babies learning to walk. We all need it as often as we can. Even if we are not getting as much as we should from others, we can encourage ourselves.

My brother still jokes about the time him and I ran the Bristol half marathon together a few years ago. We were going for a personal best time at this race and in the last few miles we were battling ourselves, our aching legs and our lungs that were readying to burst! We encountered a steep hill that most runners were groaning at the prospect of scaling at this late stage in the race. As we got over the hill and carried on speeding along the flat road, trying to catch our panting breath, my brother was laughing at me and I asked him what he was laughing at.

He said, “I was just laughing at you shouting at yourself that you can beat this hill and that you eat hills for breakfast.”

I had not realised that I was so determined and was encouraging myself so much inside my head, that I had said my words out loud!!

As of this very day, begin to think about what you would say to someone else in certain situations in life if you wanted to encourage them. How would you encourage a loved one? What language and tone of voice would you use? Consider writing it all down and repeating it to yourself inside your mind to become your new, progressive internal dialogue. How do you encourage others? Use this way of encouraging others on yourself and certainly start using it in your self-hypnosis sessions.

Ensure that you are convincing and sincere, make sure that you really mean what it is that you are saying. When you then communicate with yourself in that way, notice how that makes you feel. Notice what it is like to have that kind of progressive, encouraging internal communication instead. It can be like a breath of fresh air for your brain because you are now nurturing it.

As a result of encouraging yourself so much more, each time you create some internal communication of any kind with yourself, as you are more and more supportive, this is going to naturally increase your self-esteem and your self-confidence too! In turn, that builds a stronger foundation for your success and grows your ability to achieve more.

Over the course of the next week, for example allow yourself to relax and deliver this dialogue to yourself in a state of hypnosis for 10 minutes a day and become aware of how good you feel as a result.
The way in which you behave and the feelings that you have affect each other. Your behaviour often shows what your feelings are and your behaviours also affect how you feel (and vice versa of course). Very often, people think that they have to feel different before they change any of their behaviours. However, it is often far, far easier to do it the other way around.

An individual that has low self-esteem, for example, may well focus upon things in their life which have failed or gone wrong rather than focusing on their successes, things they have done well or encouraging themselves. In a given identical situation or circumstance, someone with a high level of self-esteem will look for what they did well, they are encouraging, and continue to remind themselves of their achievement or their success. They use their own resources, their own progressive and positive thoughts and successful experiences as a way of continually enhancing their energy and motivation.

Follow these simple encouragement steps to start really helping yourself to achieve more this week:

**Step One:** Take yourself into hypnosis in your favoured way. Have a good think about a success that you have experienced or something that went really well or maybe a significant achievement in your life or an every day achievement (is there really such a thing?). As you think about it, think about what it was that has been so successful about it and also notice that thinking about it makes you feel better. Notice what you thought, what internal dialogue you had, where in your body the feelings were, what you saw and heard and how you behaved. With a full, sensory rich idea of your successes you can learn from them and replicate them.

**Step Two:** Run through that entire process again with another occasion. Repeat it a couple of times for both times. Really do this. Invest some energy into your success here. These are things that are indicative to you that you are on the right path in certain areas of your life.

**Step Three:** Give yourself some praise. Go on, go ahead and praise yourself. Pat yourself on the back! This is nourishing, it is nurturing your relationship with yourself and rewarding and leads to you building your sense of self. Have some laughs as you do it, I know I find it hard to keep a straight face when I am doing this.

Now, start piling on the encouragement. As I have been talking about. Give yourself some really good encouragement. Encouraging yourself gives you more and more resources for the challenges and difficulties that may lie ahead. As we did earlier, think about how you would encourage someone else and then deliver that encouragement to you.

**Step Four:** Next up is comfort. Now I am not talking about the kind of comfort that I get when I sit in my lovely reclining chair, although it is very nice. I digress. Comfort yourself about something that may have not gone as you wanted. Heal those old wounds that used to be there. Take some time out to nurture yourself and heighten your own personal awareness of self.

Accepting and heightening your awareness of these things rather than resisting and fighting past things will allow you to start to take yourself to a new place in the future. This is a different flavour of encouragement.

**Step Five:** Remind yourself of your past successes again; remember those things that went well. This can be anything by the way. You are now creating a better internal
environment for yourself; you are painting the internal workings of your mind with success and good things. In the past you may have kept on sowing seeds with negative thoughts and reminders, now you choose to do something different.

**Step Six:** Create a time in the future when you have a darling loved one encouraging you. Imagine them telling you how amazing you are and how proud they are of you – maybe someone that motivates you or someone you admire. You can take it up a level and imagine a small crowd of people that you know and love all encouraging you and loving you and telling you all those wonderful things that make them sure that you can achieve what you want to achieve.

Then, you can even take it higher than that. Imagine the sights, sounds and feelings of running past thousands of people, or standing on a stage in front of thousands of people, or whatever you want to imagine, and those people are cheering you on, applauding you and showing you how much they believe in you. Soak this stuff up and enjoy the encouragement of the masses while you are in self-hypnosis!

**Step Seven:** Finally, I want you to once again just remind yourself of a happy moment or a time when you felt really good about yourself. There are lots of them. If you are trying your hardest to convince yourself that you cannot recall any good feelings, then email me, I will tell you one of my favourite and irresistible jokes and you'll then have a moment of happiness to cherish. This process helps to change your state. Get used to doing this. Whenever you imagine something really vividly, something that made you feel really good, you cannot help but make changes in your neurology and your physiology.

Fabulous stuff. Once you have spent some time encouraging yourself in hypnosis, you can then bring yourself out of hypnosis in the way in which you know how by counting from 1 to 5.

We all need to do these simple things to build a basis and a foundation for your success in developing more of the life we want for ourselves. So many people tell me that they ‘already know these things.’ Yet if you truly examined their life, it is evident that they are not actually applying these basic things that they ‘already know’ so much about!

I know that there are people out there that read my books, listen to my audio programmes and do not actually take any proper action and thus gain no real lasting benefit from them. Knowing the theory is just not enough.

This does not end with yourself of course. Think of ways that you can now actively encourage others too. Giving encouragement to others also confirms to you that you have more and more of the things that you need to succeed and achieve more of the things you want in your life. So make a conscious decision to be more generous with the encouragement you offer to those around you. Write down some things that you can do this very day to encourage those around you and then take action to do them.
Chapter 7: Change The Feelings That Dominate

Are you actually aware of what you are feeling right now? Would you know how to change that feeling? Would you know how to get rid of it? So many of us seem to resist and fight our feelings without really being aware of what the feeling actually is and when we stop fighting, we can actually really learn how to be in control of how we feel in any given moment.

I was speaking to a client of mine this week who was telling me that as a result of the work we had been doing together, she is much more in tune with herself, much more comfortable and has found that she is much more able to express her feelings openly. She even told me that she had actually cried when watching a documentary on television in the week. I am guessing that as you have been learning how to tune into your mind more, you are tuning into yourself much more on many other levels too, at least I would certainly expect so.

When this client of mine told me this, it reminded me of a time a year after I had finished University. I had began my studying in the world of personal development and made lots of changes to how I was with myself. I had also become much more comfortable with tuning in and accepting my own feelings.

It was Christmas that year, I decided to tour the UK catching up with all my friends in various destinations across the country. I visited friends in Yorkshire, Manchester and London. Everywhere I went I had lots of catching up to do; my friends and I were excited at seeing each other, we went crazy, had one or two drinks and got little sleep. This happened at each destination and by the time I got home, dumped my washing on the floor and said hello to my family, I was rather pooped to say the least.

It was Christmas Eve and I wanted to be in top shape for the festivities and so decided that a nap was in order for the afternoon and told my Mum that I would be awake in time for dinner.

I settled into bed, got snug and flicked on the TV to find Mary Poppins was on; heck it was Christmas. A few minutes later, up on the screen was the scene where the children see the lady singing “Feed the birds” and it is a marvellous song that Julie Andrews sings. Deeply fatigued, unnecessarily emotional, I found that I began shedding tears at how lovely it all was!!

At that moment, my Mum popped her head around the door to check if I was ok and had everything I needed and naturally enquired “are you ok Adam? Why are you crying, is everything alright?” To which I replied, “Mary Poppins is on and it is-s-s sooo-oh-oh lovely...”

My Mum gave me that sincere, sympathetic motherly smile and went about her day and I eventually dozed off and began sawing logs for the afternoon.

I sat down with my family for dinner that evening whereby every member of my family began laughing out loud! My “sympathetic” Mum had in fact told everyone that I was upstairs crying in front of Mary Poppins! Realising the humour as they saw it, I laughed away too.

The reason I mention this is because since I began working in these various fields of personal development I have always encouraged myself to be open with my
emotions and find it useful to feel comfortable displaying emotion and knowing what I am actually feeling inside my body.

Even today, when watching certain things on TV such as the Paralympics, I find myself moved to tears with some of the efforts and joy experienced by the competitors.

Now, prior to and during my initial training and learning, I was quite unsure about myself in many ways! I experimented with lots of the things I learned with self-hypnosis and different aspects of the standard NLP approaches to overcome this uncertainty and lack of confidence in my ability to do what I wanted to do, but none of them seemed to work for me. I still got those butterflies in my tummy and lacked a real sense of self-esteem, in fact I felt nervous about doing what I wanted to do (what if it all went wrong and I failed!).

I had spent some time fighting the anxious feeling, then one day I decided to do something that I had been reading about and so I told myself “Adam, just experience it, stop resisting it, stop fighting it; just feel it” and an amazing thing happened. I felt the nervous feeling, I was very aware of it, tuned in to it and then it disappeared! I was shocked. All those previous months and years of fighting it, and all that I really needed to do was to feel it. I acknowledged it and stopped resisting the feeling.

Doing this is heightening your own awareness of your own map of the world is a very beneficial process. It is tuning in to yourself.

One of the presuppositions of NLP that I learnt at that early stage of my own personal development is ‘meet people at their map of the world’. This is a process of seeing things from the point of view of others or being aware of their experience. It helps with rapport building, relationship development and so on.

Now, I was fine at doing this with other people and my successful therapeutic consultancy over the years has been solid proof to me of that; but before all that started, all those years ago, I suddenly realised that I had not been meeting myself at MY map of the world. I had not really been tuning in to ME!

Whenever I felt feelings that I did not like, I would struggle, resist and fight them, and you know what they say: When you fight with yourself, someone always loses, and that someone is you. So I decided to stop fighting and resisting my feelings and instead to acknowledge them and start working with them.

Where am I going with all this then?

Five Steps To Changing Feelings:

**Step One:** Take yourself in to a good state of hypnosis and get yourself into a nice relaxed trance state.

If there is a feeling that you find unpleasant or that seems unhelpful or that you just plain don’t like, firstly, map out the feeling. This is just a process of identifying where in your body that feeling is, really locate that feeling in your body. Now think about what size it is, how it moves; I used to have a fluttering feeling in the pit of my tummy that as I resisted it more would spread into my chest and back down again.

Really be aware of the feeling physiologically, even think about what temperature it is, you can even take it a step further and think about what colour it would be if it had one. Decipher it’s qualities.
While most people profess to know what they are feeling, you would be amazed at how many people have not got in the slightest bit acquainted with the physical characteristics of the emotions they are experiencing, they just let them happen passively without really getting an awareness of them. What’s more, many of us then resist them or fight them and refuse to let them occur.

Emotions are physical (they are chemicals, hormones and all sorts of other things too), so the first step is to map out that physicality.

**Step Two:** Next up, accept the feeling. Become OK with the fact that you are feeling it.

Of course, this can be a bit of a struggle for some people, who will no doubt say “But I don’t want to feel it” or “I shouldn’t be feeling it.” I know some of you are thinking that.

So here is the thing: you are feeling it, and if you want to change the feelings quickly, the most expedient way to do it is to meet yourself at your map of the world and accept that presenting feeling that you are having. If you refuse to do this, then you are just resisting it or fighting it as I was doing (in the days before I started crying in front of Mary Poppins!). Then any attempt to change it will involve starting from where you aren’t, and that rarely works out well.

**Step Three:** Then, you find the positive intent. What is your body or your unconscious trying to tell you? Sometimes feelings have a message of some sort for us. Other times, they’re just sensations that our body has some purpose for feeling. What (if anything) is this feeling doing for you or trying to tell you?

**Step Four:** Feel it. Just feel it. Be sure not to struggle or fight, just feel it. Remember to breathe too while feeling it!

You don’t have to do this for long, but it is really good to feel something. Even if it feels bad, the fact that you can feel it means that you are alive (woo-hoo!) and it also means that you are in touch with how you feel. These are both good things to be able to acknowledge and realise within yourself. Often, just accepting and realising a feeling is putting it in a vast different perspective.

**Step Five:** The final part of this process is to then play with the feeling.

Increase the feeling’s intensity. Then reduce it. If it was one colour, make it another, if it was moving in a certain direction, move it in another, if it was a certain size, enlarge it or make it smaller, basically, have a play with it and discover just how much influence you have over this feeling. I think you will be surprised when you realise just how much influence you really do have. I used to imagine that in my mind I had a control panel that looked like a huge mixing desk that you see in music studios and I was subsequently turning the sliders down of feelings that I had previously resisted.

One of the things you’ll begin to find as you start to experience is just how much it’s possible for you to get a handle on your feelings. You may well discover for yourself that feelings aren’t true or false. Maybe they don’t really mean anything. They are just sensations that you are experiencing in your body. If you resist them, they’ll be there for some time, but if you accept them, you can start to play with them and change them.
Once you have shown yourself inside your mind in a trance state that you are much more in control of feelings than you realised before, you start to own your life much, much more and be in control of many other aspects of it and it is very empowering way to use your self-hypnosis.

Does this mean you’ll not have a bad feeling ever again? Nope. Feelings will come and feelings will go, but what it does mean is that you can start to have more and more of the sorts of feelings you want to have. I know that whatever you are wanting to do in life, you’ll be wanting to punctuate your life with more and more good feelings, am I right?

So, enjoy your self-hypnosis sessions today and make sure that you are spreading some good feelings into your life.
Chapter 8: Self-Hypnotic Anaesthesia

Just last night prior to writing this, there was a superb television delight on entitled Hypno-Surgery and it showed a man receiving hypno-surgery. That is, he had a hernia operation without any anaesthesia other than by using hypnosis.

This really excites me. I have been writing about it a lot at my blog over recent weeks and the hypno-surgery programme did not fail to deliver.

Of course, it is a sensation because it is on television, however, these have been done for years. There are lots of filmed studies and masses of research that has been done using hypnosis alone when performing surgery.

Many ways have been used to alleviate pain over the years and I have experienced many myself and found hypnosis accompanied with a range of mind skills and tools to be by far the best way of overcoming and altering my response to it.

Can you remember a time when you had a paper cut and you did not realise that you had it until later on that day when you saw it with your own eyes? It was not until you saw it that it hurt and thought “oooh that smarts a bit.” I remember I had been helping my father in the garden when I was young, I had been weeding (great jobs that Dads give you!) and my hands were covered in earth and when I washed them off later on in the day when I came into the house, I noticed that I had grazed my hand and having seen it, it began to sting a bit; it had not done so until then. These examples are of naturally occurring anaesthesia, the capacity of which exists within us all.

There was a military doctor called James Esdaile who is mentioned in many hypnosis text books and he would use hypnosis and auto suggestion with fellow soldiers for all manner of different ailments, he even carried out amputations with no anaesthesia other than that of the suggestions that he was delivering to his patient.

One of the most basic methods for using your mind to create anaesthesia is called the glove anaesthesia method and today I want to share it with you for you to use as and when you like.

Important point here: And you know that you must only use this pain-control technique when you know the cause. You will also consult a doctor if the condition persists.

**Step One:** Find a comfortable place where you are not going to be disturbed. Close your eyes and get your self into a state of self-hypnosis.

With this technique, really do take the time required to establish a nice relaxed physical state.

Use your imagination to imagine a favourite place, somewhere you feel safe and relaxed. Imagine that you can hear the sounds of that place, see the sights, feel the feelings that you would feel in that place. Use your conscious mind’s awareness and focus on each of the muscles in your body and think the word “Soften” into each of your muscles. Imagine them melting, softening and allow your mind to be peaceful. Take a good few minutes to do this; indulge yourself.
**Step Two:** Develop a strong sense of purpose right now. Using your internal dialogue, remind yourself and tell yourself that you have the power and ability to be in control of any sensations in your body and mind. Because you really do. Tell yourself that you accept that you are in control of your own mind. Focus on and imagine the unlimited power of your mind, tell yourself that you can send numbing sensations into any part of your body. Develop a sense of belief in yourself and in the power of your own mind. Really encourage and empower yourself.

At this stage, also tell yourself that the word "anaesthesia" is your key trigger word for a conditioned response later on.

Imagine that these words of personal power and belief that you say to yourself are being delivered to the deepest depths of your mind. Imagine that they’ve been accepted on every level of your body and mind.

**Step three:** Now we begin to invoke the glove anaesthesia. Begin by concentrating upon your dominant hand, really focus on it to the exclusion of all else. Notice the tiniest of sensations within it. Begin to imagine that using your attention, your dominant hand is free of all feeling. This needs some time and concentration.

Maybe you can use your imagination to imagine that your hand is encased in ice. Truly imagine those feelings.

Separate your hand, in your mind, from the rest of your physical body. Think of it as detached from your physical being. Continue to focus your attention upon your hand and allow it to lose all feeling.

Using your internal dialogue again, tell yourself that your hand is becoming numb. No feeling at all. Inside your mind instruct your hand to go to sleep. Tell it to go to sleep. Be aware of all the unusual sensations that are in your hand as you focus upon it and keep all your focus and concentration upon it.

Tell yourself that every breath you take seems to cause your hand to become numb, no feeling at all. Inside your mind instruct your hand to go to sleep. Tell it to go to sleep. Be aware of all the unusual sensations that are in your hand as you focus upon it and keep all your focus and concentration upon it.

**Step Four:** Now, you’re going to transfer this lack of feeling to the part of your body that you desire to feel numb and have the anaesthesia in. So when you are sure that you have created the correct level of numbness in your hand you’re going to raise your hand and place it upon the part of your body you want to feel numb.

When you do this, you’ll transfer this numbness to that part of your body. So then go ahead and raise your hand and touch the part of your body you want to become cool and numb. Maybe imagine the numbness as a colour that you are spreading into that area. Maybe imagine that part of your body being filled with that colour and creating that numbness. Imagine all the sensations of numbness are being transferred into that part of your body. Release the numbness into that other part of your body.

Then spend some moments doing that properly and thoroughly now. As you do it, give yourself a time limit that this is going to last for. Naturally, you do not want that part of you to be numb forever. So make sure that you set yourself a time limit when your self induced anaesthesia will end.
Step Five: Now that you have transferred the calming, soothing, numbing coolness, and you’re physically feeling better and better in that area. Really enjoy the sensations and marvel at your own amazing self. Imagine coolness permeates the area. Imagine you experience wonderful relief in that area. Breathe deeply and relax completely.

Maybe even repeat a little mantra of support to your self at this point: “Calm, cool, soothing, numbing sensations permeate the area. Better and better. Numbness. Relief. Numbness. Use words that appeal to you the most.

Step Six: When you have maintained the state and are sure that you feel really good. Say the word “anaesthesia” to yourself, so that each time you use this word in future occasions, when you have the right intention and conditions to do this again, saying the word will bring the resources of this session to make next time even better. Breathe deeply, embrace the sensations in your body and mind and repeat the word to yourself. Trust that each time you choose to use it in the future, it has a wonderful effect of enhancing and amplifying your control over your anaesthesia.

Step Seven: And it’s time to focus the incredible power of your imagination by imagining yourself doing this even better next time. Imagine that you feel more and more in control of your own mind each time you do this. Experience the joy in this realisation. Create every detail of this future occasion in your mind, including your reaction and the reactions of others. And in so doing you communicate your desire to the levels of mind that will assist you in manifesting this natural anaesthesia better and better each time you do it. Each time you use that word when practising your anaesthesia, tell yourself it works more and more profoundly and powerfully.

Imagine yourself really feeling good about this and what you can do with the power of your own mind.

Spend a few moments quietly doing this.

Step Eight: When you have fully absorbed all you can from this wonderful experience, bring yourself out of hypnosis, open your eyes and remember all that has been communicated.

Step Nine: Practice, practice, practice.

You may want to practice doing this on your arm. Prior to doing it, pinch your arm until it hurts to gauge what your pain tolerance level is in that arm. Then when you have it anaesthetised, test how different the sensations are.

Pretty cool eh?
Chapter 9: Your Inner Circle Of Excellence

This week (at the time of writing of this), I was speaking to a group of people on the idea of mentoring or being mentored and I mentioned to this group of individuals that I continue to be mentored in life and business by people that are brilliant at doing so, in my opinion.

Someone happened to mention that as they were at the embryonic stages of their new business, they did not really have the necessary funds to pay someone to mentor them along the way and the resources of their local government just were not adequate or relevant for what they required.

So I told them about when I was setting up my business, I was lucky to have the world’s finest mentors to help me in times of need. I had a round table of world class business mentors - Richard Branson, Bill Gates, Warren Buffet, Anthony Robbins, and a few others. Pretty impressive, eh?

When running, I have been trained by Paula Radcliffe, Paul Tergat, Brendan Foster, Michael Johnson and many others.

The reality of the matter is that I was not actually connecting with these people in their reality. I was not actually speaking to them in the regular way that you would consider speaking to them. I was being trained and mentored by these amazing people in my mind. To have consulted in reality would have been impossible. I read their autobiographies, studied research about them and got to know as much as I could about them. Then, I created my own psychological internal round table of brilliance that I consulted with when I wanted to and all it cost me was the time invested and my unconscious mind offered the wisdom of those people from their perspective and it proved incredibly valuable.

Want to know how to do that too? Well guess what? I am going to show you how to do just that here today. How to create a hypnotic mentor. I am going to show you how to do it with just one person first of all and I am going to make the process generic and easy to follow so that you can then adapt it to however you think is the best for you.

**Step One:** So you first of all need to find some quiet time, when you are going to be undisturbed and can tune in to yourself.

Choose what kind of mentor you require and what area of your life you wish to be mentored on. Is it going to be to grow your business, to reduce your weight, to enhance your intellect, to be more confident or any other thing?

Then take yourself into hypnosis, deepen the state and get your mind nice and receptive.

**Step Two:** There is a place where you go for inspiration, for learning and for wisdom. Inside your mind, allow yourself to be drawn to a special place. Ideally a place where you can relax and feel safe and somewhere that you find conducive to the mentoring process.

In this example, we are going to use a temple... a very sacred place where you go for wisdom. This is very appropriate for personal development. If you wanted to be
business-related, you could go to an imaginary gold-paved hotel lobby or luxurious board room with leather reclining seats.

Whatever place you choose, make sure it is right for you and pertinent to the reason that you are doing this.

With this example, as you get closer to the temple, see the sights of it, hear the sounds and enjoy the peaceful, comfortable safe feelings that surround the temple. Imagine that you feel a wonderful sense of peace as you know you are very welcome at this temple and that you are absolutely in the right place ready to learn the lesson that is here for you today.

In this temple there is a wise person, a sage or a guide who will help you with this lesson. This sage knows everything about you, about your past, your inner thoughts, your experiences; maybe even more than you know about yourself.

You will meet the sage here that is going to help you to learn this lesson. In other circumstances or environments, you be meeting an adviser, an athlete, a guide, a particular business person, a genius of some kind, here we are going to meet an anonymous sage.

**Step Three:** Notice how you enter your temple of wisdom, and then go right up to the place that is your entryway.

Something I like to do prior to entering this place, especially in this kind of scenario, is to imagine a beautiful beam of light shines down all around me as I enter the temple of wisdom. I recommend you do the same, just to protect you or enhance you as you enter this special place. As you go in, you notice that there are two big cushions on the floor right in the centre of the room. (In different scenarios, with different required outcomes, you can have anything else there)

You look up and you notice the ceiling, how beautiful and ornate it is. You notice the colours on the walls, the textures, and you notice an overwhelming sense of peace and serenity here in your temple of wisdom. Really get your senses filled with this place.

It is important to remember that you are comfortable and absolutely truthful with yourself when you’re in this temple.

**Step Four:** Now go take a seat on one of the big cushions. As you take your place on the cushion you notice that from another part of the temple someone appears. This is your sage, your very wise guide, your leader, your trainer, your adviser. This sage comes in quietly, knowingly, sits on the cushion facing you.

Notice the details of this person and tune in to them. Notice the look in their eyes, feel their intuition, respect their experience, be thankful and enjoy the fact that they are there to help you. Let yourself know and be reassured that you are in the right place at the right time ready to receive this learning and this lesson that is personal to you and your requirements.

You can sense that wisdom and expertise is there and you trust that this sage will be completely honest with you. Fully accept that this sage knows everything about you or your circumstances or has the right information to help you with your particular query. Also know that they respond to all of your experiences, your deepest beliefs and desires, all of the memories and events that have shaped your life; even those
that you may have consciously forgotten. The sage knows how to take everything into account to give you the best possible guidance at that time.

**Step Five:** Now is the time to let the sage give you information, guidance and advice to help you to understand something about your particular requirements (that you chose at the beginning of step one).

The sage then tells you what you need to do to experience, to complete, to come to terms with, or find closure with, in order to allow yourself to be more successful, healthier, wealthier, wiser, more confident, more inspired or whatever it is that you chose. Next, you’re going to ask the sage what it is you need to do; the actions you need to take.

Perhaps something you need to resolve from your past, something you need to complete, something to resolve, and you can trust that this sage is totally honest with you to help you and guide you in the right direction.

**Step Six:** Perhaps you know consciously what this issue is and you haven’t been sure of what direction to go or how to resolve the problem. Now you are open, willing and ready to receive the information. Take a deep breath let it out, put all of your faith in this sage. I want you to ask the question that is most important right now of what it is you need to know or to do, to resolve, or to heal in your life, to have abundance, confidence, motivation, slimmer waistline, different mentality or whatever it is that is the purpose of this consultation and meeting.

Ask the question and then just sit quietly and listen with an open, ready mind so that you can receive the right guidance. This might be direct instructions, images, thoughts, feelings, sounds, just tune in and hear what guidance is there being given.

You can continue a dialogue, breathing quietly and asking questions as you inhale and hearing what responses you get as you exhale.

And when you’re complete with the guidance and you understand it, you can thank the sage for being there, for being honest with you and you may even wish to embrace them, bathe them in light or shake their hand in whatever is appropriate.

**Step Seven:** Now, find yourself again, sat on the cushion in the middle of your temple (or other place).

You came here to seek direction, guidance, honesty or maybe to solve problems. So now tell yourself that every time you come here you can explore in a deeper way what it is that you want or need, or should learn, in order to have what you truly want and be guided beneficially.

Also tell yourself that each time you come to this place, you learn more profoundly and more beneficially as you tune into this way of doing things.

**Step Eight:** You can leave this place now. I recommend that you do something to integrate all the learnings and lessons you received here. In this scenario, you could imagine a beautiful beam of light shines down all over your body and mind, illuminating you with all the guidance.

You may just wish to imagine that you are filled with purpose, with direction, with information that will guide you. Trust that the guidance stays with you for the next few
days or for whatever timescale is necessary to take action on the guidance you received.

**Step Nine:** Tune in to your breathing again. Bring your awareness back to the place you are in, bring back with you the lessons and the learnings, the resources, the guidance that you’ve gained. Then open your eyes and go about your day with renewed zest and start taking action steps relevant to the guidance you received.

Of course, there are always likely to be times when you really do need a real mentor or guidance and advice from someone that has the right experience or understanding of what you need, however, you can tap into your unconscious resources often to find the right guides, mentors and people to offer you advice and find that mentor within. As you get better at doing this, you can have more than one mentor at a time and create a table of brilliance like I do with lots of masters from their fields.

Have a wonderful time consulting with some of your minds mentors and enjoy the benefits of them!
Chapter 10: Detox Your Mind

I have had what can only be described as a week of contrasts.

In the world of persuasion and influence, there is a much quoted law of contrast - for example, a clever Estate Agent may show a potential house buyer a run-down, overpriced home before taking them to the one that they have targeted for their client, with the aim of the targeted property then being seen as even more desirable in contrast to the shabby house.

I was once given a demonstration of the power of contrast at a seminar that illustrated the idea well. The seminar speaker brought 3 buckets of water on to the stage: One was filled with hot water, one with lukewarm water, one with very cold water. He asked a couple of volunteers from the audience to place one hand on the hot water and at the same time place the other in the cold water for about 30 seconds to get used to the temperature. Then, they were asked to place both hands in the lukewarm water and say what they felt.

Of course, one hand felt warm and the other cold, yet the water was the same temperature - the contrast to the previous bucket had altered how each hand responded to the lukewarm water.

So what contrasts have I experienced this week?

It is the beginning of the year and so lots of people are getting fit and healthy. I have noticed that when out running and training for the London marathon, there are lots more people out and about running. Certainly a lot more than there were at the end of last year.

Lots of the individual clients I have been working with are also embarking upon, or are already in the throws of detoxing. They are drinking lots of certain fluids, taking certain supplements and eating certain types of food, to stimulate their kidneys, livers and flush out their body following the excesses of the previous year or just to help kick off their new healthy regime, or maybe it is something they do each year.

Because my work has been so filled with this clean-living detox mentality, this is the reason I laughed so heartily at the stark contrast of the big happy legions of people in the crowds at the world darts championships that has been getting much coverage from the BBC here in the UK over the past 2 weeks.

Now, I have tended to pride myself on the fact that I have devoted myself to sports of different kinds throughout my life. I run marathons as well as lots of other races, I have played a high standard of football and make a great armchair pundit and can find myself quite excitable viewing all mainstream sports, events and occasions - live or on TV...

All I have to say with regards to the darts coverage I have seen - hilarious and brilliant. I guess most may think me passé or common... but have you ever seen such consistently happy groups of people having such a fabulously fun time at a sports event?
Maybe it is the amount of accompanying beer-swilling going on, but it seems like a real celebration of human spirit - Each player comes on to loud music, has a quality nickname, before each game everyone chants in unison "LETS PLAY DAAAAARTS" - it is hilarious. And when someone scores a 180, well, I have run out of words to describe the noisy joy that fills the rafters in Frimley Green’s Lakeside establishment! I have found myself watching it and laughing and also enjoying the sporting skills - ahem - of the players.

The reason that this is such a contrast to the healthy, detoxing band of people that I have encountered this year, is that if you gazed around the room filled with darts fans, they were all swigging beer, smoking cigarettes aplenty... To say this in the most diplomatic way... There were very few 'waif-like' waistlines in the place... This seemingly care-free group of people made me laugh as I enjoyed the contrast between them and many other people that I have encountered over the first couple of weeks of this New Year.

Don’t get me wrong, I am not championing one over the other. In fact I believe that a detox is a wonderful thing to do and I have done many kinds in the past. I also firmly believe that beer swilling, high octane laughter and engaging entertainment is wonderfully therapeutic.

What I want to share with you today though is a way to detox your mind and body using your thoughts. Imagine if you could cleanse your body and your mind by just using your thoughts. Regardless of whether you believe in purity of the body or pleasures of the flesh (sounds very sordid!), you can use your mind to cleanse it all...

Let me show you how in some simple steps:

**Step One:** Take yourself into hypnosis. Be an observer of your own hypnotic experience and just feel everything letting go, absolutely nothing for you to do, just relax. Enjoy the stillness and allow your eyes to be comfortably closed. Go inside your mind and just observe what is happening inside you while you are relaxing and going deeper into hypnosis.

**Step Two:** Using your imagination, in the area just above your head, imagine that floating up there is an energy of just light, pure light, floating just above your head. Let the light be the size, colour, shape and dimensions that suit you the most or that you find most appealing or healthy.

You know that your body knows how to do a great deal more than you consciously know. If you fell over and cut your knee, you would trust it to heal itself without you actually knowing what exactly your body is doing to heal, wouldn’t you? Now imagine that the light has that wisdom, an energy, that ‘know-how’ to it. Imagine that it has the ability to heal, to help to access the wisdom of your mind and body to cleanse, to create a very balanced and healthy condition in your body.

Shortly, you are going to allow this light to slowly move down through the top of your head and to permeate and penetrate each and every cell in your body. That cleansing, healing light, guided by your thoughts, is going to travel slowly through, purifying, updating, healing and letting go of what it no longer needs.

When that light begins to move through your body, it then removes and collects anything unwanted and releases substances or toxins that your body is better off without. Imagine that the light neutralises it.
The light is going to move through and restore a condition of optimum health in every cell, leaving behind a condition that is for optimum health in the cells, the blood, the organs, removing and releasing anything that you are better off without.

**Step Three:** So now give that light some movement - guide the light with your intention and focus, let that light begin to slowly move down through your body.

Tune in to the light and feel the energy of it slowly touching the top of your head, moving into every aspect of it. Some people say they feel a vibration or a warmth, just tune in to it and experience whatever you experience. Let it move down slowly through your head; anything unwanted at all is collected by the light and held onto.

Really use your imagination at this stage, notice that as that light slowly moves down through different areas, you can imagine that more and more particles collect within the light, let it continue moving slowly down through your body. You can allow your mind to know what the particles represent and what you are freeing yourself of.

**Step Four:** As well as concentrating on the light itself, really notice the condition that the disk leaves behind. Make a difference between the colour of where the light has been contrasted with where it is going. Maybe you prefer to notice the sensation or the sound of the area that is cleansed, choose how to recognise the difference for yourself. How do you notice that it has been cleansed and healed?

Make sure that the light moves down, around and into your heart, down into each of your organs, your abdomen, including your spine, creating the most optimum condition of health all the way down now, through your entire life systems, letting that light share the highest wisdom that it has. Let the light have all the power and turn everything over to the light and let it do what it knows how to do, just trust that it knows how to cleanse and heal and purify your body in all the wonderful ways.

Allow that light to create the most optimum condition of health in every cell in your body, notice how much it collects, how much you can let go of.

By the way, at no stage do you have to shout out: I see the light! HAHAHAHA... Excuse me... ahem...

**Step Five:** Once the light has reached the tips of your toes, let it float away from your body. Just imagine it floating further and further away until it gets so far away that it becomes just so tiny and then you notice that it disintegrates into little sparkles and twinkles that float far, far away into the universe and beyond. Just let go and imagine them gone.

**Step Six:** You remember that I talked about gratitude, don’t you? Take a minute or two (or however long you feel is right) to notice that you are grateful to your body, that you love your body, that you bring the highest possible gratitude to your body, for what it is capable of; for you have everything that you need right now, enjoy the sensation of feeling cleansed and in control of your own well-being, it is a fabulous feeling.

Your brain has all the information that it needs to create the most optimum state of health in your body, already, it’s all there. You have shown yourself that you have all you need to have a deeply healthy detox using your own thoughts and guidance alone.

Trust your body, turn this over to your body and allow it to have that wisdom to heal. Accept your body and allow it to heal, to be healthy and strong.
Tell yourself that during the night tonight as you sleep your body becomes healthier, stronger in every cell, down to every atom, healthier and stronger, and that this process continues to rejuvenate you even when you are not thinking about it consciously.

Once you have expressed some gratitude, then you can come up and out of hypnosis, open your eyes and relax for a moment before you go about your business and enjoy feeling good about yourself.

You may want to repeat the process a couple more times to ensure that you get everything that may have been left behind. Really make an effort to do this every day for a week and notice the difference it makes to your well-being. I guarantee you’ll notice some amazing results!
Chapter 11: Mind Virus Freedom

Near where I live there are one or two ‘retirement homes’ - that is, facilities and homes near the seaside that cater for the needs of the elderly.

Recently, I got talking to a couple of wily characters that were sat outside the front of a retirement home that they reside in, they were enjoying the spring sunshine. As I walked past following my run, they said openly to me that they thought it was great to see me running past each day. They were both smiling and saying that it made them feel healthy. A conversation naturally ensued.

One thing they mentioned (among the many topics covered in our brief chat) and both got animated about was the rise in crime in the UK. They said they were never going to London again following the recent spate of much publicised murders among the young community of London. I do not read a daily paper or watch the news, the way I figure, the important stuff finds it way to you anyway. However, even I have spotted the coverage that these teenage murders have received.

A number of years ago I read the brilliant best selling book by Richard Brodie called Virus of the Mind: The New Science of the Meme. I thought I would offer an updated version of one way he illustrated a mind virus.

According to official Metropolitan Police crime statistics, 17 murders were recorded throughout London and all its boroughs in January this year. The average is around 20. These are terrible and sad occurrences.

According to the 2001 census here in the UK, London has approximately 7,172,036 people living in it and it’s boroughs.

Therefore, 0.00023% of the population were murdered in January. I agree that is too many. That is not my point here today.

If 500 people lived happily on an island, getting on with their lives, and one of them was killed by a shark every 30 years whilst fishing, that is still less than the 1 in 421,884 chance of them being murdered in London. Of course, our islanders are upset by this occurrence, however, it is rare and isolated occurrence and does not affect their way of life except to be more careful when fishing.

Now, if there were 14,344 of these islands that were then subsequently hooked up with Island TV. The Island TV news has to make their show worth tuning into and newsworthy - so they show these deaths occurring across the thousands of islands - suddenly, the island people believe there is an epidemic of shark murder occurring - some stay in their homes, some stay away from the water, some take the law into their own hands and buy new harpoons - they are infected with a mind virus. The virus is particularly effective because it has an element of danger and appeals to people’s survival instincts.

A meme is a thought, belief or attitude in your mind that can spread from other people’s minds. Many evolution theorists believe in the theory of the survival of the fittest and this is often believed to be true about memes - that the strongest and most powerful survive. Thought processes that we pay particular attention to are those related to food, danger and sex, as per our evolution through prehistoric times.
Anyway, memes often enter our minds without our permission, they become part of our mental programming and influence our lives without us even knowing and I speak about this a great deal in my work.

Now, just about every week I spread a mind virus, a meme, or two with my ezine - things like: You can achieve your dreams, your mind is amazingly powerful and many more besides.

What mind viruses catch on in your experience of life? Do you switch the radio on first thing in the morning and have that programme you for the day ahead? Is your sense of humour manufactured by radio or TV personalities? Do you allow gossip with friends to influence what you think and how you think it?

Do you allow media news coverage to stop you going into London ever again like those two lovely old ladies I stopped to speak to?

If you are going to watch the news, be subjected to advertising messages, have in depth discussions with people, then I recommend that firstly, you begin to choose what you allow ‘on board’ in your mind and protect yourself from being influenced by mind viruses that can enhance negativity or have you sat in front of the TV in fear! Maybe you’ve been infected with one of those ‘get rich quick’ mind viruses that plague the internet, or that you can lose pounds of weight with one miracle pill. These are exaggerated ideas I am using to make my point.

It is worthwhile thinking about how you can regularly disinfect your mind from the viruses that it takes on board on a regular basis - we are barraged by varying influences all the time. Today’s technique can be used to just clear out any negativity if you prefer to use it that way too.

Here is a simple way to do that:

**Step One:** Get yourself nice and relaxed and comfortable. Ideally, where you are not going to be disturbed. Take yourself into self-hypnosis and create for yourself a deeply receptive state of mind.

**Step Two:** Having spent adequate time getting comfortable, deeply relaxed and tuned into your own mind and how you are in this moment, use your imagination and imagine travelling through the corridors of your mind. Do this in whatever way seems right to you.

Then simply find yourself arriving at a room within the depths of your mind. Find yourself within in a wonderfully comfortable, warm and very pleasant room. Connect with this room, allow yourself to feel welcome, right at home here in this room.

Imagine that room is of an average size, round and it has a domed ceiling. Maybe you can imagine that it is a similar shape to how an igloo might be inside. Having really tuned in to this room, tell yourself that this grey-walled room is actually your own unconscious mind. Really believe that you are at the very centre of you. Believe that this is the core of your being.

**Step Three:** Look all around and look closer at the walls of your unconscious. You notice that all over the walls of this room, seemingly stuck to the walls are little bits of what appear to be paper! Some of them are the colour red; and some are the colour white.

Inside your mind move closer to the wall, and sense how the red bits make you feel.
You can sense that stored on the red bits of what appear to be paper, are all the unwanted mind viruses you have picked up throughout your life. There are also the negative thought processes and uncomfortable emotional occurrences and unwanted feelings from all your past.

Whatever the negative mind viruses are, you do not have to know. Just imagine that all the negative, depressing, inhibiting, defeating, thought processes and feelings from your past are stored in this room of your unconscious mind, upon these little red bits of what appear to be paper.

**Step Four:** Then comes the fun bit! Start to pull these red bits of what appear to be paper down from the walls.

You can be creative and pull them down any way you wish, then scrunch them up, crumple them in your hands until your hands are full, and then take them over to where a hole about 20 centimetres in diameter has opened in the centre of the floor, and empty your hands into that hole and watch those mind viruses and unwanted thought processes dissipate into nothingness.

Imagine that you feel healthier, happier and lighter for being in charge of your own mind - and choosing what goes on in your own mind. You have a mind of your own, don't you? Isn't it nice to know that you are showing yourself that?

You can sense that, with a few trips back and forth, gathering down handfuls, carrying them and emptying them into the hole, you can clear out all of the negative and unwanted mind viruses from your unconscious mind. If any are very sticky, just breathe, imagine them releasing their grip on the wall, almost like when a leaf falls from a tree when it is no longer needed.

**Step Five:** Now let's replace that space that we made with some wonderful thoughts and feeling while we are here, shall we?

Imagine that the white bits of paper - that is, the good, positive, energizing, helpful thought processes and feelings are expanding. Any helpful, useful and empowering mind viruses that benefit you and your life are growing to fill all the space that has been created on the walls of your unconscious. Really get a sense of them growing and expanding all over the walls.

Imagine that they fill the walls and ceiling with beautiful, wonderful, positive, white. Imagine a resurgence of positive energy and well-being within yourself.

Then close the hole in the floor, and spend some time ensuring that the entire atmosphere of the room is white. Imagine it to be an enlightening, encouraging, supportive, beautiful, energizing white. With every breath that you breathe for a while just imagine that you are inhaling the positivity, the strength, the self belief, the love, the freedom of being in control of your own mind that is within this atmosphere! Feel and imagine the atmosphere permeating every cell and every atom of your being. Really invest some time to do this and make it as wonderful and freeing as you possibly can.

Tell yourself that from this moment forward, moment by moment, every day and night, night and day, you choose the thoughts and emotional responses of your unconscious mind and you are not affected by every influence that comes your way in life.
Maybe even add that you are attractive to ideas, thoughts and feelings that are genuinely for your higher good.

**Step Six:** Relax, breathe deeply and bring yourself out of hypnosis by counting from 1-5.

Now really trust, imagine and feel that you have cleared your mind of unwanted programming and remind yourself that you are going to continue to be aware of how you allow things to affect you as you go about your life now.

We are all affected by so many things. As I have said, you have a mind of your own, how about you decide to let go of what is just populist mentality or what the masses think thanks to popular media representations or gossip and allow yourself to truly empty that stuff out of your head, think critically and beneficially for you and notice how good it makes you feel to do so.
Chapter 12: Engage With Your Senses

One weekend earlier this year I was in the centre of London. I visited the London Aquarium, which is great fun by the way, and then took a long stroll along the south bank beside the Thames all the way down to the Tate Modern Art Exhibition Centre.

I do not know if you have been in that wonderful part of London on a weekend, I do strongly advise a visit. This weekend, the sun was shining beautifully, the air was fresh with Autumn, leaves were just turning colour and falling in places along our route. Along the south bank there were lots and lots of street performers and artists; some were hilarious and commanded big crowds, some musical, some dancing and some just a little bit crazy. I was with wonderful company and at several moments during that day, all was truly well in the world with me. My senses were filled with wonderment.

As author of the best selling self-hypnosis book and self-certified self-hypnosis junkie, I did tend to find myself deepening these naturally occurring trances and enjoying the moments of the sun’s reflection off the river, the general happy, friendly demeanour of all those people walking along and around with us, many smiling and saying hello, wishing each other well. It really was a celebration of so many things that I love.

We stopped for coffee in the Tate cafe and I could not resist the chocolate brownies. While scoffing down my brownie, I was asked what I was thinking. When I explained that I was simply enjoying the way my senses were so engaged in my surroundings, I realised that it could possibly have sounded unusual. I am guessing that not many of the people eating brownies and sipping lattés were telling each other of how their senses were engaged in their surroundings!!

I initially felt inhibited with expressing what was going on for me, that I was joyous, verging on intoxicated with all that was going on around me that day. So I kept it to myself and just enjoyed it... self-indulgently.

On the train on the way home, thinking about it all, I realised that not many people actually often truly feel what it is like to be alive. I know, I know, it sounds strange... As I looked around the train and carried on with one of my favourite pastimes of ‘people watching,’ I noticed that although many people were busying themselves, or were absorbed in their thoughts or were chatting... very few of them, in fact, none were actually giving me the impression of truly being engaged in what was around them. Very few of them seemed to be truly alive within their senses.

I wonder if you truly take time to feel the oxygen pumping around your system, see the colours of everything around you, or look at the sunset with the awe of a young child....

So I decided to abandon all inhibition and share with you a really nice, simple exercise for truly engaging your senses and reminding yourself what it is to feel alive and connected with all that is going on around you.

Now, this does not just have to be about self-indulgently enjoying the world, as it was for me, this is one way to prepare for meetings, to get ready for work, when meeting people, when wanting to achieve more and so much more besides.
Because when you do truly connect with your senses, you prepare yourself more richly than you ever imagined. You have a heightened awareness; you can connect more easily with others and develop so much more while in that kind of a state.

When you come alive, so others around you do too, they feel it and respond accordingly. I am sure that you can realise the benefits of being that way; it is not just me having an esoteric, new-age, hippy moment!

So, here is a wonderful exercise for you to do to learn and teach yourself how to open up more and more of your own filters and to observe and perceive so much more of what is happening around you:

**Step One:** Find yourself a comfortable position, it can of course be sitting or standing.

**Step two:** Fix your attention, all your focus, on one single point, very slightly above eye level. Focus on that spot exclusively for a few moments, making some fine distinctions in what you see.

**Step three:** Now relax your eyes and notice the tendency for your vision to expand. You can see the floor, the ceiling and the sides of the room at the same time. There is no need to focus in on any particular thing. This is often referred to as your peripheral vision.

**Step four:** As you notice your breathing beginning to shift, maybe becoming deeper and calmer, maybe more rhythmic, take this sense of visual awareness and wrap it around you and behind you like a velvety cloak. You may not be able to see what is behind you, but you can get a sense of what that would be like. Get a sense of being able to feel with your vision, of thinking that your vision extends all around you.

**Step five:** Now focus on your hearing. Imagine your ears to be like a bat's sonar device. Imagine your hearing stretching out in wider and wider circles. Become aware of the things that you hear; people talking, the wind in the trees, the hum of the heating, traffic outside, your own breathing.

**Step six:** Now move to your feelings. Imagine your feelings to be centred in your tummy. Push your feelings out around you into the room like a sphere radiating from your tummy. Get a sense of almost touching the walls with this expanded sense and of feeling everything in between. Know what that feels like. Imagine that you really are feeling the space that you are in.

**Step seven:** Finally, become aware of all three senses radiating from you like interlocking circles at the same time. Rest in this expanded awareness for a while, absorb all that you can with your senses and truly get a feeling of what it is like to acutely sense that moment you are in: This is being alive! When you have absorbed as much of that as you can, then come back out.

Nice feelings, eh? You see how alive you can really be? A bit different from the usual way of being isn’t it? This is like self-hypnosis with an external trance state – it can often be electrifying to behold the simplicity of just connecting to the world in a trance.

You know what? I enjoyed writing that, I enjoyed imagining doing it and I love doing all of those things. It is so simple, yet it brings your senses to life! I do this when I run along the sea front where I live and it makes for such a different experience.
So, tune in to really using your senses, notice how when you connect more with all going on around you, how much more alive you can feel. You can also see how that sense of feeling so alive affects people, places and circumstances in a manner of positive ways. Notice this new way of using a hypnotic state to engage with your eyes and senses fully open!
Chapter 13: Manifesting With Self-Hypnosis

I originally wrote this at Valentines day, so I am going to stick with that theme, though this technique can be used to manifest and attract pretty much anything you want in this life combined with your hypnosis.

So, I am jumping on the Valentines theme for this technique.

Now, this technique was aimed at finding your soul mate. However, you clever self-hypnotists are such highly evolved and wonderfully attractive people that you are likely to have found your soul mate already. Or maybe you are just so irresistible that your soul mate found you! I am certain that this is far more likely. If that is the case, then of course you can go ahead and use this technique for attracting something else into your life... you'll see what I mean and how easy it is to do adapt it.

Now, if you are not really into notions of attraction or manifestation, then think of this technique as only self-hypnosis - a practical version of self-hypnosis - that is helping you to tune your resources and your unconscious mind to help you bring more love into your life. Follow the technique and you'll be doing so in no time:

Let's do this in steps again shall we?

**Step One:** Relax... Get yourself into a place and be in a position where you are comfortable and not going to be disturbed.

Take yourself into hypnosis and deepen sufficiently.

**Step Two:** First of all, build some expectation and anticipation. These are both very hypnotic principles and are going to serve you very well later in this exercise. So engage your imagination and imagine that a magnificent and wondrous journey awaits you. Tell yourself and really imagine that you actually can create and bring forth the soul mate you have been seeking, the life partner of your dreams.

You want to be ready and receptive to this entire process, so allow your mind to be completely open and ready to manifest the love you desire. Maybe you can imagine your mind opening up in some way, or maybe you tell yourself that this is the case, or you can even just begin moving through the corridors or magical pathways inside your mind to show that you are ready for your journey.

**Step Three:** Now you need to get into the correct position. Just place your hands in your lap, facing each other, just a little apart, as if you are holding a ball of some kind. Now, here we are about to get a little metaphysical, it is Valentines Day, so what the heck, eh? Hahaha.

Imagine that the ball in between your hands is a ball of energy. You are going to place desires, magical ingredients and lots more besides into that ball of energy. So allow yourself to really imagine this clear ball of energy... pure energy, sparkling and moving and swirling in front of you. Become aware of the size, the texture, any faint colour that may be there...

Gaze upon this ball and wonder what power it may hold... Again, get expectant here (no, I am not suggesting cough medicine, that is expectorant) get anticipating all the
good things that are going to enter your life as a result of what this ball holds within it. How about you even get excited about it?!!

**Step Four:** Ok, using your imagination, look nice and closely into the ball and notice a very small pinpoint of light right in the centre of the ball. Imagine that glint of light in the centre of things. Focus all of your awareness, all your attention on the point of light and notice how clear your mind becomes now.

At this point, you can start to have even more fun and get really excited. Because now you start to place the qualities of your soul mate into this pinpoint of light. Refrain from imagining you are sat around a cauldron please, there is no hubble bubble, toil and trouble here, and certainly no eye of newt being tossed into the mix. We want the wonderful and attractive qualities that are good for you and your prospective relationship.

As you place these things into the light with your thoughts now, you can notice that the point of light grows just a little bit larger and glows a little brighter. With each ingredient, shines a bit more brightly and gets bigger.

I recommend that you go ahead and speak these qualities out loud, such as “you are a confident person.... You love watching the sun set on the sea.... You enjoy reading... You love running (ok, that is just mine...). And with each thought that you manifest into the point of light, notice the way it glows brighter, sense and imagine that it feels warmer between your hands too.

**Step Five:** Now continue to place your thoughts into the ball... all of the qualities, personality traits, values, morals, education, health, financial position, feelings about family, about sexuality... and feel the ball becoming larger and brighter with each thought and desire. These things are the things that are right for you, conducive to your ideal relationship.

Now, do make it personal to you and please do not place in a particular person. I mean just putting in Brad Pitt or Angelina Jolie or the world famous, devilishly handsome Adam Eason into the ball and expecting them to come knocking on your door is unlikely to yield that result; especially if that person is in a happy relationship already. You are allowing the universe to connect you with someone who is right for you and you are going to have to be right for them... you know where I am coming from here, don't you?

**Step Six:** When do you want this to happen? Choose a time frame in which this person is to appear. 'You appear on or before XXX Date'. Say that to yourself, so that you have a timeframe to be aware of.

With so much placed into this ball, imagine how large this ball has become, really imagine that it is bigger and brighter... notice the life that has been infused into it. Maybe you can imagine that the colour, texture or qualities of the ball has changed, the movement more intense, the brightness increased. Of course, you'll have to slowly open your hands outward to hold it correctly, though you can loosen your grip in preparation for the next step.

Then just thank the world, the universe, yourself, your mind or whatever else you wish to thank for allowing you to create this, thank them also for the wonderful things that are soon coming your way. Express some gratitude for what you are about to receive (nearly started sounding like the Lords Prayer then!).
Step Seven: Let go of your ball of energy. Go ahead and release this energy into the universe. Just think that inside you, there is a place of personal truth for you and you want this affirmation to sink deep into that place of truth. So be nice and open in your mind and repeat this affirmation 13 times inside your mind and out aloud:

I welcome love to come into my life.
I receive love as a precious gift and accept it in deep gratitude.
I release this part of my mind into the universe, without hesitation or reservation, I am ready for love.
When my soul mate appears, I know instinctively that you are the one.
When my soul mate discovers me, this person knows that I am the one too.
We both are open to receive each other and look in the right places.
I am ready for love.
I give love easily and I receive love naturally.
I deserve to be loved, and I receive it in gratitude.
You show up in my life at the right time... ready for love.

I realise I could make a very good pop song out of those words, however, you can amend them to your own liking and preference should you wish it so. Just affirm that you are open and ready for love to enter your life.

Now watch and imagine as the beautiful ball of light and energy that you created sparkles and shimmers as you send it out into the universe. Allow each little particle of light and thought be carried and guided to the perfect place, to the soul mate. With love, with gratitude and with acceptance that you allow this happen, and want this to happen.

Step Eight: Bring your senses into this moment. Forget about the ball, detach from it. Let your unconscious mind and the world, the universe and the divine powers, whatever or whoever they might be, get to work without your interference anymore.

Stop holding on to the ideas, just detach from it all, let it all go.

The just open your eyes, bring yourself up and out of hypnosis, become aware of where and how you are, be centred and relaxed and go about your day knowing that you need to be aware of how this might present itself to you. Be aware of opportunities and people that you encounter and wait for something wonderful to happen.

So have some fun with this and manifest some love, lots and lots of it! Or of course tailor the technique for manifesting anything else you want to attract into your life – just using the same template of the technique.
Chapter 14: Harnessing Natures Most Powerful Force - Vacuum

Ok, ok, so my brother and I were on a 20 mile marathon training run together recently and I was telling him that a very momentous thing happened to me and I am going to tell you about that thing too. Ready? ....I threw away my big duck-down, red puffer jacket - a big winter coat that I have owned since I was 16 years old. I bought it from my Uncles shop in Nottingham as a young man and have now owned it for more of my life that I have not owned it.

Let me give you some history on this much loved item of clothing - I wore this jacket when I went skiing with my family in my late teens and early 20s, I wore this jacket the first time I was on TV, it went to a many, many different countries with me, I wore this jacket to so many things that my family and friends often joked about it. I know I should not tell you this - it was never washed. Not once. It was rather filthy by the end and someone of my standing ought to be better equipped in the winter jacket department. So this week I threw it away.

My brother laughed and asked why I had done such a thing. So I explained to him that I really ought to have a new winter jacket and that someone of my resource ought to have a fine new one - I am going for a designer jacket, I have my eye on a few. He asked me why I couldn't just buy a new one (or two or three) and still keep the historic jacket.

My answer to him was one word - Vacuum.

Let me explain... When I had been skiing and left footprints in any patch of snow, you can bet those footprints were covered up by wind, snow and other footprints and I wouldn't find them again. When I have been walking on the beaches outside my home or anywhere else in the world, I am sure that you have seen what happens when you leave footprints in the sand on the beach - the sea and the wind soon fills them in.

Nature does not stand for a vacuum. It does not let it go too long without being filled. I can remember the impressions I would get on my face from sucking all the air out of plastic drinks bottles or cups when I was younger. Nature rushes to fill that vacuum. Now since the inherent nature of the universe is good, a vacuum will always be filled with good. So when you need more of something that you are after - create a vacuum. You can apply this principle in so many areas of your life, especially when you are in need of a brand new winter jacket!

A vacuum is a natural law and learning how to create and use a vacuum is a very powerful thing to do.

If you want some new shoes, simply give some of your old ones to charity. Do the same with old clothes if you want some new ones. If you feel stressed and busy, tidy up or dispose of some of the clutter in your immediate environment, maybe at home or at work. Simply cleaning off your desk, sorting out all that paperwork, picking your clothes up off the floor or making your bed can bring lots more harmony into your life. Cleaning out the bathroom cabinet, a wardrobe or storage cupboard, not to mention the garage, is going to do the same thing. My Mum used to get so much joy
when Spring cleaning came around.... I used to hate it, my bedroom, my mess, getting disrupted!

So as a first step in the process of creating a vacuum in your life, how about you think about cleaning out a cupboard, your drawers, your briefcase, your work desk, the bathroom cabinet or whatever else, really go and clean one of those out this very day.

This does not only apply to the physical things in life of course.

Letting go of thoughts of hate, lack, guilt, wanting bad things to happen to others or letting go of thoughts of revenge all create a vacuum for hope, joy and happiness to return and flood your heart with well-being. If you are not experiencing all that you want in life, it often means that you are holding on to something that you should be released.

You can use this notion to bring more wealth, confidence, courage, motivation and inspiration into your life. Anything you like. Heck, it would get boring if you could only use this for new winter jackets, wouldn't it?

You know that you well and truly are surrounded by good everywhere. It is all around us and within us and the universe is poised to fill the gaps with it. The only lack is the lack in your mind. Open your mind to receive whatever you want, create a vacuum to hold it, and you are going to attract it. Mark my words.

To create a really powerful vacuum in your life, follow these simple steps:

**Step One:** Take yourself into hypnosis.

Enjoy it and imagine being in your favourite place in nature, whatever or wherever that might be.

Tune in to nature in this place. Create a natural, nurturing environment that is going to be really responsive to the vacuum that you are going to create. See the sights, hear the sounds, feel the feelings of being in your favourite place or a wondrous place in your mind. Once you feel nice and settled you can begin to contemplate.

**Step Two:** In this wonderful place, think about what you want more of in your life. Think about why you want more of that, think about how much better life is with more of that in your life.

Now think about all the things that you are holding on to that you need to let go of. What is blocking your way, or what can you release to create the space? Identify that. It may be more than one thing. Think and contemplate what you can free yourself of and let go of to create a vacuum in your life and to allow more good to fill that vacuum.

**Step Three:** In this place in nature, imagine that you are standing. Imagine feeling the ground beneath your feet, smelling the fragrances and the breathing the air. See the sights and hear the sounds of nature.

Then, imagine yourself surrounded by all the things that you need to let go of. They can be actual things or symbolic representations of those things all surrounding you in a circle. Or if it is just a single thing, it can be opposite you.
Imagine that there is a cord that ties you to each thing. See the cord and feel it, maybe imagine it made of gold, silver or something natural and appealing to you.

**Step Four:** Now comes the fun. Cut the ties that were binding you to those things and choose to let go of them. You can have a pair of scissors or a knife, or you can zap them with your imagination or do whatever else pleases you. Just cut those ties and watch that thing getting smaller and smaller until it is gone.

Notice what it feels like to have let go of that. Be open to good coming your way from here onwards and be thankful and comfortable that you did that.

**Step Five:** Think and about and meditate on how good it is to have released that from your life and think about how you will know that you truly have released it. Think about what you can do this very day to show yourself and the universe that you have let go, released and zapped away that old thing and that you are now open to getting more of what you wanted in your life.

Be open and ready to receive.

**Step Six:** Bring yourself up and out of hypnosis, open your eyes. Now go and take some action to confirm that you have let go and released this thing. Maybe you openly forgive someone, behave differently, do a particular action that shows that you have let go of that thing for good.

This is important. You have to show the universe that you actually did create the vacuum. It needs to be there. You don’t get those marks on your face unless you really suck all the air out of the bottles! You don’t get a new jacket until the old one is properly gone! You have to make sure the universe has proof that you created the vacuum and then you let the laws of nature do their work!

I learned a great affirmation to do with creating a vacuum from the brilliant Randy gage, I recommend that when you are creating a vacuum of any kind, you speak this out loud 13 times and write it down as many times too:

That which does not serve me, I release.

I am open to the rich, bountiful good that is coming toward me.

I let go of that which is not my highest good,

and I open myself up to Divine Order.

So there you go - see how you can create a vacuum of any kind in your life and start allowing nature to fill that vacuum with more and more wonderful helpings of good and more of what you want!
Chapter 15: Overcome Any Psychological Barrier

I can remember when I first knew I wanted to be a hypnotherapist. I had enjoyed the benefits of hypnosis myself to create some well-being in my life. It had a profound effect upon me. I had only met one hypnotherapist and liked him, but he did not run courses of any kind and so I muddled around trying to find the right course for me to train to be a hypnotherapist myself.

I allowed that to be a barrier until I got off my backside many months afterwards and found someone who I liked and resonated well with. This wasted some time that I could have used to be living the life I wanted, the life I created and discovered for myself a few years later - much of which I share with you each week. Barriers exist all over the place and they are what I am writing about today.

Anyway, following a couple of 20 mile races over recent weeks in training, I overheard some fellow runners discussing a marathon running phenomena known as 'The Wall.'

Last year, when I was working on BBC1's TV programme 'Run For Glory' I had to help the budding marathon runners to overcome the psychological effects of possibly hitting 'the wall.'

In running terms, 'the wall' is whereby your body has used up most of its readily available fuel and is trying to find it from your muscles and other resources and if you have not been replacing that fuel throughout the race, your body can scream and shout and cause the runner a lots of issues - possibly leading them to stop being able to run at all. There is lots of TV footage of people writhing in agony because of this phenomena of 'the wall.'

Why am I mentioning this then?

Well, of course, the wall is simply a metaphor for such a physiological occurrence. A wall is a powerful metaphor in many other aspects of personal development too and I wanted to use that metaphor for your benefit today.

Many, many people that I encounter or work with seem to get stuck by the same things in life. It is amazing. We all experience obstacles, barriers and things that impede our progress towards our goals and sometimes we simply give up instead of breaking through.

When diets fail us, or we lose motivation to exercise, or we do not reach a target set at work, or we cannot seem to earn enough money to make ends meet, or we can't let go of a fear that we keep having... or whatever it is that we seem to keep running up against.

So after last weeks rant, I am back to offering up a step-by-step strategy for you to use to overcome any barriers that may exist in your life. Here are eight steps to helping you overcome barriers that may exist in your life.

**Step One:** Make yourself comfortable in a place where you are not going to be disturbed. Take yourself into hypnosis.

Just close your eyes and imagine drifting inside your own mind and spend enough time relaxing, enjoying stillness to allow yourself to have a receptive state of mind.
Have a think about something that you believe you need to overcome and have this in the back of your mind ready for later on in this process.

**Step Two:** Now as you relax, just reflect on your inner thoughts, not directing your thoughts, just observing them for a few moments. Become aware of what you are thinking and become aware of how you think. This might seem unusual, just observe yourself and let your beliefs, your abilities just roll around in your mind for a few moments. Then just have little think about how wonderful it is going to be to overcome limitations or blocks that may have been getting in the way of achieving dreams or goals that you have.

Basically, here is an opportunity to be still and gain a greater awareness of your true inner beliefs, the core beliefs that allow you to create what you truly want. Really allow yourself to be confident that you have the ability to overcome barriers that may have got in your way in the past. Just encourage yourself for some moments here.

Just comfortably expand your awareness and allow yourself to be receptive to what is coming up.

**Step Three:** From here onwards, you are going to use your imagination. "...but I'm no good at visualising things..." said in a whiney voice by someone out there.

You do not have to visualise these things in perfect pictures, you know that by now, just imagine them as best as you can. Or pretend that you are imagining them - that is just as good.

Imagine that there is a wall of some sort out there in front of you in the distance. As you get closer you may see the details of the wall; the colour of it, the texture, what it is made of. You may notice how big it is or how long it is too. Allow this wall to appear in front of you in whatever way feels and seems right for you.

If you do not see it, then just imagine it is there, you may just sense that it is there, you may have a 'gut feeling' about how large or how small this wall is in your mind.

Here is the thing... This wall represents that thing that has been stopping you in the past. It is that thing that prevented you from having what you want, from living out those dreams, impeding your progress or having what you truly want in your life.

This wall represents the thing that has kept on getting in the way of your progress. That you may have kept on running up against in the past.

Now move closer to the wall, and tune in to how you feel when you are faced with it. Maybe it is that familiar feeling you got in the past. Maybe you have not identified it in the past but you know that familiar feeling. Tune into that feeling as much as you can now.

As you think about that thing that you wanted to overcome (as decided upon in step one), and as you move closer to that wall, just realise what it actually feels like to have been stuck, when you may have been sabotaging your success, maybe you even felt the need to give up. Just get yourself aware of how it felt for that barrier to exist each time you got close to success in the past.

**Step Four:** Ask yourself what the real reason is that you want to overcome this barrier. A great way to do that is to look on the other side of the wall or look around it or maybe create or find a place to look through this wall.
Really think now, what if you were able to get past that wall? What is driving you to do this? What will it be like on the other side when you are there? What is waiting for you? What do you want to accomplish and achieve by freeing yourself of this wall?

So for a couple of moments, as you look beyond the wall, envision and imagine what is there on the other side of that wall.

How is it going to be when you are free of this wall? Maybe you take a moment here to imagine your life as you wish it would be... being successful in a certain area of your life, having freedom to live your dreams, to achieve certain fabulous goals that you want.

When you have really tuned in to this and you know what is waiting for you when you are free, then just imagine that you step back from the wall so that you are seeing it from a little bit of a distance.

**Step Five:** Shortly, that wall is going to answer your question - when you ask it what it represents. You want to know what it actually is that has been stopping you.

It may be some limitation within yourself or it may be a limitation learned or inherited from someone or something else. Or even an occurrence from earlier in your life that created a belief that led you to keep encountering this barrier in the past.

That all stops shortly though, doesn’t it?

Trust that all the answers are within you. The wall is going to tell you, or show you, what it is that it represents. Right now get a little bit closer to it, tune in to your thoughts, your feelings, your emotions and sensations.

Now move slowly nearer to the wall. Look closely and see if there is a word written on it, or maybe a sentence or a phrase to indicate to you what the wall is all about. Maybe the wall has a voice and the wall can tell you itself what it is that has kept holding you back in the past. Maybe instead the wall helps you notice a different sensation or feeling right now and you can put words to it to help you understand what it is.

Open your mind, trust yourself and let the right message come to you. Whether that means that you see it, hear it spoken, feel it or any other way that is right for the wall to communicate with you. Verify with the wall precisely what it represents, what it means, what is really is and get a sure idea of it in your mind, so that you really do know what it is.

It is important that you let this come of it's own accord. Do not use your conscious mind to think what could or should have been creating this barrier in the past.

**Step Six:** Now for the clever bit. Go ahead and ask this wall what it needs to be released and removed from your mind. Ask it what is required from you or from life to allow you to be truly free to move forward in the way that you desire.

Get a dialogue going and ask the wall to indicate to you or tell you, or let you have the right information in any possible way of what it needs, or what has to happen so that the wall can be totally released from your mind and so that you can be free to move forward in the way you dream about.

**Step Seven:** Ok, here we go then. Imagine reaching deep inside of yourself to that special place within you where your inner resources are. That place where you know
you can achieve wonderful things. Reach inside and find whatever it is that you need to bring that wall down. In your mind, go ahead and bash it down. Smash it, destroy it, scrub it out, and erase it in any way that feels right and satisfying to you. Have some fun here and discover how good it feels to have the freedom to move forward and be free of that old wall.

Use whatever power, whatever thoughts, whatever abilities or information you need and bring the wall down. Maybe you blow it up with explosives! Just release it in whatever way feels most suitable and satisfying for you.

Now look out into the clear horizon and see what is there now that you are free of that old wall. Imagining that your dreams are coming nearer now as a result of your actions.

**Step Eight:** Inside your mind celebrate. Shout a few "Woo-hoo's" inside your mind. Get some fireworks going off. Maybe you remember other times when you really accomplished something you were proud of. Get that feeling and spread it throughout your body and let yourself feel really good. Get some excitement inside your mind and feel really wonderful to have removed that barrier from your mind and from your life.

When you have really filled yourself up with that wonderful feeling, you can just bring yourself out of hypnosis and open your eyes and bring your awareness back to the place you are in.

Then go and take some action. Take a specific step that is undeniably convincing to you that you have let go of that old barrier, that old obstacle, that old wall. Give yourself some actual proof that you have let go of that old thing.

You see, with marathon runners, there is no actual physical wall. With the right preparation, the right training, the right attitude, the right actions, the wall is simply avoided and does not exist when you run a marathon.

Any wall or old barrier that may have existed in your mind in the past is just the same. It exists only in your mind. So go ahead and apply this method, then take some action to begin felling those walls that may have got in the way before. Shake them off and enjoy your freedom.
Chapter 16: Balance Your Chakras

Recently, I allowed myself more than my usual fair share of fun - I mean, those that know me, know that I like to have fun most of the time. This week, I did some things for me and no-one else in my life really. For example I attended a workshop led by an amazing man from the far east whose work I have followed for a long time. I played the role of needlessly excited student throughout the workshop: If he wanted a volunteer, I put my hand up and shouted “Me! Me! Me!” I sat at the front of the class, I went to speak to him during the breaks and I agreed with most things that were being said... Basically, I regressed to an 8-15 year old at various times throughout the event!

This I put down to the fact that I love learning and I was in awe of this particular man and his work. He actually said very little to me. The things he did say made a massive impact on me and it showed me that sometimes the smallest of things can have the most profound effect on us - observations especially.

He observed that I was very energetic and he also observed that I was a wee bit drained of energy.... “Well, let's get that replenished in the first meditation of the evening...” Is what he said. Now, I do not have the time to be able to tell you all that I learned on this particular evening, however, I did want to share with you a combination of that meditation and combine it with self-hypnosis for some great effect.

This technique is a step by step guide that combines self-hypnosis and some self-inner guidance with the idea of balancing your chakras. Now it is not really important to know what your chakras are - in brief, they are regarded as central energy points in your body in Eastern medicine and philosophy. They have certain colours associated with them that are going to be integrated into this technique within your mind.

I know it made me feel wonderfully energised, refreshed and very well balanced afterwards.

**Step One:** Find a place where you are not going to be disturbed for a while and allow you eyelids to close. Imagine that as you close your eyelids, they melt and relax into your face and begin to send relaxation throughout your body.

Create some expectation; we all know how hypnotic expectation is, don't we? Tell yourself that in a few moments you’re going to enter one of the most relaxed states that you’ve ever known.

You can take yourself into self-hypnosis now.

**Step Two:** Using your imagination, begin now to sense that you are floating on a soft cloud, almost like it is a mist that is gentle, soft, and completely supportive. It melds and moulds itself to the exact contours of your body, imagine that you settle deeply into it and take sufficient time to really develop that comfort.

Imagine that the cloud is a beautiful, soft yet strong, strawberry red colour.
Imagine that the wonderful red mist gently envelops your entire body, from your waist downward. Sense that it is bathing you in a soft and gentle relaxation.

Now as you breathe, breathe in that red mist and let it be gentle, soft, and red.

Let that red mist move throughout your body, drawing away anything unwanted, leaving you in a soft, peaceful state. Imagine that red colour in each and every cell of your being. Let that red mist sink into the very depths of the centre of your mind.

Spread that red all through you, reaching all the way down to the tips of your toes, all the way down to the very tips of your fingers and feel yourself in harmony with this natural red colour as your body is feeling more and more balanced and alive.

Let the red mist focus around the base of your spine. Maybe you can even imagine that your spine vibrates in harmony with red and the entire area of the lower back and spine goes into a total relaxation. When you really engage in doing this, you can create some magnificent sensations.

Imagine and sense that you are in tune with nature and all of nature is in tune with you. Breathe that red, gentle mist in and now allow a little, tiny red bird to gently glide around you, wrapping your body in a soft, red, blanket of balance and relaxation.

If you are not a fan of birds, then you can of course imagine anything else - angels or a loved one, or that the blanket wraps itself around you unaided. Choose what suits you personally.

**Step Three:** Having done this inside your mind, next up imagine floating on a soft, almost peach-like orange colour. Allow yourself to be in harmony with this orange (just as you were with the red) and right around the area of your abdomen there is an energy centre that vibrates with this colour of orange.

Allow this orange mist to bring this gentle softness, this natural awareness to your body and feel it almost like a sponge, absorbing and releasing anything you might need to let go of, bathing you in a soft mist of peace, relaxation and comfort. Feel and sense anything unwanted being absorbed into the mist from all the parts of your body.

Allow this orange to penetrate your body and give you peace and comfort, feel the freedom as you do this. Feel yourself relaxing more and more as this orange mist flows in and around all the parts of your abdomen. Then in whatever way you feel resonates with you the best, imagine a little orange ribbon gliding gently and gently carrying the mist over and around and through your body, your body wonderfully at ease and relaxed. Take enough time to really enjoy doing this.

**Step Four:** Now in your mind’s eye imagine yourself floating on a yellow mist, the soft colour of lemon, beautiful, lemon yellow right there in the centre of your chest.

Take all the time you need to really be in harmony with this colour of yellow and the middle area of your body and the centre of your chest is relaxing more and more as you can imagine that area has an energy centre that vibrates to the colour yellow. Breathe in the soft yellow mist, the comfort of that gentle softness with each breath that you take really let it flow throughout you now, let it move through your entire being.

Allow your body to be at peace as the yellow mist eases and soothes your body.
Imagine that all of nature is in tune with this yellow and you are in tune with nature. Feel the freedom of the atmosphere that you are creating in your mind.

As we did previously, now imagine a silky ribbon of yellow, floating gently around you, wrapping the mist of balance and awareness around your body with a blanket of gentle, soothing tranquility.

Breathe in the yellow velvety mist as it bathes you in a sea of peace, taking all the time you need to sense deep comfort.

**Step Five**: Then imagine that you are floating on a green mist, actually begin to see, sense, imagine and feel a green mist all around you, absorbing into your skin, feeling immersed, enveloped in that green mist, a beautiful colour of green. Green as lush grass.

And as you breathe in this soft, green mist the gentle softness is all around your heart, and you feel your heart begin to relax all around that area, all the way up to the area of your throat. As you relax imagine that you can feel your heart opening, opening and connecting with the world around you.

Imagine that your chest and your heart area vibrates now to the colour of green and feel the peace and the relaxation that that brings. Begin to feel this green bringing the relaxation all through your body, gentle softness, this wonderful green colour.

Anything unwanted around your heart is being absorbed by that green, floating it away, drawing it away, leaving only peace, balance and comfort in its place. Each time that you breathe in the mist of the green, imagine and feel your body becoming even more limp, loose, safe, and comfortable.

Feel the green cleansing and freeing you, allowing your body to work in perfect harmony with nature just as it was intended to do. Then imagine a soft, silky green ribbon, floating around you... as with the previous steps.

**Step Six**: Ok, so now just imagine yourself floating on a mist of blue. Just engage your mind in that idea that you are gently floating peacefully on this beautiful blue colour. While doing that, allow your throat and your neck relax all the way up through the back of your neck and your throat and your neck are feeling calm and relaxed.

Breathe in the blue air and feel it drifting and floating throughout your entire body. Allow this gentle blue mist to draw up and soften and balance all the muscles in your body. Think that your body is at peace as the blue mist works through it and soothes it.

Imagine that the blue mist carries takes away anything unwanted, leaving only comfort, ease and safety.

Once again, imagine that all of nature is in tune with blue and you are in tune with nature. Your body has been perfectly designed to work in harmony with nature and so let all the natural processes of just ‘being’ occur for you while you are doing this.

Feel the comfort increasing within you as the blue mist fills every cell and every muscle and now imagine that silky ribbon, floating around your body, gently touching your body with a blanket of blue mist, bathing you in a sea of total relaxation.

**Step Seven**: Finally, imagine yourself floating on a misty cloud of violet, a beautiful violet-rosy colour, a very soft combination that creates a nice lavender colour.
Imagine that the soft colour of violet, that very soft purple, penetrates your body and allow yourself to go deeper into your own mind. Imagine that you draw this purple into your body. Feel that beautiful colour bringing you serenity and peace.

Ensure that you feel safe and comfortable on this beautiful soft purple mist. Tune into nature, tune into this natural feeling with this violet colour you are in and begin to breathe in the gentle violet mist. Breathe it in and feel the muscles of your mind working in harmony with the way that nature intended.

Feel yourself totally relaxed, feeling the wonderful things that are happening within your body at this moment.

**Step Eight:** Now inside your mind, imagine a combination of all the colours you have been thinking of throughout this technique form a rainbow and surround you. Imagine that they combine to form a beautiful white light, purifying, cleansing, filling your body and your mind with the glorious sense of comfort, rejuvenation and balance.

Right there at the top of your head, bring that light in, a beautiful clear bright light, floating all the way down through your entire body, filling all the spaces between all of the cells, bringing you the comfort of knowing that you deserve to have the experience of a peaceful, balanced, energised life.

**Step Nine:** Now let yourself float through all these colours again — beginning at the very base of your spine, begin with that soft strawberry-red cloud, that mist that envelops all the bottom area of your spine, right there. Then move up into your tummy, the area that is a beautiful peachy-orange and moving up into the centre, right where your solar plexus is, a beautiful, soft, lemon-yellow colour. Moving up around your heart to that area where that green energy is.

Then moving up to that beautiful blue all around your throat and your neck and all the way up into that purple, that beautiful violet colour of your mind’s eye... and then moving all the way up to the very top of your head to that place where you have clarity, where you bring that most perfect light into your body and into your experience, a beautiful clear light. As the light moves down... it touches and illuminates all of these colours beautifully.

Now allow yourself to be completely immersed in this beautiful rainbow of the energy of life, you allow your mind and your body to be very receptive, very open to creating the experience that you want and that you deserve.

Bask in the colours for as long as you like.

**Step Ten:** When you are ready, you can allow yourself to come back to the awareness of the place that you are in. Tell yourself that when you open your eyes, you feel very balanced, very balanced and energized. Then open your eyes, wiggle your fingers and toes, reacquaint with your surroundings and enjoy being more balanced and refreshed. Bring yourself out of hypnosis.

Take some time to really balance yourself and get recharged in this way - it is so lovely to do so and makes a nice change from the safe, controlled relaxation we already use, doesn’t it? Enjoy!
Chapter 17: Getting Out Of Your Body

Those of you that read my blog or my ezine each week will know that I do not read newspapers or watch the news. I don’t like to have all the bad things in the world highlighted in my brain each and every day and I don’t like other people choosing what I should consider to be important or not. I like to choose what dominates my own brain, I like to create my own opinions about the world and I like to highlight all that is good for more.

Despite this, of course I have not been able to avoid the story that has dominated headlines here in the UK for the past few months (at the time of writing this).

Madeleine McCann was 3 years old when abducted from a holiday villa in Portugal. Her 4th birthday was a couple of days ago and many churches held vigils for her and her family at the weekend.

It is a very sad event and has touched the hearts of the mass public here. Mine included.

I watched an interview with Madeleine’s parents. They are incredible people. Throughout the experience they have maintained their belief that their daughter is alive and they have been through an ordeal that I simply could not do justice to in writing here.

One thing they did say was that they almost felt the entire experience was unreal at times. They are at the centre of a media circus, a huge investigation and hundreds and thousands of people from all over the globe are helping and millions are taking an interest. I truly hope that Madeleine is found alive and my hopes and best wishes are with them and anyone else who has a child missing.

I went through a traumatic experience when I was younger. During that experience, I found myself at times feeling removed from reality also. Sometimes, when we are surrounded by lots of new stimulus and when we have a great deal of unusual, new and different things occurring within us, our perception of how and who we are can be removed.

Out-of-body experiences are commonplace among trauma victims – it is thought of by many as a form of protection from the pain of the trauma, or in relation to shock.

The point I want to illustrate here is that these out-of-body experiences and altered perceptions of our own reality are naturally occurring. Much research has been done on these experiences and we are all aware of the often told experience of people on operating theatre tables seeing themselves and similar types of experiences. Now, some people believe that it is simply our perception that is being altered and I do not want to get bogged down with what is scientifically actually occurring with these experiences.

I decided to investigate this. I believe that over the years, I have stretched the boundaries with what can be done with self-hypnosis and with the use of our minds and our altered perceptions. Out-of-body experiences (OBE’s) are one of the more fascinating and so I thought I would share with you a real easy and simple technique for using self-hypnosis to have an OBE. Exciting stuff, eh?
So here are some simple steps to begin to get you more aware of yourself and begin to develop a basic skill: the ability to imagine your mind and body existing in two separate places. This exercise can psychologically prepare you for an OBE; ultimately it can also help you induce the experience at will.

**Step One:** Begin by being in a comfortable, quiet place where you are not going to be disturbed. Take yourself into self-hypnosis.

Alternatively, tune into your breathing and your body’s rhythm, engage in the moment and notice all you can with each sense about what creates reality for you in that moment. Relax your body, soften your muscles and be deeply still, yet keeping your mind totally alert. Maybe imagine a relaxing colour or warming currents moving through your body relaxing each individual muscle. Take the necessary period of time to do this – to get fully relaxed yet staying very alert.

Many people refer to this kind of trance state as focused relaxation. Many forms of mindful meditation get you in the same state – use whatever technique you find best to achieve a nice receptive state in your mind with your body nice and relaxed and still. As I have said in the early volumes of the master class programme, best not to do this lying on your bed because your unconscious mind associates lying on your bed with sleeping and you may subsequently keep drifting off to sleep every time you attempt this. You want to be acutely alert throughout this entire technique.

Once you have achieved a deeply relaxed yet alert physical and mental state, notice how it feels to be “inside” your body. Remember the last time that you looked into the mirror, recall exactly what you looked like from the outside and notice that your entire awareness is now inside that image. Notice the differences between being inside yourself and noticing yourself from the outside.

**Step Two:** In this nice receptive state, allow yourself to discover how it feels to “look” through your closed eyelids and how you can focus your attention on the world around you from “inside” your physical form.

Let me explain that a bit more – with your eyes closed, imagine the environment that you are in and imagine looking around it and exploring it from inside your mind. This is like oiling your mind, stretching it and beginning to get your perception to differentiate even further from being inside yourself and relating to what you have previously perceived outside of yourself.

**Step Three:** Really bring your awareness back inside yourself now, tune into your body and just imagine yourself gradually becoming smaller within your body.

Imagine that your body stays right in that beautifully comfortable position and you are getting smaller inside of it. With each of these steps, take the adequate and necessary amount of time to do this and really notice the differences in your perception and in your sensations. Be acutely aware at all time of what your experience truly is in each moment.

**Step Four:** Then, once again imagine your consciousness expanding out to fill the entire room.

Connect with the room or place around you, explore it and imagine pushing your awareness right out to fill every nook and cranny of the place. Become aware of the full expanse of the place you are in with your eyes remaining closed.
Step Five: When you have spent enough time doing that and really exploring pushing your consciousness out into the room, imagine yourself returning to your usual size, safely inside your body and take a deep breath. Quietly pay attention to the sounds and sensations that you associate with breathing. Connect with how you are.

Step Six: Now stay perfectly still and, as you exhale, imagine how it would feel to be a few centimetres above your physical form; imagine how it feels to be a tiny distance above your body. Imagine that you are simultaneously floating above your body and also looking up at your floating image from within your body. Allow yourself time to fully create these images in your mind. Then gradually begin moving your attention back and forth between the inside of your body and the point you envision a few centimetres above you.

Continue practicing until you’re able to imagine floating above yourself for several minutes without straining. As with any physical and mental exercise, this takes patience, practice and time to get good at. Be persistent and stretch your brain and your imagination until you can do this for lengthier periods of time without having to strain too much.

Step Seven: Once you’ve accomplished this, I expect that you highly evolved self-hypnotists will master this in a relatively short period of time! Then, imagine your disembodied face looking back at your physical face, below. Practice focusing as little attention as possible on your body and as much as possible on the image of yourself floating above. Create as complete an image as possible until —perhaps for only a moment at a time—detailed visual, sensory, and auditory impressions from this slightly altered perspective, so that the more you do it, the more it becomes vivid enough to seem real.

The sensation of looking back at your physical body from an independent location directly above it is one of the most basic and commonly reported forms of the out-of-body experience. Once you have achieved this perception, I recommend that you gradually shift your awareness back to the familiar sensations that you associate with your body. Tune in to your body in the position where it is. Wiggle your fingers and toes, go do something active and rigorous, have a snack and really get yourself grounded in reality – even consider going and doing something really mundane to tune into how it feels to be seated in reality!

Step Eight: After practicing this exercise, take a break for at least an hour. Then repeat the entire session from the beginning. But this time, maintain the image of floating for ten or fifteen minutes. Later, as you’re lying in bed at the end of your day, imagine floating above your body as you fall asleep.

I also want to give you some additional steps when you are feeling advanced, only follow these steps when you have really become good, fluent and practiced with the previous steps for a few days and practiced a few evenings prior to sleeping:

Step Nine: For this exercise, use the same comfortable location you used for the first 7 steps and make sure you are going to be undisturbed. Lie down and induce a state of self-hypnosis, concentrate on the sounds and internal sensations that you associate with breathing, and once more tune in to the external world from “within” your body.

Step Ten: This time, instead of imagining that you’re floating directly above your body, focus your attention on a specific location across the room. Imagine your awareness moving away from your body toward that slightly distant part of your environment.
Now imagine that you’re a point of consciousness floating on the other side of the room, and that you’re looking back at your body from this new and more remote perspective. Take time to allow this perception to form in your imagination, create and construct it patiently. Your mind may not be used to this kind of thing, so some of the mental cogs may be a bit rusty with this kind of exercise. Focus on this imagined experience in your mind’s eye, do your best to capture the details with input from all five of your senses – notice the images, sounds, feelings, tastes and smells.

**Step Eleven:** After a few minutes of doing this, shift your focus to a completely different part of your immediate environment. Allow the details of this new location to fully form in your imagination as the impressions associated with the earlier location slowly dissolve. Maintain this new focus for several minutes before gradually shifting your attention back to your body.

So basically, you are now pin pointing locations in your immediate environment with your eyes closed, using your imagination and creating images of yourself being there. Then you are moving between the two positions and altering the perception and stretching your awareness and perception. The more you do it, the more you tune in to the sensations of what it is like to really be in that place and the more likely it is to be an out-of-body experience.

As you perform this exercise, take the time to create images that are as vivid as possible. The more detailed your images, the more likely you will be to have an OBE.

After practicing this exercise, break for thirty minutes or more. Then, if you feel like it, repeat this exercise and continue to focus your perceptions at increasingly greater distances from your body. You may repeat this procedure up to three successive times. Remember, no matter how many times you repeat this exercise, patiently take all the necessary time, the results are diminished when you rush. Have some fun, practice this real beginners technique to having out-of-body experiences.

Have a go at really getting metaphysical using this technique with your self-hypnosis and see how your perception of the world and of yourself can really be altered when you separate your mind and body in this way, or at least, your perception of them.

In the members area of my website, I have added a classic psychological technique used for many years by people who have been known as OBE experts, so if you wish to explore this some more and get some guidance with it, come and join the Adam Eason Inner Circle.
Chapter 18: Open Your Heart

When I wrote this, here in England, in certain parts of the country it has seemingly rained non-stop for years and years. We have terrible flooding occurring all over the country. Homes are being destroyed and sadly some lives have even been lost. It seems that every year, just in time for the Glastonbury festival and the start of the Wimbledon tennis championships, the heavens open and the downpour begins.

Let me tell you where there was a lot of sunshine though...

I spent a few days in Brussels this week. The capital of Belgium is fascinating. We stayed in the very plush 5 Star Royal Windsor Hotel which is a few hundred meters from the stunning ‘Grand Place’ – the medieval central square of Brussels with some simply breathtaking architecture, cobbled streets and as much beer, frites and moules that your stomach can cope with. Yummmmy! (‘Frites’ are chips in the UK, French fries in other places and of course moules are mussels for those whose French language skills are not that good)

What’s more, I got to see most of it hand in hand with the most beautiful lady in the world and it made for a joyous time. I truly felt a love for life.

One evening, as we sat contentedly opposite a flaming fireplace in a traditional pub overlooking the lights of the Grand Place and the crowds gathered there taking pictures and meeting up for the evening, it made me reflect upon my own journey and arrival at this moment. You see, for those of you that are not regular readers of my ezine, you may not know that I have not always been open to experiencing this kind of love for life. At many stages in my earlier life, I felt like I had closed my heart to all the joy, happiness and love that life had to offer.

In my work I encounter a great many people who have closed themselves off from the world – sometimes for protection, sometimes because of indifference and lack of stimulation, sometimes through disillusionment and a wide range of other reasons. Opening our hearts to love and life does not only have to be as a result of our external environment changing; we can open it ourselves and then let the good things happen. Cause and effect!

So, I want to offer you a technique, a simple one for you to use to help to open your heart to life, love and all those other things that from time to time we tend to close ourselves off from.

This self-hypnosis technique is a simple and powerful process that I have used personally often - in it you are guided into a deeper awareness of your own heart. Using a range of different applications throughout this technique, the aim is to increase awareness and energy in the heart. The idea is that this increased energy makes us feel secure and safe within ourselves and not needing to close off, hide or protect our heart from life in any way.

Often, when we open or re-open our hearts, we may sometimes (though not always, please don’t expect this) have the experience of releasing held-in emotion. If you have ever been to a massage therapist when you are very stressed or emotionally charged, you’ll understand what I mean – often it feels as though we are holding our emotions in our muscles; maybe our shoulders or stomach, and when those muscles are loosened, so those emotions are released and we can feel a letting go and we can feel naturally emotional. I know that it happens a great deal in therapeutic
hypnosis sessions as people begin to relax and let go – they can often find emotions surfacing.

This emotional release, if it happens, may be powerful and overt, or internal, and subtle. An emotional release is a natural part of any healing process and should be welcomed rather than fought or resisted. Ok, so simply follow these steps:

**Step One:** Take yourself into self-hypnosis and deepen sufficiently.

Engage in the moment – by that I mean that you notice your thoughts, notice what you are seeing in your mind, notice what sounds you are hearing and the various sensations in your body. Keep breathing nice and gently and slowly and allow your body’s natural systems to trigger the relaxation mode within you. Take as much time as you feel is necessary to get yourself really nice and relaxed and in a receptive state of mind.

**Step Two:** With each breath that you breathe in, imagine that you are breathing directly into the centre of your heart. As unusual as this may sound, imagine that you are breathing into the area right in the middle of your chest, the area that is often referred to as the heart centre in many fields of ‘alternative’ healthcare. As you breathe in, really connect and tune in to that breath and feel your breath come directly into your heart.

Begin to feedback to yourself. By that, I mean you tell yourself, using your internal dialogue what the first thing is that you are aware of as the breath comes into the heart. Advise yourself of what it is that you actually feel. Let yourself know consciously what you notice as the breath comes into the heart. Just continue to tune into your breath, and as you do become more and more aware of your heart, connect with it.

**Step Three:** As you breathe in, imagine that you are breathing in a light of your favourite colour, maybe a golden glowing colour or a colour that you feel safe with and that resonates well with you. With each breath that you inhale, experience, sense and imagine that light coming into your chest. Imagine creating a reservoir of this light in your chest area.

With your conscious mind, continue to follow this light in with each breath and feel it come all the way into your heart. Feel, imagine and sense your chest beginning to fill with light. Imagine that the light is just right for you, the right feeling, the right temperature, feeling safe, comfortable and secure in whatever way is best for you.

Just spend some time very gently, filling your chest with this wonderful pleasing light. Trust your unconscious mind here. Imagine and trust that this light has all the healing knowledge and wisdom of your unconscious mind within it.

So, as the light comes into your chest there is a sense of a healing touch upon your heart. When you really focus and tune in to this, it is a marvellous sensation to experience. With each in-breath feel this healing light enter your chest and gently touch your heart. I like to imagine that it is as if the light knows my heart perfectly and knows how to gently caress and even massage my heart.

The sensation and feeling you get from that is familiar. You know this light, this feeling, this healing touch. In some way, you know this. Because of course, you have felt it before, now you are just reacquainting yourself with what it is like to connect with your heart.
As you become more aware of your heart, really tuning into it, you may also become aware of places in your heart that are protected, closed, or wounded. While you are breathing in that light, you can allow yourself to become aware of places in the heart that may be closed.

We all tend to have places of armouring in and around the heart, places that seem to shy away from the light as it enters. Be aware of any of these places that seem tight and be aware if there are none.

As babies, we came into this life totally open, totally vulnerable, and totally alive. Your body and mind have experienced being open before.

Throughout our lives, for whatever reasons, these innocent trusting hearts of our much younger selves had experiences that maybe taught us to fear or to close down. You might find that you remember some of these experiences that taught your heart to protect itself; that made you in some way feel like the world was not safe for an open heart. If so, just let those thoughts come and go naturally without lingering on them, just let your mind process them without you giving them too much thought.

**Step Four:** Continue, as we have done throughout this exercise, to breathe into your heart. Breathe in that lovely light. As you breathe in, be aware of some of the armouring, for the heart carries with it the memories of a lifetime.

Let the light continue to illuminate any places of darkness, of tightness, of numbness or anywhere that might be closed. Keep breathing gently.

Whatever you experience or see just let it happen and let it pass without conscious involvement. Now trust yourself and let your own heart now reveal to you some place in your heart where healing is needed. Let your own heart show you this place and know you are available for healing in your heart.

Trust the wisdom of your own heart and let it show you this place. As you breathe in, breathe right into this place in your heart. It might sound strange for me to say so, this healing light cannot come into your heart unwelcome. So if you wish an opening for your heart, if you wish a healing for your heart, ask in some way for this. Just use your internal dialogue and confirm that you do indeed want that to happen.

**Step Five:** As you continue all the time breathing into your heart with the light, be aware of any ways in which your heart may have given up, any ways in which your heart may have shut down or closed down in order to protect itself. You see, in opening your heart to love, you must open your heart up to all of life, and in doing so you must be willing to take risks.

Sometimes you may experience pain and disappointment. This is something that when you choose to accept it and no longer fear it, allows you to experience such liberation and allows you to get so much more from your regular experience of life – without an open heart, the richly rewarding things happening in my life would not be anywhere near as amazing as they are.

You could end this exercise there and proceed to step seven. However, if you really want to take this to another level, follow this additional step.

**Step Six:** Now in your mind, allow an image to arrive. Place in your mind an imagine of the face of a person who in this lifetime – past or present – has been a great teacher of the heart, maybe a person living or dead from whom you have been able to receive love. See their face now sitting just a few feet in front of you. In your
imagination, look up and you see their eyes looking into your eyes and remember what it feels like to be seen by these eyes that loved you in this way. As you breathe in, feel their presence right here with you in the place you are in and remember what it feels like to be in the presence of this person who loved you in this way.

Now begin speaking to them. Speak out from your heart; holding nothing back. Tell them what is in your heart at this very moment; feel their presence there with you and let the words flow out of your heart like a river.

Speak to them and say whatever is true and present in your heart at this moment. As you listen now, you can hear their voice. Remember the sound of that voice. They are speaking to you. They have come today to bring an important message... a message that your heart needs to hear. Listen and receive the message and take this message right into your heart.

Now you see that this face is being joined by other faces, one by one, lots of faces of people of this lifetime, past and present, living and dead, who have loved you, who have been a part of the fabric of your heart and your life. They are all joining you now. You see their faces begin to appear one by one. See them.

You may receive these messages and bring them into your heart, and there will be some to whom you may wish to say things from your heart. You speak these words to their faces as they appear.

Imagine that these beings gather in a circle around you. They form a circle of love, a circle of healing, and some of them reach down their hands to touch you and you feel surrounded and held by their love. Then, you could even imagine one or more of these beings begin cradling you, cradling you and rocking you and feel yourself being held, nurtured and reassured.

**Step Seven:** Finally then, in your imagination, see an image of your own heart at this moment. Feel your heart. Breathe into your heart. Breathe light into your heart. Let your own heart speak to you now. Receive the wisdom of your own heart. It may be in words. It may be a feeling. Open and receive the wisdom of your heart. Imagine that your heart is open and truly feel the fullness of your being.

Whenever you feel you are ready to do so, you then just count to 5 and open your eyes and allow yourself to be relaxed and become aware of your surroundings and go about your day and your life with an open heart and feel how wonderful it feels. Really take some time out to invest in yourself and open your heart to love, life and the world around you and really notice what a difference it makes to every aspect of your life.
Chapter 19: How Sound Affects Your Self-Hypnosis

When I was at college, I used to play in a band and I loved it. Mainly because of my love of music. We had some really big gigs and used to write our own songs as well as covering some obscure music from those times. It is amazing that the music I used to listen to at that stage of my life can still make me feel a very particular way.

It’s like when I run listening to my ipod, it makes such a difference. I can run faster and longer when I have certain tunes on.

What’s more, I love listening to loud uplifting music when I get out of the shower first thing in the morning, because it makes me feel really alive, upbeat and charged up for my day ahead. My girlfriend is the same, even though our music tastes differ, she likes to sing loudly in the shower and while getting ready for work in the mornings. When I asked her about it once and she described how the music made her feel, she started to grin with delight, and I was intrigued by just how powerful sound can be and how we can all use it for our own benefit.

Not sure if many of you will remember this, but here in the UK some years back, Prince Charles was quoted saying “I just come and talk to the plants, really very important to talk to them, they respond I find” in The Daily Mail. All kinds of research has been done as to how sound affects the world around us.

I recently read some research by William Congreve about the effects of music on our own development. I seriously doubt that William Congreve would have said “music hath charms to soothe the savage breast” if he had heard my band practising in my parents front room when I was at college, but he did think music offered people some special things.

The point that Congreve so memorably made more than 300 years ago, however, still rings true. Music elicits unconscious reactions. Brahms reportedly puts cranky babies to sleep. Mozart supposedly helps children achieve higher results in exams. Pleasant melodies of all sorts are said to lift depression, relieve anxiety and reduce pain associated with cancer.

Even many prominent psychiatrists acknowledge that sounds can indeed provoke the nervous system. The most dramatic examples are two types of epileptic seizures. High-frequency sound waves can trigger “audiogenic seizures.” The emotional reactions to music can cause “musicogenic seizures.”

There is a fascinating piece of research that shows how sound affects cells of water and if you think that the majority of us all is water, then you can begin to think that the sounds we continue to deliver inside our minds can be of some serious importance here.

What I want you to think about are the sounds you allow to be played inside your own mind. Throughout this programme, I have mentioned a lot about internal dialogue. I want to go even further than that now though and go beyond the meaning and content of dialogue and just listen to the sounds that we notice in our minds; the tone, rhythm and pitch and how each affects you.

First of all, have a go at doing this:
Firstly, have a nice sigh. Sigh, naturally and out loud, three times in a row. A sigh sends a signal to your brain that all is ok with you and that you are safe and well. The process of sighing three times in a row typically gives an overall sense of comfort and relaxation and it should only be taking you 30 seconds or so!

Secondly, imagine sighing out loud three times.

You may recall from earlier in the masterclass programme that your unconscious mind does not know the difference between an actual experience and a sensory rich imagined experience. So just imagine sighing out loud three times now. You can imagine sighs in situations where you want to feel the benefit and where loud ones might not be appropriate.

Sound has a profound influence upon us at levels below our conscious awareness. When you hear someone whose voice irritates you, that is a very real feeling being created by responses within you and the chemicals your brain is producing in relation to that sound, interesting stuff eh?

Similarly, when you listen to someone who has a really sensual, alluring voice, that has a very real feeling attached to it as well doesn’t it? There is a genuine connection between tone of voice and feelings. This does not have to be exclusive to communicating with others; it matters how you communicate with yourself too!

So, thirdly, imagine from memory that you can hear your favourite piece of music. I know that there are pieces of music that just make you feel wonderful. Notice the extent to which it is possible for you to feel the sensations the music creates in your body. Now become aware of the associated feelings you experience.

You will notice that lots of the world’s comedians, performers, prominent speakers and trainers play music when they come on and leave stage. They know that it helps them and you feel good at those crucial times.

Fourthly then, listen to a favourite piece of music and allow yourself to become aware of how you experience it. Music doesn’t just come in through your ears, rather, notice how you feel it with your entire body. When the piece finishes, play it over again in your mind, and discover the how you can reproduce all the sensations you originally felt. Then, next time you find yourself in a circumstance or situation where you would benefit from feeling those sensations, play the music in your mind!

Once you are sure that this really makes a difference inside your mind and body, you can begin to create and to think about various sounds that, when imagined, have certain effects on you. It really does bring new meaning to the term “sound effects.”

When I meet certain people, I have all kinds of “oooh” and “aaah” going on in mind. I just know that lots of you imagine being at a fireworks display then didn’t you? How about some laughter sounds and giggly sounds, or cartoon characters? Use the sounds that the world gives you and create more of the good ones, uplifting ones and fun ones inside of your mind and notice how it changes your daily experience. Notice the kind of tonality that you have with your own internal dialogue, if someone spoke to you that way, how would you respond? Would it relax you? Would it put you on edge? Use your own tone of voice inside and outside of your mind to resonate better with yourself and others; it makes a vast difference.

You know what? When I was researching articles and related bits and pieces for this, I discovered something hilarious. I have a piece of software that is essential for website development and it tells me about how many times certain words are searched for
online. Did you know the term “fart sounds” is searched for 860 times a day across the world? Hahahaha. Unbelievable.

When using your hypnosis, think about the kinds of sounds you can use inside your mind and as post-hypnotic triggers or anchors or to enhance a written programme.
Chapter 20: The Jar Of Focus

I was chatting to a good friend this week and we were having one of those “Men are from Mars, Women are from Venus” type conversations. My friend married a girl that we both went to school with and have all been friends for many years. She would tell us that when they had girls nights together as teenagers that they would gossip and discuss the boys and talk about every other subject under the sun.

Now, my friends and I often had hearty discussions as teenagers though they were not as lively as the girls by the sounds of it.

There was of course one particular time when we boys did not chat about much at all.... When we went to the snooker centre together and played snooker.

Yes indeed, we would be chatty and catch up, order drinks, set the balls on the table.... and then communication stopped. We all just concentrated on our game at hand. We studied the table, the balls, the colours. We tutted if someone on a neighbouring table was too loud.

The snooker centre in the town where I grew up was amazing. Lots and lots of tables as far as the eye could see. Smokey halls, little booths where you flicked on a light for someone to come and take your drinks orders. Wall mounted score keepers... aahhh, the memories of it.

We all had our own cues, brought our own chalk for the cues and we were fiercely competitive with each other. Once the game was over, we would go into the bar and talk and talk and share some laughs and have fun and meet with other players, often old men that had been playing for years that loved our enthusiasm for the game, we would have lots of banter and we'd all communicate again. It is a strange thing to think about.

So is snooker a deeply hypnotic game? I know that it can keep a group of 18 year olds in a trance.

During the early part of 2007, the city of Sheffield here in England hosted the World Snooker Championships.

Have you ever seen a more hypnotic sport? I know that some people would argue that it just sends them to sleep, though it is extremely hypnotic and at times I have found it to be extremely relaxing and exciting and I am amazed at what those professional players can do with the balls.

Snooker players sum up a lot about what I think you need in life to be successful - they have to practice and practice and practice to get to those levels, they have to be focus on what they want to the exclusion of all else at times, they have to learn from their mistakes and learn from each other. I know you can get metaphors to the same effect from most sports, it is just that this week I was inspired by one particular young man.

The hero of this years tournament, for me, was the losing finalist - a 23 year old man by the name of Mark Selby. They call him 'The Jester from Leicester.' Not only was he wonderfully exciting to watch play snooker... He actually smiles during games!! He has fun, he makes jokes, he entertains, he has a look about him that is extremely
endearing and I really warmed to him despite this year being the first time he had broken into the top flight in the Snooker World championships. Mark Selby seemed to really enjoy what he was doing and I find that so inspiring.

What really amazed me was this guy’s stamina too.

First of all, because he was not in the world top 16 rankings prior to this tournament, he did not get an automatic place in the tournament, so he had to qualify with several matches. In the first round, he came from 5-0 down, to win 10-7. In the second round he beat former world champion Peter Ebdon, having trailed 6-2, he won 13-8. In the quarter finals he won 13-12 in a last frame decider. Then in the semi final, he beat another former world champion Shaun Murphy in a gruelling match, having trailed for much of it, 17-16!! A last frame decider again. Each of these games were hours long and the individual frames were often going on for very long times. The final, which he lost to John Higgins 18-13 went on until the early hours of the morning!

Wow. To maintain that level of mental endurance and concentration for such intense, pressurised lengthy periods of time is just incredible.

I get asked very frequently about how we can increase our powers of focus and concentration and so I thought I would offer a simple self-hypnosis technique with you to help you do just that. This technique can also be used for all manner of things including stress reduction.

Here is a simple technique to help you keep focused for longer periods of time.

**Step One:** Take yourself into hypnosis.

Imagine that you can feel gravity pulling you to whatever it is you are resting on. Feel your body being supported. Tune in to the moment and feel how it feels to just relax and observe how and who you are at this moment.

**Step Two:** Now bring your awareness in and concentrate on your breathing. Notice the parts of your body that move as you breathe in and out. Notice the wonder of your breath, be aware of the temperature of it - maybe it feels cooler when you breathe in and warmer as your breathe out.

Imagine that each breath is going deeper. That does not have to be a bigger or a larger breath, just a breath that relaxes you while you are keeping your awareness on it. Be sure at this stage to just let your breath happen without you interfering with it. Keep doing this for a little while as you notice your body relaxing around you and your mind slowing down, yet keeping your awareness on your breath - if your mind wanders, then just keep bringing it back.

**Step Three:** As you feel more relaxed, noticing the rhythm of your breathing, maybe it slows down slightly. Allow your breath now to move to other parts of your body. Imagine breathing in to muscles and parts of your body and releasing them, relaxing them and imagine the muscles softening and the nerves in those muscles just becoming still and quiet. Not having to do anymore than is absolutely necessary.

**Step Four:** When you are sure that you have sufficiently relaxed your body and are still focusing on your breathing, now move your awareness to your mind. This is where the key to this technique exists.

Using your imagination, imagine that in front of you is a clear glass jar. The jar is clean, it is clear, even shiny and it is well and truly empty. Really imagine details of the jar,
the textures, the way light reflects off it, the top and bottom of it, what kind of lid it has - really get a good idea in your mind of how this jar is.

As you have been doing, observe yourself now. While you continue to observe yourself, imagine that you unscrew the lid of the jar and remove it for now.

Look closely at this empty jar, become aware that it is waiting to be filled. Imagine it inviting you to put something inside. So this is your chance to let go of any burdens, any distractions, any unwanted thoughts and aspects of routines from your day. Whether they were generated by your activities, your work, any tasks you are wanting to perform, any errands, your travels, your apprehensions, any anxieties, your cares, any discomfort you may be experiencing or any other thing.

Observe carefully now as one by one you place them into the jar. Imagine that your mind pours it all from inside of you and places it into that jar. Continue now to fill the jar with any remaining distractions, burdens or unwanted thoughts or feelings.

You can have fun here and be creative. Maybe you can imagine a string of things pouring out from you, or a cloud with all these things inside, all travelling into the jar. Empty it all out in to the jar.

**Step Five:** Carefully and deliberately now, replace the lid on the jar. Give the lid one extra turn.

Breathe deeply now and observe that you stand and begin to carry the jar toward a door. Open the door. Outside, on the front step is a large shiny aluminum trash can. Open its lid now and place your jar inside,... Know that you may dispose of it now and forever,... or return for it at another time, if you wish.... Put the lid back on the trash can,... turn from it... walk back through the door. Lock the door and return to your chair.

Affirm with yourself something along the lines of "I have true clarity of thought and supreme concentration and nothing can interfere with it until I have achieved ________"  Or something along those lines, using language that appeals to you and resonates with you of course.

Imagine that you have a focused vision, a level of concentration and focus now that is going to serve you really well with whatever you want to begin focusing on now. Feel it, experience it, imagine brimming over with this track of your mind and imagine generating a state of being within yourself... feel prepared to really be this way.

**Step Six:** Bring your awareness once again to your breathing and notice its rhythm, pace and depth. Tune in to the moment that you are in once again.

Become aware of your toes and fingers, give them a wiggle or two and then open your eyes.

Hold your body in the way you would when you are focused. Hold your thoughts in a way that says "I am focused" and go about your day or the upcoming task or whatever it may be in a truly focused fashion. Spend some time in your hypnosis sessions, getting yourself really focused and engaged in something that you wish to achieve and notice how much more you excel - though you may communicate with the outside world a little less!
Chapter 21: The Library Of Change

Whilst in the supermarket this week, I was queuing to make my purchases and a lady behind me noticed what I was putting on the conveyor belt - pomegranates, red grapefruit, juicing oranges, blueberries, quinoa, green beans, avocado, spring onions and lots more delectable stuff that makes me drool to talk about.

"Ooh, you eat all that healthy stuff, do you?"

The naughty, sarcastic boy within me wanted to say "No, I am just buying these things to replace my existing furniture" however, I instead replied "I certainly do... I love to see all that colour in my refrigerator, makes me feel healthy just thinking about it." I beamed a very big smile and turned to tend to my shopping.

"Oh, I just don't have the time to eat those kinds of things, and they are all quite expensive, aren't they? And my kids don't like that stuff and my husband likes simple things.... I would love to eat like that though, it would be so good for me and you look so healthy... your skin especially..."

Now, the metrosexual in me wanted to discuss skincare, however I just thanked her, buttoned up the sermon I wanted to give, and bid her adieu. I thought I would give you that entire sermon instead :) What a fabulous set of excuses eh? She had a list of excuses and rationalisations that were at the ready. She made it ok to eat in a way that she knew was not that good for her, but she excused herself and validated what she was doing. This is one simple example. How many times each day do you excuse yourself or create rationalisations for what you do? Are you doing things that you know if you updated what you were doing, would improve your life greatly? Are you settling for something other than delightful, inspirational and joyous in your day to day existence and then make an excuse that makes it ok to be that way?

We allow ourselves to be programmed from all kinds of sources and I wanted to talk about programming yourself for the better today.

When I was at college studying my A Levels as a much younger man - that is after school and before University for those outside of the UK - I went on a trip with my English Literature class to the Bodelian Library in Oxford. Oxford feels like it is steeped in knowledge and makes you feel very erudite just being there, especially among the grounds of some of the older University buildings. However, multiply that by ten thousand times when you go to the Bodelian library.

They have books there that Kings and Queens of England have flicked through. They have some truly old parchments and old bound books that you would want to use fur-lined tweezers to turn the pages of! Some of the older reading rooms and areas have very old, large ornate oak carved seating - you know what? A copy of every book ever published in the UK has to be sent there! It is an amazing place and fills you with a sense of intelligence and wisdom.

Certainly the Bodelian library is a lot different to the mobile library that used to visit my street once a week as a child growing up! That mobile library that toured my neighbourhood, it looked like a kind of strange space van in the shape of a bus. All the books were falling apart and the driver never spoke a word...
Anyway... I love being in libraries and I love being in book shops - there is something about all that knowledge and information and fills me with a sense of wonder and awe. Libraries are amazing places and if you think about what a library represents, isn’t it a joy to know they exist? Ok, allow me to divert your attention for a moment...

Recently, in a personal development survey that I was reading the results of - the findings showed that the three things that people of the UK believed to be the most important ingredients for a happy life were health, success and motivation. Hmmm. I am guessing that this would be similar or with related results in many other countries too.

Of course, health, success and motivation mean different things to different people. Health can mean all kinds of things, we all have our own meaning of success and motivation is vastly different from one person to another. So, have a think about what those words mean to you.

When you think of what those terms mean to you, are you doing all you can to achieve those things? Is your life filled with health, success and motivation? If not, what are the reasons? Do you stand around in shopping queues, enviously eyeing up what other people have and then delivering a plethora of excuses for why you are not taking actions that would make you healthier and happier, for example?

Often, when you ask someone why they are not doing more with their life, or making better choices, or taking actions to enhance their existence, you get excuses! Whatever their reasons might be for not moving towards dreams they have, these are usually excuses or ways of excusing why they are like that or living like that.

So I thought I’d show you a technique that can allow you to symbolically start programming yourself to stop making excuses, to stop rationalising and begin taking action and living the way you want, or a way that makes you happier on your own terms.

Just follow these seven simple steps:

**Step One** - Prior to us even beginning this, there needs to be some written preparation to get anything from this technique.

So before you do anything else, write on a piece of paper the words health, success and motivation and write a paragraph or just a couple of sentences that explains what those words mean to you.

Make it personal and positive and heck, make it sound healthy, successful and motivating! Excite yourself with what you write, engage your senses, be imaginative and dig deep within yourself, maybe even have some fun doing this! Enjoy it.

**Step Two** - Having done that and being sure that you know what those words mean to you. Find yourself a comfortable place where you are not going to be disturbed.

Take yourself into hypnosis.

**Step Three** - At this point, you have to use your imagination. If you find it hard to imagine things (you don’t, you might just think you do) then pretend that you can imagine them really well - that is just as good.
First of all, imagine standing in front of a door. This may be a door you have seen in the past or a door you create in your imagination. If you impatiently attempt to open the door, you discover it is locked. Reach into your own pocket and find that there is a key in it - use the key to unlock the door in your mind.

Now imagine that the door opens up easily and effortlessly, unless you find creaking doors appealing, and you walk into a vast and beautiful library. Notice the sights, the sounds, the beauty of this magnificent place. How does it feel to be surrounded by all those books?

Take a closer look at the books lining the walls of the library. This is a special library because all of the books in this library are about you. Notice also that the books closest to you are embossed with the current year and as you look further into the library of your mind, the books go back in chronological order all the way back to the beginning of your time.

Just begin to imagine and think about all the tiniest of details from your life - they are all in a book somewhere in this amazing place. Every aspect of your being is here, within a book in the library of your mind.

**Step Four** - Have a search to find a particular book now. This book may well try to hide. It may even think it can outsmart you. Remember that this is your library, you created it, you choose what happens here. The title of the book is 'my life's excuses.' Seek out that book. Go find it.

Contained within this book are all those excuses and rationalisations that you have programmed your mind to use that have been preventing you from reaching your goals or dreams or holding you back from doing more with your life.

Take your time, then once you have found this book, take it off the shelf, locate the nearest waste paper basket in your library and chuck the book inside it. That book contains all those excuses and all that rubbish. So now pick up the rubbish bin and find a door in your library, which leads downstairs.

**Step Five**: You can use this part of this technique to relax more, or drift deeper inside your own mind. Imagine that with each step you take down the stairs, you go deeper down into the basement and further into your mind.

Then, once you have taken the steps down, find yourself walking over to a furnace. There is a fire blazing inside the furnace. The intensity of the heat is such that the black of the furnace is turning red. Become aware of the sounds, the feelings that you feel as you sense the enormous and ferocious power of this furnace.

Go and grab a poker not far from where you are standing, open up the door of the furnace and toss the book inside and watch.

I used to love watching fires, especially open fires, they are very hypnotic... anyway, watch and imagine that every breath you breathe is feeding the fire and burning that old book - the binding begins to blacken and char and the pages begin to burn and curl. You start to feel all those excuses disappearing... just erasing them from within you. Really imagine that you are letting go of those old excuses and everything that was in that book.
That book was trying to control your life. All of those old excuses, all of those old rationalisations, no more though, eh? You are done with those excuses, aren’t you? Look into the fire and watch as it finishes burning.

**Step Six**: When you are convinced that the only thing that’s left is a pile of blackened ash, come on back up the steps into your own special library.

There is a chair in the library, a very personal, special chair, which sits in the middle of the room. Imagine the colours, the textures, what it is made from and imagine a chair that is just right for you. Take a seat and relax in that chair.

There is a box of books lying at your feet. You lift up the first book, the title of this book is “Health, Success and Motivation”… and you instinctively know what these words mean to you.

So now you go and place this book on the shelf to replace the book you burned. Go fill the gap that was left. Allow yourself now to feel a great sense of excitement... as you leave the library for now.

Imagine the messages of that book now start travelling through you. Imagine that all the words, ideas and thoughts in that book are coursing through your mind and body. Know that changing the book in your library makes permanent changes in your living. Imagine that the messages and words from your new book, are making a complete and lasting impression on the deepest part of your unconscious mind, and become a permanent part of every cell of your brain and body.

**Step Seven**: Count 1-5 and open your eyes.

What is an action that you take this very day to begin to get that working for you? I mean, we need to take actions to reinforce what we have done internally. Decide to take some specific action this very day that is undeniable proof that you have made a powerful update and let go of old excuses impeding your progress.

Think of something you can say or do, an action you can make to show the world and to show you that you have let go of lots of old excuses and rationalisations and that you are the proud owner of some healthier, more successful and motivating thought processes.

Start noting your internal dialogue, as well as the things you say and confirm in life - even when just musing with a stranger at the supermarket checkout. You can apply this to any aspect of your life that you may have made excuses, or any aspect of your mindset that you wish to symbolically be free of and that you can toss in the furnace.

Have some fun letting go of old excuses and see how it moves you forward. You can do this with other words and ideas using this same method too.
Chapter 22: Cutting The Ties With Forgiveness

I tell lots of my individual clients about this and have written a lot about a clip from a daytime TV show here in the UK that amazed me. I know you may well be asking what I was doing watching daytime TV... It was a lunch break at home and I switched it on - my excuse.

Ok, so we have a daytime show called Trisha - kind of like an English and tame version of Jerry Springer. Anyway, there was a chap on this show who was 54 years old and was telling everyone how sad he felt as a result of how terrible his parents were.

He left home at the age of 17 and by all accounts, his parents were very mean and unkind to him.

The guy was 54 years old though.

At what age does he need to let go of that stuff? Is he going to be sitting around on his death bed thinking "I had a terrible life thanks to my parents"?? At what age does he have to take responsibility for himself and for his own life?

Let me tell you something else...

This Christmas just gone, just before Christmas, while I was on holiday, someone left an extremely violent natured, aggressive message on my office answer phone. It was very intimidating, angry and made some very nasty, frightening threats of harm to me personally.

Whoaa.

A member of my immediate family picked up my messages in my absence (my office staff were asked not to call me while I was away) and was so frightened and worried by it that they had to phone me on my holiday. A holiday that I was taking to rest and recuperate. This member of my family was scared and upset and so were several other members of my family. It caused a lot of distress.

The long and short of the scenario without going into too much detail, is that an individual had misunderstood something that someone else had said in a conversation that they were not even involved in! Then went and took the law into their own hands and decided to threaten me. It was shocking.

I could not believe it. I spend my life dedicated to the well-being of others. I felt wronged and deeply frustrated.

So I had to call this person to resolve the issue. Now once I had spoken to this individual - bearing in mind I had to call them from my holiday resort - they realised that there was actually no reason at all to have been as they were. They knew that they had made a huge error. The entire thing was diffused in a couple of minutes.

There was no apology.

No apology for my upset. No apology for my families upset. No admittance of a mistake made. No apology for ruining my holiday. Not even any acknowledgement
of any kind what so ever - despite being totally in the wrong. In fact, the person even showed more defiance by stating that was how things were and I had to like it!

At the time, I was in a state of disbelief and shock. I did not know what to think or feel, heck I like to think of myself as a moderately evolved human being, yet I was struggling to let go of the negativity this caused me.

Ok, I may get a little close to the knuckle here for some folk. I can remember being sold on the virtues of forgiveness at my Church of England Primary school. Our morning school assembly where we sang prayers also had a lesson of the day, usually from the Bible. We got taught about the power of forgiveness. It was illustrated with Jesus being on the cross and saying “forgive them Father for they know not what they do.”

I can remember - bear in mind I was 8 years old - thinking that if I was the son of God and someone had just crucified me, I’d start laying some serious lightning bolts on everyone in the vicinity! I think that may have been due to my multiple readings of Lord of the Rings at the time and my ultimate hero being Gandalf the grey, the wonderful wizard.

In the New Year, I once again read about the spiritual law of forgiveness By Randy Gage and applied it to this situation I had found myself in.

“If you are holding onto resentment, anger or revenge, you can’t be open to receiving all your allotment of well-being and happiness.” Was one sentence I read.

Instinctively, I knew this to be true. I had always known this and usually practiced it accordingly. I spent about 45 minutes in self-hypnosis, asking my unconscious mind for some guidance with the situation. I realized that the individual concerned had behaved that way for their own reasons.

I realized that they had done what they believed to be the best they could, with what they knew of life and the world, and the consciousness they had. They believed they were doing right and as I said before, they were that way for a reason.

As I had been taught to do, I wrote out an affirmation of forgiveness 13 times, I spoke it out loud and I wrote a self-hypnosis script to deliver to my own unconscious mind. I released the resentment and the anger and viewed the person in the best possible light that I could.

And an amazing thing happened... On the very day that I chose to forgive this person for all the upset they had caused my family and I, I got an email from a friend that I had not heard from in a while asking me how I was and telling me that I was missed and loved very much. I also heard from my agent - she told me that the TV Company that had taken so long to make a decision about a major TV project - had chosen me for it based on how much they had all liked my manner, personality and attitude. It came completely out of the blue!

Wow.

Forgiveness is a very powerful thing and if you cannot forgive, you cannot be open to accept abundance, change, happiness in certain aspects of your life. You block the entry of lots of new joy entering your life.
I read some more - “If you are holding on to revenge, love can’t walk in. If you are hanging on to resentment, you are hanging on to being a victim. And if you are holding on to being a victim, there’s no space in your mind to be a victor.”

Remember I spoke about creating a vacuum in your life a couple of chapters back? Well here was a prime example. As soon as I let go of the anger and upset caused by this incident, lots of love and opportunity came my way to fill that gap.

You must release the negative feelings, as they only eat away at you from the inside, and prevent more of the good stuff coming your way. Here is a question for you: Who do you think most people have the most difficult time forgiving?

You are quite right, you clever thing - themselves.

I don’t know why so many people have so much difficulty forgiving themselves, but they do. There have been times in my life when I did too.

I came to understand that no matter how bad I thought I was, I had a way to forgive me and that my higher self learned to forgive me. I knew that I must forgive myself and move on, or I would just go on to manifest a life of unhappiness, limitation and lack.

In my therapeutic consultancy this is very often one of the most liberating things people do. Once they forgive themselves, the world opens up to them.

Let me give you a step-by-step method that I use whenever I want to help someone, myself included, forgive someone else. Once these six simple steps are completed, you open yourself to well-being and harmony and allow them to come flooding in.

Cutting the ties that bind you: How to mentally forgive everyone you are out of harmony with:

**Step One:** Close your eyes and take yourself into hypnosis.

**Step Two:** Once you are in that nice state, imagine yourself in a favourite place – ideally outdoors. Become aware of the sights and colours around you, listen in to the sounds and feel how it feels to be in this safe, secure, favourite place. Take some time to really develop this in your mind and with all your senses.

**Step Three:** Think about someone that you believe you need to forgive. That forgiving them is going to be letting go of so many old, unwanted feelings that you don’t want to be carrying around with you any more. However bad they may have been to you, think about how good it will be to be free of the feelings you have been harbouring about them. Notice the feelings that you have when you think of them. Notice the way your body feels. Tune in to your feelings and signal your intentions to yourself.

**Step Four:** Imagine that you have a cord of some kind attached to your waist that ties you to all the negative feelings you are holding on to with regards to this person. Imagine each negative feeling or thought as a physical thing; you can create symbolic, physical things attached to the cord that represents those feelings and thoughts. Really imagine yourself as being connected to them, even feel the way that they pull on you and weigh on you.

**Step Five:** Now here’s the fun...Find some scissors or some shears or a sword (ahem... clicking into Lord of the Rings mode yet again today) or just use your mind to cut the...
ties and watch each of the elements disappear into nothingness. Watch them float further and further away from you, getting smaller and smaller. Notice how much lighter you feel as you let go and release them. Feel the feelings dissipate from deep within you. Let go of some nice, deep breaths too, even have a few nice sighs as you let go.

As you let go of each element, tell that person in your mind that you forgive them. Mean it, really mean it, put your heart into it and let go. Tell them that you forgive them, to make it even more powerful, say it out loud.

**Step Six:** Think about how you are going to be different this very day as a result of letting go of that and be open to something good coming your way very soon. Then just open your eyes and choose to take some action that is the action of someone that has just let go of something they didn’t need any longer.

I even recommend that you consider writing a letter - write a letter to the individual that you believe it is beneficial to forgive. You don’t have to actually send it to them of course, just get it in writing and exorcise those feelings.

If it is yourself that you are forgiving, you can use the same process here, with regards to the specific thing that you need to forgive yourself for, be aware of the negative aspects that you need to cut the ties to and let go of and then go ahead and do that. If you have ever accused yourself of failure or mistakes then be sure to forgive yourself as soon as possible.

Now you may want to ask for forgiveness from some one. Firstly, admitting to yourself that you are willing to do so is half way there. You may want to include mentally asking for forgiveness from the people you have wronged in the past, spread bad feelings toward, or are involved in legal wrangles or other disharmony with. Within step five of the above process, you do the same thing, but when you let go of the negative aspects that you were previously holding on to, instead of stating that you forgive them, you ask for their forgiveness.

Let go of what you no longer need in your hypnosis sessions, you don’t want to end up on a daytime TV show holding on to all your pent up anger blaming everyone else for how your life is, do you?
Chapter 23: Allergy Freedom

In the forum in the member’s area at adam-eason.com we have been discussing the limits of self-hypnosis and people have been sharing their successes with self-hypnosis techniques and so I wanted to share one aspect that is truly amazing – it is for overcoming allergies using your own mind. Intriguing, eh?

I was speaking to a friend recently who told me that as we were experiencing the hottest month of April on record and Summer was drawing ever closer, she could feel her hay fever coming earlier than usual this year. She was bunged up, sniffing and snuffling along as she spoke.

Without giving too much thought to it, as the conversation went on I made a few unusual references to things. Lots of my friends get used to me talking about unusual things randomly; so much of it tends to get in beyond their critical factor without too much conscious resistance. I talked for a bit about a trip I had last year:

“I can remember the openness of the canyons or plains I flew over, and the vast winds of cool air that make up the sky flowing over the wings, and I can feel that openness now, amazing how that happens sometimes isn’t it?”

Later in the conversation, I carried on... chatting about when we were at school together:

“I can remember my parents old house when we were first starting at secondary school, I would open the front door into a large spacious hallway and I remember always seeing the curtains at the far end flapping and expanding from a strong breeze that was blowing in through an open window, my Mum used to love having the windows open... whenever I want to feel relaxed, I often remind myself of how I can feel less congested, more open, like a breeze flowing through me, whenever I remember how I used to feel then. Do you remember that house? .....”

Now if I had of really had my thinking cap on, I may have talked about a time when I was helping in my parents garden as a younger man and I might have related the conversation to the expanding of a large pipe or hose. Or even had them envision the wide opening of a bucket or pail.

The idea was that while my friend was receptive to me during our conversation, I wanted to get all kinds of imagery into her mind that was going to be a relief from the expected and anticipated negative notion that she was getting her hay fever symptoms earlier this year. When she left me, she was sniffing a lot less I can tell you!

Self-hypnosis and hypnotherapy are not necessarily always an all-out cure for allergies, though I have seen some amazing things happen with their use. Of course, first of all, I recommend seeing a doctor and taking a conventional treatment route – you know I have to say that.

With self-hypnosis and self-suggestion techniques I have found using more direct suggestions or affirmations to be less useful than using and stimulating the full power of your imagination. I can remember reading the work of psychologist Don Gibbons, who advised people to give themselves suggestions such as: "When I feel an attack approaching, I can take a deep breath and clench my fist. I can sense the changes
inside of me. I will open my clenched fist at the same time I open my lungs and throat, even more."

I have found that when dealing with an allergy of any kind, when you get your imagination working for you for the better, then you are more likely to start taking control of your symptoms.

It is important to begin with a clear awareness of the parts of your body that used to be affected by the allergy. A great technique as a precursor to the main part of this and something that will help you enormously is to draw visual symbols of your allergy on a diagram of your body. You can just draw a basic outline of a body or get a stencil online or whatever.

Take coloured pens or markers and shade the areas that are aggravated by your condition. Go ahead and have some fun with this! Use colours, if you can, that represent the sort of irritation or unpleasantness of the symptoms you used to experience. See the area of your body where you used to experience your symptoms as a colour; perhaps a fiery red colour. Maybe yellow is how you imagine affected parts such as eye irritation. Blue might signify the choking or breathing difficulty in your lungs or throat. Pink could be a runny nose. Feel how certain colours affect you when you think of them and position the most appropriate ones on your diagram. You’ll be amazed at how using this simple, practical technique can have you beginning to let go of your old allergy more than you imagined.

What colours you choose should come from your instinct and intuition, trust your gut feeling here – don’t think consciously about what colours are usually used to describe certain feelings, do what is right for you personally. It is important for you to get a mental picture of your body and the areas affected. Mentally “see” where your discomfort is, and if you can’t “see” a colour to associate with your old discomfort, just pick one. The first colour to pop into your head is going to work just fine.

Imagine the colours blending into other colours, the unwanted colours from your body diagram turning to good, soothing, healthier colours. Imagine tightness turning into looseness and so on and so on. Have some fun and enjoy turning these things around – if you do this regularly with some visual stimulus (such as a drawing) it is going to be getting the message deeply into your mind.

Imagine also a taste or smell or sound that you can associate with your old allergy. By changing your unconscious view of an allergy you naturally help remove the allergic response. Associate a non-allergic image with an allergic substance or stimulus. This helps to desensitise you to the old allergic trigger, whatever it might be. Then make sure your internal dialogue and thoughts support these new ideas within yourself-hypnosis programmes:

For example: “Often when I’m around dogs, I used to react with watery, itchy eyes. I may find that I can have a different reaction in the future. Whenever I smell a dog, I may find that I can be reminded of the smell of a coat I once had (some specific smell which you can remember). Of course I was not allergic to my coat, so I may find I’m also not as allergic to a smell that reminds me of my coat.” With repeated suggestion, this becomes a hypnotic suggestion that you are delivering to your unconscious mind on a regular basis and, along with other techniques that I am sharing here, can begin to change your old unwanted reaction.

You could add suggestions to your internal dialogue that involve your visual perception of dogs also. Such a suggestion might be: “Whenever I see a dog in a closed area with me, I notice that there is a great variety in the markings of different
dogs. In fact, seldom are two exactly the same. I may notice that my reactions to dogs can and do change and be varied also. I may find that my reactions can change and become less noticeable as I take more notice of the variety in dogs.”

You distract your mind here. This approach creates choices and your mind talks to your body.

Now then, I want to share with you a really good technique to help you with the process of using your mind to overcome allergies. Remember though, it does not have to be exclusive to allergies, when you understand what you are doing with these kinds of techniques, they can be applied to a wide variety of areas of self-improvement within your self-hypnosis.

Follow these few simple steps:

**Step One:** Take yourself into hypnosis.

**Step Two:** Having spent a good period of time to get yourself at ease and receptive of mind, imagine now that your mind is scanning through your body. Heighten your awareness of your body.

Especially become aware of areas that are always free from allergy. Notice the qualities of those areas, how do they feel and seem to you? What are the qualities of these parts of you? Then examine parts that are or have been affected by allergies currently or in the past. Make a contrastive analysis of the two. Compare them as much as you can and of course become as acutely aware of the differences in those parts as possible.

Think about the tiniest of changes that used to happen when you were experiencing your allergy.

This might sound a bit crazy… Do your best to simulate or imagine in your mind the feeling or signal of your old allergy symptoms coming on. Examine the imagined feelings of those allergy symptoms beginning, then feel it recede. Capturing the sense of, or prelude to, an oncoming allergy symptom is a self-hypnosis technique that is far more useful than the kinds of things many people do when they first sense them – like acknowledging the symptoms and then expecting to have a Summer full of a stuffed up nose and watery eyes, like my friend that I mentioned earlier for example.

Use your imagination to control those oncoming sensations and move them away from you, let them abate, imagine them easing off. Like you are stopping them at the root, at their genesis.

Practice doing this for a little while… Be in control of the symptoms - Feel these precursors, senses, or signals of old allergic symptoms and then pushing them away is teaching your mind how to be in control of that old allergic reaction, isn’t it? Do this step for as much time as you feel you need to really get it mastered.

**Step Three:** With this step, you want to use your imagination and suggestions to yourself for changing your perception of the substances or situations that used to trigger your allergic reaction. Naturally, we want to change the way you react to these triggers.
For example, you can change your perception of shaggy dogs to short haired, tidier looking dogs. Maybe you imagine dried, cut grass turning into shredded paper. Or how about dust turning into fresh water spray?

In this receptive state, you want your brain and body to respond to the old reactive thing that you used to have an allergy of - in the same way that it responds to things that you are at ease being around.

While in this receptive, relaxed state, you might imagine a particular type of flower and then see it change—just as the seasons can change—into a different plant. It may turn into a different flower or it may transform into pieces of tissue paper. Change it into anything that frees you from the old allergic response. Practice with new perceptions, new colours, calming more than tensing, and relaxing more than ever.

If you had an old allergic reaction to strawberries for example, you might change strawberries in your mental imagery and thoughts into carrots. Imagine rabbits eating the strawberries. Tell yourself that you too could eat those kinds of carrots that look like strawberries. Spend a few minutes working on these kinds of suggestions and imagery to successfully begin the process of decoding in your mind.

What you are doing here is getting to work on preventing allergic reactions to substances by creating new triggers of your own – ones that you can use in the future when you encounter those substances. So that your brain and body react to those old things in a new way!

**Step Four:** Finally, just go through everything that you have done again. Recap everything during this period of time you have spent inside your mind. Imagine that by thinking it all through again, you reinforce the changes inside your mind.

Then, once you are sure that you have absorbed all you need from this session, take a nice deep breath, open your eyes, come out of hypnosis and go about your business, whatever that might be. I recommend that you go and do some different activity straight away. The content of this time inside your mind is going to be far more effective if you don’t try to consciously analyse them. Allow your unconscious mind to process what it has done at the deeper level and you can simply enjoy the results.

You may notice feeling more calm and feeling more control over your old allergies in the first few weeks of daily practice. Remember to set reasonable goals for yourself. A long suffered problem often takes time to correct.

Work toward getting a noticeable increase in your relief in the first month. Then aim to increase that improvement in the following couple of months. With persistence, you’ll discover some amazing things. As I always seem to say here in this programme, remember that your progress will depend on your motivation to practice, the severity of your old allergic reaction and the level of belief you have in yourself.

Be patient with yourself. Nurture and encourage yourself regularly – the same way you would nurture and encourage a loved one. People that have had allergies have possibly suffered with it for a long time, they often expect it to carry on happening in the same way and so it does... just carry on happening the same way. That is a lot of programming to overcome.

You are now investing in long-term relief and exploring the amazing power that you truly have when you learn to use your mind. Often, the longer someone has endured
an allergic reaction, the more embedded the allergic reaction may have become. It takes time for some to erase this pattern—but it is not indelible.

Most importantly, as I also say often – have some fun with this. Enjoy learning more about yourself in whatever way you apply this to yourself.
Conclusion

So there you have many, many extra sessions for you to use with your self-hypnosis. Of course, you can start to use more and more of your own creativity to truly update how you use your hypnosis. All of these things should start giving you ideas of how to truly push back the boundaries of your own self-hypnosis sessions and the results you derive from them.

At my website, we now have a members area, my very own inner circle and I discuss openly many advanced uses of self-hypnosis – if you are not yet a member, why not? Get yourself there and come and join in the fun, rub shoulders with me, learn from other self-hypnotists and expand your skills and advance your life.

Be sure to also keep reading Adam Up, my weekly ezine as it gives you more and more ways of enhancing yourself-hypnosis skills with skills, strategies and techniques from many fields that you can apply.

Keep enjoying your self-hypnosis, have fun with it, get in touch with me if I can help you. I send you my very best wishes, goodbye for now.