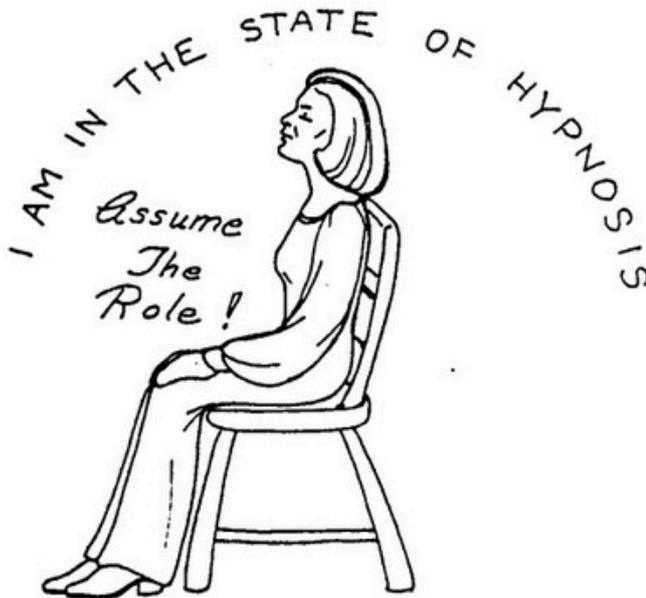


TECHNIQUE, PART IPURPOSE

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.

HYPNOSIS IS SAFE

Hypnosis is not dangerous. It is the suggestions that are positive or negative.

The state of hypnosis is just a deeply, relaxed state. It actually does nothing for you! It's the suggestions given in the state of hypnosis that DO THE WORK and they can be emotionally disturbing, if given in the wrong way, but not really dangerous. This course will teach you to give them in the RIGHT WAY. The third and fourth classes are on suggestion, so we will ask you not to give yourself a personal suggestion until after the third class.

SETTING ASIDE THE CONSCIOUS MIND

Hypnosis is setting aside the conscious mind. The conscious mind consists of the five senses, along with will, reason, and logic.

What makes the altered state of hypnosis possible is deactivating the conscious mind or becoming unaware of the outer physical world and concentrating inwardly.

HYPNOSIS IS SELF HYPNOSIS

All hypnosis is self hypnosis! The hypnotist is just a GUIDE. He is governing and controlling a force which is within the subject. Once the individual is properly instructed and conditioned, he can govern and control the force himself.

The state of hypnosis happens inside the individual, not in the hypnotist, so it is an action taken INSIDE of you, the individual, the subject. In another class, we will make the statement, "All suggestion is self-suggestion." You are hypnotized through suggestion. If you accept the suggestion, you will be hypnotized. If you don't, you won't.

### ESSENTIALS FOR SELF HYPNOSIS

Three essentials for learning self hypnosis are: 1.) A normal mind. 2.) A desire to learn. 3.) A program of consistent practice.

You probably have a normal mind, and you have a desire to learn or you would not be putting your time into this study. The program of consistent practice is that you practice hypnotizing yourself at least once a day. This is 50% of the learning, and you are asked to follow through with your part.

### BE PATIENT

Trying too hard may be a hindrance. A big part of hypnosis is RELAXATION. If you try too hard, what are you doing? Just tensing up! RELAX, LET GO, and follow the directions in a RELAXED and PEACEFUL WAY!

### SLEEP NOW AND REST

The KEY PHRASE for instant response in self hypnosis is, "SLEEP NOW AND REST." This is not to be used until all four self hypnosis classes are over, but use after each count when deepening the trance.

You will be conditioned in each class with the phrase, "SLEEP NOW AND REST." When you practice alone, you will also condition yourself with the key phrase. By the time the four classes are over and you have practiced every day, you will then be conditioned enough to where you do not need to go the long way around, but can just sit down or lie down and think the words to yourself, "SLEEP NOW AND REST". Immediately your eyes close, immediately your body is relaxed all over, and immediately you find yourself in a deep trance. Do not use the key phrase, "SLEEP NOW AND REST" until all four classes are over. To instigate hypnosis right at the beginning, you will be using the "SLEEP NOW AND REST" after each count. Notice that it is a part of the procedure, a part of the deepening of the trance. You count backwards from 7 to 1, and say, "Number 7, sleep now and rest, deeper, deeper, deeper; down, down, down. Number 6, sleep now and rest, deeper, deeper, deeper; down, down, down," and so forth.

RECOGNIZE HYPNOSIS

The biggest barrier in achieving self hypnosis is not knowing how to RECOGNIZE the STATE OF HYPNOSIS.

## 1. HYPNOSIS IS A NATURAL, NORMAL STATE.

You are probably hypnotized several times a day. For example, looking out the window, wool-gathering, you are way off somewhere else and someone walks in the room and calls your name. You do not hear them and they have to call your name a second time. The same thing can happen when you are watching TV or reading a good book. You are engrossed in the story, the drama. You are not as AWARE of your physical surroundings. This is actually a STATE OF HYPNOSIS.

## 2. YOU DO NOT FALL ASLEEP OR BECOME UNCONSCIOUS.

This is the most misunderstood thing about hypnosis and it seems to be universal. Everyone thinks that you should be unconscious when hypnotized. THIS IS NOT TRUE! You are always consciously aware. It is an altered state, but you are consciously aware, otherwise you would not be able to follow the directions. When you go to sleep at night you are unconscious. When you have a general anesthetic in surgery you are unconscious. In hypnosis you are CONSCIOUSLY AWARE of what is being said and what is going on.

## 3. HYPNOSIS IS A NARROWING OF THE ATTENTION SPAN TO PRIMARILY ONE THING.

Your eyes will be closed after awhile and you will be much less aware of your body and less aware of your surroundings. You will concentrate on the sound of the voice and what it is saying.

When you are hypnotizing yourself you will concentrate on your thoughts. This will be to the exclusion of everything else. Now you will not be perfect at this in a short time. Even the yogis who get good, practice 10 to 20 hours a day for 10 to 20 years before they get real good. If you get half way relaxed, then you are getting into the state of hypnosis.

## 4. IT IS AN ALTERED STATE OF CONSCIOUSNESS. YOU ARE NOT EXACTLY CONSCIOUS, BUT YOU ARE NOT UNCONSCIOUS EITHER.

## 5. IT IS A STATE OF HYPERSUGGESTIBILITY.

You will be very suggestive in this state, and the value of hypnosis is that you are suggestive, EXTRA-suggestive. For example: If I have on a BLUE shirt and were to say to you, "I have on a bright RED shirt", you would use your conscious mind in reasoning and logic and say, "No, you have on a BLUE shirt." In a deep trance, in hypnosis, you would see the RED shirt that I suggested, even though physically I was wearing a BLUE shirt. This is the value of hypnosis. You are EXTRA SUGGESTIBLE!

## 6. THE ONLY REAL PROOF OF GENUINE, EFFECTIVE HYPNOSIS OR SELF HYPNOSIS IS THE POSTHYPNOTIC RESPONSE. YOU MAY GIVE YOURSELF TESTS, BUT SOMETIMES THE TESTS DO NOT WORK. TESTS ARE NOT A REAL PROOF OF THE STATE OF HYPNOSIS. THE PROOF IS WHETHER YOU GET THE RESULTS YOU WANT TO GET.

This is the most important thing in this class. You will be tempted to sit there or lie there and think to yourself, "I don't feel anything. I don't think anything is happening. I don't think I'm hypnotized". You will be in

at least a light state of hypnosis and if you think these thoughts, you will be giving yourself a suggestion while you are in hypnosis. You will accept your suggestion rather than mine. You will be working against yourself. **DO NOT ALLOW YOURSELF TO DO THIS!** In fact, I want to ask you to do the **OPPOSITE**. I ask that you **ASSUME THE ROLE** of being hypnotized. Be a good actress or actor and play the part of being hypnotized.

The reason for playing the role is because your subconscious mind does not know the difference between imagination and physical reality. Go along with it, play the part, and your subconscious will help to bring it about. This is the most important thing to remember in the first class.

### DON'T BE OVERLY ANALYTICAL

Beware of an overly analytical attitude. You can analyze anything to death. If you sit there or lie there when you are being hypnotized, and think to yourself, "Am I really hypnotized? If I'm hypnotized, how deep am I?" What will you be doing? You will be using your conscious mind, which should be deactivated, your reason and logic, bringing yourself up out of hypnosis. **DO NOT ANALYZE!** Just follow the directions and you **WILL GET RESULTS!**

### HYPNOSIS HAPPENS INSIDE YOU

The "prove it" attitude is another thing that will keep you from being effective with self hypnosis. I cannot prove anything to you because **YOU** are going to do it **INSIDE YOURSELF**. It is called heterohypnosis when another person, supposedly, hypnotizes you. In true reality it is all self hypnosis because it takes place inside of yourself. It happens inside of you, so nothing can be **PROVEN** to you. You can **PROVE IT TO YOURSELF** by following the directions in a **RELAXED** and **PEACEFUL WAY**, following through, and **PRACTICING DAILY**. If you follow the directions you will get results.

"EASY DOES IT" WILL DO IT FOR YOU.

### HOMEWORK

Daily: Practice self hypnosis at least once a day, using the suggestions given in class (No personal suggestions until after the 3rd class)

Read class notes at least once a day



\*If you are interested in metaphysical discussions visit Meta-Moments on YouTube



\*If you are interested in channelings by Don visit Metatations on YouTube