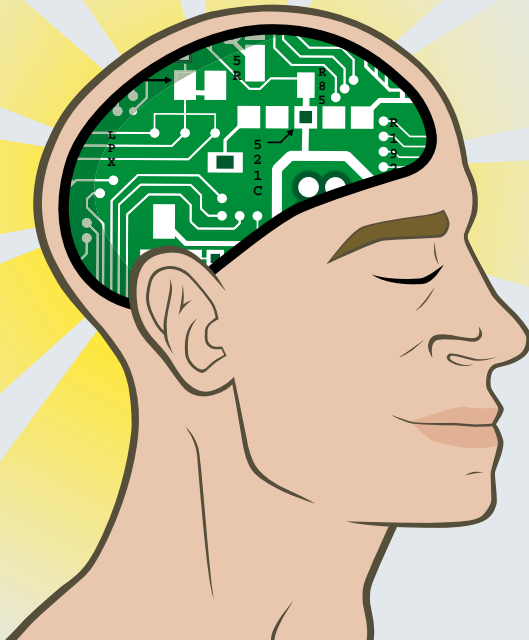




**ADAM EASON**

# **THE SECRETS OF SELF-HYPNOSIS**

**Course Manual**





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## **Welcome to the start of your new journey...**

Congratulations! You have made an amazing investment in yourself. I hope you enjoy it and that you feel well prepared to use your new skills to improve the quality of your life in whatever way you desire.

There are very few people in the world who have these skills. You are now part of a very special group of people. You have more choices in your life than ever before; you can choose to be healthy and happy, calm and relaxed, confident and vibrant. It is up to you.

The things you will learn over the course will empower you to be able to live the life you always wanted, to be the person you always wanted to be.

There are no excuses anymore, you are in charge of your life and it is up to you how it is run and who is running it.

Use your new skills to make better use of the resources you have. You have the opportunity to make real changes and to keep them. Today is just the start of an exciting new journey; the adventure starts here.

I wish you every success.

A handwritten signature in black ink, appearing to read 'Adam Eason', with a stylized flourish at the end.

**Adam Eason**

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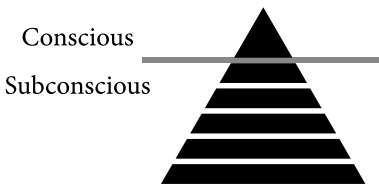
## An Introduction

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### What is hypnosis? What is the difference between natural hypnosis and intended hypnosis?

#### Hypnosis is Communication

Hypnosis is the communication between two levels of mind; Conscious and Subconscious. The Conscious is the questioning, analytical, intellectual part of the mind. The Subconscious is the emotional and autonomic part.



There are two types of hypnosis/communication:

#### 1. Natural Hypnosis

- Natural hypnosis is natural communication — it happens all the time you are awake.
- You are usually not aware of the communication.
- The quality of natural hypnosis will vary.
- Everyone experiences natural, hypnotic trance states, many times a day.
- The best communication and hypnosis is when we are relaxed and the conscious mind is less active — when

#### Examples of Natural Hypnosis:

Driving  
Going to sleep  
Waking from sleep  
Cooking  
Relaxing  
Laughing  
Crying  
Panic  
Exercise  
Fishing  
Making love  
Learning  
Listening  
Talking  
Watching TV  
Listening to music  
Reading  
Dreaming  
Playing an instrument  
Swimming  
Walking  
Talking on the phone  
Eating in a restaurant  
Sitting in the bath

**Remember — the only time you are not in hypnosis is when you are in non-dreaming sleep.**

daydreaming, for example. There is also a powerful communication between the two levels of mind when we experience intense emotion.

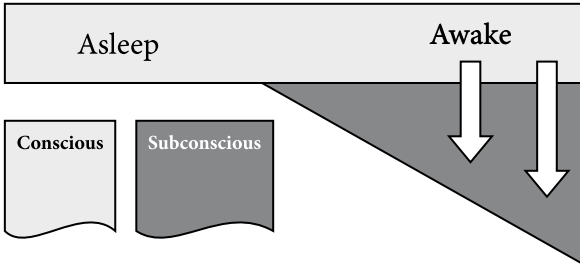
## 2. Intended Hypnosis

- Intended hypnosis is natural hypnosis with awareness.
- Intended hypnosis is the best quality communication, with awareness, control, safety, intention and depth.

### **Important points to remember:**

- Hypnosis is natural.
- Hypnosis is an experience common to all human beings.
- The only time we are definitely not in hypnosis is when we are in undisturbed, natural, non-dreaming sleep.
- Hypnosis is the communication between two levels of mind, which occurs anytime that we are awake (or in dreaming sleep).
- Intended hypnosis is entering this state with intention, awareness and control.
- Intended hypnosis is focused relaxation.
- Intended hypnosis diminishes the conscious, analytical, intellectual part of the mind in order to improve communication with the subconscious, emotional part of the mind.
- Intended hypnosis utilises that part of the mind responsible for all change.
- Intended hypnosis works when your sub-conscious mind is totally convinced (rather than your conscious mind), and so works when willpower and determination cannot.
- Intended hypnosis is the use of your mind and imagination to achieve a desired change within yourself.
- Remember — the sub-conscious mind does not know the difference between imagination and reality.





*Hypnotic communication between waking and sleeping states*

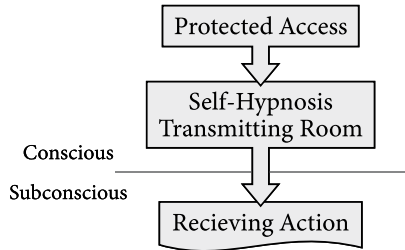
## The Self-Hypnosis Model

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How to access the self-hypnosis programme, taking control, deepening, delivering suggestions and exiting.

### The Self-Hypnosis Model:

- Self-hypnosis resides in the conscious part of the mind.
- It can only be accessed by using the 3 triggers.
- Access is dependent on you counting from 1-10.



### A) Access the Self-Hypnosis Programme Using the 3 Triggers

- Be in a safe place.
- Have the intention.
- Count from 1 towards 10. Entering hypnosis only between the numbers 6 and 10.

### B) Being in control

- *“I am in a deep hypnosis and I am in full control, responding hypnotically only to my intended suggestions.”*
- *“I am fully protected from random thought, random image and random sound becoming hypnotic suggestion.”*

### C) Continually Deepening and Strengthening

- Use a method that focuses your attention and gathers your attention in a relaxing way. Use something of interest to you, for example:  
Walking in a forest                      Climbing a mountain  
Being by the sea                              Travelling in an elevator  
Counting down from 100                      Deepening suggestion  
Walking down stairs                              Outer space journey

#### **D) Deliver Your Suggestion**

- Enter your suggestion using your chosen method.
- Be enthusiastic and sell it to yourself
- Give your suggestion a title.

#### **E) Exit: Coming out of Hypnosis**

- Counting from 1 to 5.
- *“When I count 1, I have full control, flexibility and coordination throughout my entire body, from the tips of my toes to the top of my head, from the tips of my fingers and thumbs to my shoulders, any feelings of lightness and/or heaviness return to their true and correct perspective.”*
- *“When I count 2, I position myself back in the place where I entered hypnosis, remembering and recalling what was to my left and right, above and below, remembering and recalling some features of the place.”*
- *“When I count 3, all sounds are in their correct perspective and have their true levels of importance.”*
- *“When I count 4, I am keeping and bringing with me all the wonderful benefits of this hypnotic session.”*
- *“When I count 5, I open my eyes to be emerged from hypnosis.”*

## Writing Suggestions

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### How to write suggestions, words to avoid, methods of entering hypnosis.

#### Before you start to write

- Write down what it is that you want, not what you don't want.
- What is the outcome you most desire?
- How would you like to feel?
- How would you like to be?
- What will the benefits be?
- Deal, if possible, with the cause and effect.

#### Make a map of your chosen subject

Make a map diagram with your chosen goal in a circle. Then, branching out from the circle, list all the important points associated with your goal. Sights, sounds, smells and other senses may play a part.

The object of the exercise is to cover every aspect and describe every detail. It is a great way of committing your thoughts to paper.

#### Writing your suggestion: Some words that are great to use

What words make *you* feel good? Which words give *you* good feelings? Make a list of the words that appeal to *you*. You can use a thesaurus to help. Ask yourself; “*How would I like to feel?*”

Remember; suggestions work best when you have intense emotion combined with relaxation.

**Here are some good words you may like to use in your suggestions:**

Healthy	Peace	Balance	Harmony	Relaxed
Confident	Good	Happy	Powerful	Joyful
Calm	Unison	Assured	Vibrant	Loving
Progressive	Better	Beautiful		

**Writing your suggestion: Some words to avoid**

**When writing your suggestion, avoid the following words:**

- Words that elicit bad feelings.
- Words that are ambiguous.
- Words that are limiting, restrictive or disempower you.
- Words that you are uncomfortable with.

**When you have prepared your script, ask yourself the following questions:**

- Is there another phrase or word that is better?
- Is there a word or phrase I find more pleasing?
- Is there a way in which you can put your energy and power into this suggestion in a better way?

**Some words to avoid: put downs / absolutes / ambiguity / bad feeling**

**Words that elicit bad feelings:**

Try	Can't	Don't	Want	Won't
Should	Shouldn't	Must	Musn't	Ought to
Careful	Jealousy	Temper	No	Lose
Will	Sad	Make	Difficult	But

**Words that are put-downs:**

Untidy	Dirty	Lazy	Disliked	Smelly
Embarass	Fat	Ugly	Stupid	Hopeless
Unkempt	Idiot	Ridiculous	Loser	

### **Words that are absolutes:**

Closed	Cancelled	Death	Restrict	Definitely
Always	Never	Finish	Impossible	Unfortunate
Completely	Totally			

### **Words that are ambiguous:**

Maybe	Whole	Perhaps	Desire	Normal
Positive				

## **Things to remember when writing suggestions**

### **Write it down and read it through several times.**

- Once you have written out the suggestion, put on your editing hat. Have any words entered without your intention? Are you happy with the finished result?
- Remember that during this early period as a self-hypnotist, one suggestion per zap can be more successful than giving many.

### **Generally, the best zaps are SIMPLE.**

- Be specific, concise and precise.
- It is best to be specific about the outcome and vague about how exactly how you will achieve it. Other than suggestions for comfort and safety, it is better to leave it to your sub-conscious.

### **Want it to work and expect it to work.**

- The more you want it to work, the more effective your suggestion will be. If in doubt, write down the pros and cons. Do you really want what you have asked for?

### **Think it through.**

- Do not proceed if there is any doubt about your suggestion. When in doubt, think about your suggestion. Do what you can to remove the ambiguity and only then proceed.

### **Ask for what you want, not what you do not want.**

- State your goals in the positive. Your subconscious responds accurately when given specific instructions.

### **Use emotive language**

- Use great, fantastic, better and better.

### **Say exactly what you mean and mean what you say**

- Use clear language, free from ambiguity.

### **Be sure to ask for exactly what you want**

- Because you are likely to get exactly what you asked for!
- Your subconscious is literal, you are likely to get what you asked for, whether you want it or not!

### **Set a time to start and finish**

- Suggestions should have a time to start and in some cases, a time to finish.

### **Label your suggestions**

- This makes altering, boosting or removing them easier.

### **Suggestions for pain control**

- Suggestions for the removal of pain and discomfort should be used as Hypnotic Tablets, that are effective for 1–2 hours. This is especially important when you cannot identify the cause of pain. It ensures that you do not ignore the bodys alarm system.
- When you are recovering from surgery or injury, ensure that you maintain awareness.
- Your suggestion should finish at the same time as the healing process completes.

### **Remember your achievements using hypnosis**

- Success breeds success.

## Visualisation

- Your subconscious responds well to images and symbols, as long as you are clear about their meaning.

Continue to protect yourself from random thought, sound and image having hypnotic influence. Zap to make writing suggestions easier and more enjoyable.

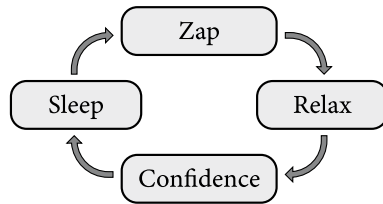
## Write your suggestions in Loops

Suggestions work better when they are written in Loops.

Looping is a way to make your suggestion stronger through the use of a virtuous circle.

**For example:**

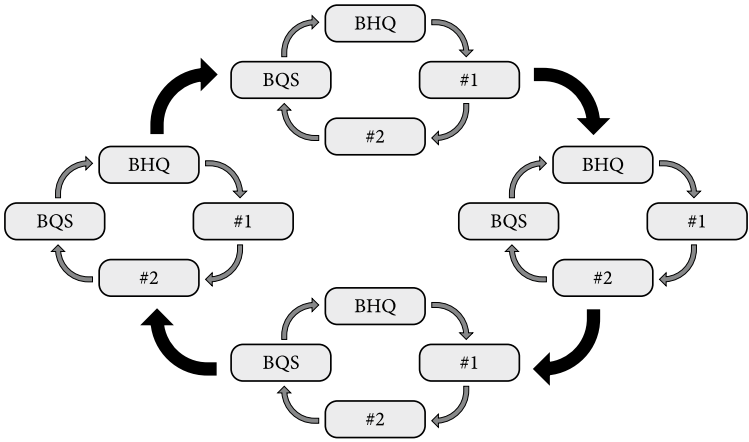
Calmness leads to Relaxation, leads to Confidence, leads to Competence, leads to Better Sleep, leads to Better Hypnosis / Zap, leads to Calmness, and so on...



## Turn up the power: Quantum Looping

- Write your programme in a loop (including your suggestions #1, #2, #3, etc.).
- Include the following into every suggestion you write:  
**Better Quality Sleep**  
**Better Quality Hypnosis**
- This will promote, endorse and encourage better quality sleep and better quality hypnosis with every loop of every suggestion you write.





## Suggestion Entry

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### Three methods of entering your suggestions

#### Method #1: Pre-Suggestion

- Have the intention and be in a safe place.
- Read the suggestion aloud and with enthusiasm.
- Count out aloud from 1-10, entering hypnosis only after 6.
- Take control.
- Say, *“The suggestion called <name>, which I read out immediately prior to entering this hypnotic session, has now been entered into my subconscious and from this moment forward has full hypnotic authority.”*
- Thank your subconscious.
- *“Next time deeper, next better.”*
- *“1... 2... 3... 4... 5.”*

Remember that you can increase the effectiveness of your programme, by asking your subconscious to give it more power and make it more effective.

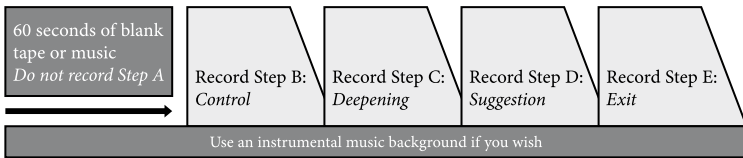
#### Method #2: Open Eyes

- Enter hypnosis going through steps A, B and C.
- Have your suggestion written nearby.
- Say, *“When I open my eyes, I remain in deep hypnosis and read my suggestion. This suggestion has full hypnotic authority. After reading my suggestion, I return to deeper hypnotic sleep.”*
- Read your suggestion.
- Exit as usual.

**Important:** When using this method, make sure that there are no other words in your field of vision (including peripheral).

### Method #3: Record your suggestion

- Leave your first 60 seconds on the tape blank.
- Record steps B to E, which includes your suggestion.
- Remember to use second person, i.e. “*Adam, you are in deep hypnosis,*” and not, “*I am in deep hypnosis.*”
- Use music if you wish.
- Do not record step A.
- When you are ready, run the tape from the beginning and enter hypnosis in the usual way, by having the intention, being in a safe place and counting from 1–10, entering hypnosis only after 6.
- On entering hypnosis, give control and full hypnotic authority to your voice on the tape.
- Lie back and enjoy the ride.



Music can be a very powerful aid to your hypnosis. However, do remember these two important rules when using music:

- Only use an instrumental piece — sung or spoken words may have hypnotic influence.
- Do not use an instrumental piece that has memorable words. For example, the instrumental version of ‘I’m Not In Love’ by 10cc may have a detrimental effect on your marriage!

At first, use all three methods of entering suggestions and see which works best for you. When you choose your favourite, you can use zap to make sure that all the other methods work just as effectively.

Above all, enjoy your time in self-hypnosis and *sell* your suggestions.

## Glossary of Terms

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Some of the words and phrases you have used during the course.

<u>Word/Phrase</u>	<u>Definition</u>
Suggestion	An instruction you give your subconscious.
Programme	A series of suggestions.
Post-Hypnotic Suggestion	An instruction given to your subconscious during hypnosis, which works outside hypnosis.
Trigger	Something that activates a post-hypnotic suggestion.
Conscious	The analytical, intellectual part of the mind.
Sub-Conscious	The emotional, autonomic part of the mind.
Natural Hypnosis	Moments of deep communication between the conscious and subconscious.
Intended Hypnosis	Intended, controlled natural hypnosis.
Taking Control	Taking control of the hypnotic session, eg. <i>"I am in deep hypnosis and in complete control, giving hypnotic authority only to my intended suggestions. I am fully protected from random thought, sound and image having any hypnotic effect."</i>

<b><u>Word/Phrase</u></b>	<b><u>Definition</u></b>
Leaving Hypnosis	The process of exiting the hypnotic state: <i>Return control of the body.</i> <i>Return control of the senses.</i> <i>Position yourself in the room.</i> <i>Count from 1–5.</i> <i>Eyes open wide awake on 5.</i>
Repetitive Loop	A method of writing hypnotic suggestions to make them more powerful by looping.
Zap!	Hypnosis!

## Recommended Reading

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Some reading material you may find useful after the course.

### **Title/Author**

### **Subject**

#### **Illusions**

*Richard Bach*

The Handbook for Zappers, by the author of *Jonathon Livingstone Seagull*.

#### **The Tao of Pooh**

*Benjamin Hoff*

One of the world's best-loved storybook characters shows how a simple approach to life is often the best.

#### **Seven Spiritual Laws of Success**

*Deepak Chopra*

A truly inspiring book giving insight into what success really is and how to achieve it.

#### **The Power Of Your Subconscious Mind**

*Dr Joseph Murphy*

A best selling book and an awesome addition to your self hypnosis skills. A must for all self-hypnotists.

#### **Visualisation**

*Helen Graham*

Instruction in using the powerful visual side of our minds to better our lives.

#### **Unlimited Power**

*Anthony Robbins*

Best-selling book from one of the world's most renowned authors and trainers.

#### **The Healing Power of Illness**

*Thorwald Dethlefsen*

Another wonderful perspective. Sure to get you thinking differently..

There are many great books out there to further your reading and knowledge about self-hypnosis and related subjects. They cannot all

be listed here. If you require further information or some further inspiration and ideas, please contact me to discuss.

## Inspirations

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Some thoughts which may help you on your new journey.

*The most important truth in the World is; what you believe to be the truth is the truth for you.*

— Anon

*People don't grow old, they stop growing and become old.*

— Anon

*We are free to go where we wish and be what we are.*

— Richard Bach

*The purist and most thoughtful minds are those which love colour the most.*

— Ruskin

*The distance is nothing; it is only the first step which is difficult.*

— Marquise de Deffand

*It is a miserable state of mind to have few things to desire and many things to fear.*

— Francis Bacon

*There is no duty we so much under-rate as the duty of being happy.*

— Robert Louis Stevenson

*Nothing great was ever achieved without enthusiasm.*

— Emerson

*Two men look out through the same bars ; one sees the mud, the other the stars.*

— Frederick Longbridge



***Dost thou love life? Then do not squander time, for that is the stuff life is made of.***

— Benjamin Franklin

***To love another person is to see the face of God.***

— Alain Boubil

***The universe is not hostile, nor yet is it friendly. It is simply indifferent.***

— John Haynes Holmes

***I can do all things through the power of my subconscious mind.***

— Dr Joseph Murphy

***The purpose of life is the pursuit of happiness.***

— Anon

## How to Contact Us

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Remember to visit my website and download your free hypnosis session, get your free ebook and of course, get my weekly ezine packed with new self-hypnosis techniques.





