

SUGGESTION, PART IPURPOSE

The purpose of these four classes is to teach you how to hypnotize yourself and to help you to understand, in a general sense, HOW to formulate suggestions to give to yourself that will be POSITIVE, CONSTRUCTIVE AND THERAPEUTIC.

These four classes are not intended to be therapeutic. They give you the KNOW HOW to hypnotize yourself, and teach you about suggestions in a positive and constructive way. You will know how to formulate a suggestion and apply it EFFECTIVELY. The Advanced Classes are therapeutic, and help you make the changes.

SUGGESTION

The definition of SUGGESTION from the dictionary of psychology by Howard C. Warren, "Suggestion is the inducing, or the attempt at inducing, of an idea, belief, decision, action, etc. by one individual in another through stimulation, whether verbal or otherwise, but exclusive of argument." The phrase "exclusive of argument" shows us that SUGGESTION lies in an uncritical acceptance of beliefs.

If I give you a suggestion and you do not accept it, then it is really not a suggestion to you. If you do accept it, then it is an action that you take inside yourself, exclusive of argument.

SUGGESTIONS FROM YOURSELF

SUGGESTIONS do not always come from others. They can, and often are given to a person by himself. They are self given in at least two different ways. The suggestions may flow either from the conscious self to the subconscious self, or it may be a suggestion arising from the subconscious and dictating to the conscious mind.

If you give yourself a suggestion in self hypnosis, is this from the subconscious or conscious mind? It is from the conscious mind to the subconscious, because you are consciously hypnotizing yourself. You are using part of your conscious mind to hypnotize yourself and give suggestions to the subconscious.

If you give yourself a suggestion that you will remember to take your pills at 2:00, which way would this be? It would be from the subconscious back to the conscious.

If you decided that you were going to quit smoking and you go to your friend, who is smoking, he offers you a cigarette, and you TAKE IT and smoke, which would this be? This is your subconscious habit pattern dictating to your conscious will.

SUGGESTION IS STRONG

SUGGESTION is probably the strongest of all social influences. Most belief has come to us via suggestion. We see that faith, religious or otherwise, was born of suggestion.

If you were born into a Catholic family, you would usually go to a Catholic church. If you were born into a Protestant family, you would go to a Protestant church. It is SUGGESTED that this is the "right" church to go to. Your FAITH in other things, such as this Program, was born of SUGGESTION. It was a SUGGESTION that it would WORK for YOU that gave you the faith to go ahead and try it.

SUGGESTION, TEMPERMENT AND CHARACTER

Temperment and character are largely matters of SUGGESTION. We see the little boy swagger down the street, just like his father. We see the little girl turn her doll over her knee and spank it, saying, "no,no,no". Where did they learn this? They received the SUGGESTION from their parents or the people who raised them. If a person has a bad temper, almost always someone they grew up around had a bad temper. They ACCEPTED the SUGGESTION of the bad temper.

IMPROVE THROUGH SUGGESTION

These streams of SUGGESTIONS can be changed, so that our life is improved and made better. We have been conditioned or brainwashed in our childhood to believe certain things, much of this is negative, not really true, and has caused many problems. The mind is pliable, like clay, and so the negative conditionings can be replaced with positive and constructive conditioning.

ALL SUGGESTION IS SELF-SUGGESTION

If you are given a suggestion and you do not accept it, then it is NOT a suggestion to you. If you do accept it, then it is an action you take inside yourself. This is a very important statement to understand because it affects your whole life.

There is a story of two businessmen walking down the street on a beautiful day. The two men are having a nice conversation and everything is wonderful. One man said, "Wait, I want to get a paper from the paper boy." So, he walked up to the paper boy, smiled and said, "Isn't it a beautiful day?" The paper boy said, "Oh, it's a terrible day! Don't give me that hogwash." He gave the man a real bad time. The man smiled at him, gave him a tip, and walked on down the street. His friend said, "Why did you let the boy talk to you that way?" The man said, "I was not about to let him set the pace for my day."

CHANGE YOURSELF

Failure, frustration, and unhappiness are due to negative SELF-SUGGESTION. Just as it is true that SUCCESS and VIBRANT HAPPINESS are due to positive, well informed SELF-SUGGESTIONS. If you can accept this statement, then you have a WAY OUT. If you blame others, the weather, politics, the country, things OUTSIDE of yourself for your problems and your lacks, then you are stuck. You cannot change other people. You CAN change YOURSELF!

POSITIVE SUGGESTIONS

SUGGESTION may be permissive or commanding, direct or indirect, positive or negative.

Autosuggestion will be direct rather than indirect. A positive suggestion has much more FORCE than a negative one. To make a suggestion positive, AVOID such negative words as; not, don't won't can't, etc. "I will not have a headache tomorrow", is a negative suggestion. "My head will be clear and I will feel well tomorrow", is a positive suggestion.

Let us take a closer look at these two sentences: "I will not have a headache tomorrow". What are we talking about? We are talking about a headache. "My head will be clear and I will feel well tomorrow". What are we talking about here? We are talking about your head being CLEAR and FEELING WELL.

In the first sentence you are concentrating on the PROBLEM. In the second sentence you are concentrating on the ANSWER. When formulating your SUGGESTIONS be sure to NOT concentrate on the problem, but CONCENTRATE ON THE ANSWER.

PERMISSIVE SUGGESTION

A permissive suggestion is more likely to be carried out than a dominating command. What do we mean by PERMISSIVE? The word comes from the phrase, "to permit". Therefore, in forming your suggestions the permissive is more likely to be carried out. The words have something to do with whether it is dominating or permissive, also the tone and the way it is given.

REPETITION

REPETITION is the main rule in making SUGGESTIONS WORK. In observing the advertising on TV and elsewhere, we see that advertising is a repetition of statements or pictures about certain products. This type of advertising must work since companies spend millions of dollars on them. Repetition is very important. For example: A man who has smoked a pack of cigarettes a day for 10 years has reinforced the habit to smoke, by smoking 20 times a day for 10 years. This is a lot of reinforcing. It will take more than just a few suggestions to overcome the habit.

WRITE YOUR SUGGESTION DOWN

Your first suggestion should be written out before you go into hypnosis. Read it 5 times, then go into hypnosis, just relax, and let the SUGGESTION sink into your mind.

How to give yourself suggestions in self hypnosis.

You should write out the SUGGESTION. Look at it on paper to see if it is formulated right, to see if it is exactly what you want to give, to see if it is positive, to see if you are concentrating on the ANSWER. Next, read it 5 times before going into hypnosis. This impresses it on your mind. When you get into hypnosis, you do not have to reach for it, it is there. Just THINK about the suggestion and LET it sink into your mind.

For example: If I were to hypnotize myself right now, I would become very deep, and think to myself, "Well, what should I give myself today?" What would I be doing? I would be using my conscious mind with reason and logic, bringing myself out of hypnosis. It is much better to make the decision about your suggestion FIRST. Write it down to see that you have it worded right. Then it is right there, impressed on the mind. You do not even have to reach for it. You just think about it and let it sink in.

In the procedure of hypnotizing yourself, WHEN do you give the suggestion? After deepening the trance. After the count down from 7 to 1. Remember that you deepen the trance twice, and give yourself the SUGGESTION twice.

BE CONCISE AND PRECISE

Make your suggestion for self hypnosis as concise and precise as possible. In other words, short and to the point. Your subconscious mind has the intellect of about a 6 year old. It does not have the reason and the logic to work with. You must use small words and get directly to the point to get your SUGGESTION across.

3 - 5 MINUTES IN TRANCE

3 to 5 minutes is long enough to stay in trance for self hypnosis. It will not hurt you to stay longer. It will not help you either, because in hypnosis you continue to get deeper all the time. In self hypnosis you are doing it to yourself and you will soon get so deep that you will not be there consciously enough to give yourself the suggestion. So, it will not help you. It would be well to be businesslike. Deepen the trance, give yourself the suggestion, deepen the trance again, give yourself the suggestion again, and immediately count to 5, waking yourself up.

YOUR PERSONAL SUGGESTION

You now have enough information to go ahead and give yourself the personal suggestion you would like. I would say to you that it might be better to condition your subconscious mind to be OPEN FOR THE CHANGE you want. For example: When you plant a garden, you do not just take the seed, throw it on top of the ground, leaving it, and expect many results. First, you plow the ground, cultivate it, fertilize it, water it, and then you plant the seed. Then you get the RESULTS. It is the same with the mind. It should be conditioned for the suggestion, for the change, to be open for the change.

The following is a suggestion you might give yourself for a week or 10 days to prepare your mind, to be open: "I am now open and receptive for positive and constructive change".

You can also tie this in with your PERSONAL SUGGESTION. Example:

"I am now open and ready to accept the idea of quitting smoking, or losing weight. My mind is now being conditioned to be ready to quit smoking, lose weight, etc."

HOMEWORK

Daily: Practice self hypnosis at least once a day, using the suggestions given in class

Read class notes at least once a day



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