



Inner Circle 30th October 2016 - Notes

With **Self Hypnosis** you can give your self permission to fail while you practice, learn and deepen your skills in Self Hypnosis... to just do it.

Setting Intentions

It's all about the intention you set.

That's the whole reason for any trance state, even if it's just to relax...

Before you go into a meditation or self hypnosis state (or before you go to sleep tonight), set an intention of something you want a solution for, or a new way that you would like to be, a different way of acting in a situation etc . . . basically any intention that is aligned and positive for you.

Remember: Without the question there can be no answer.

Wake-Up Strategy

This is the 4 Step Wake-Up Strategy for Success.

Before you go to bed set an intention of waking up doing this mental Success Strategy.

#1 As you become aware of being awake (with you eyes still closed), stretch your body, each and every muscle and wake into your body.

#2 As you stretch and move, bring to mind something you are grateful for. Bring to mind a second and third thing you are grateful for...

#3 Think about something that you are looking forward to doing that day... and a second or third...

#4 Picture yourself springing out of bed excited to start your day... and get up.

Betty Erickson Self hypnosis Technique

Sit in a comfortable place... and set an intention (including a wake-up after 15, 20, 25, 30 etc minutes)

Start by commenting on five things you can see...

Then five things you can hear...

Then five things you feel...

Then four things you can see...

Followed by four things you hear and feel...

Then Three, then Two, then One (if you get that far!)

If you start with your eyes open, you will start by commenting (in increasing detail) on things that you see, then as you progress you will start commenting on things you 'see' in your minds eye... and commenting on things you hear in your minds ear, as well as your internal feelings.

You start in the outside world and gradually focus on the inside as you drift into trance... allowing your unconscious mind to find solutions to the intention you set.

Image Streaming

A summary of the basic process from the book: The Einstein Factor by Dr Win Wenger.

Sit down and make yourself comfortable, close your eyes.

Start to describe aloud the flow of mental images that come through your mind. You must describe the images out loud (to another person or to a recording device).

Use all five senses as you talk. If you 'see' a beach, describe how it looks, how it sounds, the taste of the salty air, the feeling of the spray braking off the tips of the waves and the smell of the air.

Phrase your descriptions in the present tense...

Do this for 5 - 10 minutes to begin.

In the beginning you may just see blobs of colour, keep describing out loud what you see... this engages different parts of your neurology. At first maybe all you will see vague impressions and images...

Once you get good at this you can use it for setting problem solving... Image Streaming has been shown to increase your IQ, make you more lucid of thought and better able to visualise.