

SUGGESTION, PART IIPURPOSE

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.

VERBAL SELF-SUGGESTION

Self-suggestion may be made verbally, though it usually is not necessary to say the words aloud. Thinking them is enough.

When you are hypnotizing yourself, you do not talk out loud. You just think the words to yourself, but you should think in words, going through the whole procedure word by word.

VISUAL IMAGES

If a visual image can be formed and added to a verbal suggestion, it will make the suggestion more potent. Example: You are tired at the end of the day and wish to overcome your tiredness by suggestion. Suggest that you will begin to be refreshed, visualize yourself doing something where you are full of vim, vigor, and vitality. In your mind's eye, see yourself playing golf, tennis, or some other sport, or merely walking briskly around the block, swinging your arms, chest out, and obviously full of pep. Carry this thought for 3 or 4 minutes.

VISUALIZE AS YOU GO TO SLEEP

In going to sleep at night, visualize yourself as you would like to be. This is not hypnosis, but it is a good time to give yourself suggestions. Just as you are getting in your favorite position, drifting off to sleep, hold a picture in your mind as you would like to be. As you go to sleep your suggestion drops into your subconscious mind, and has a good effect.

### ESTABLISH A MOTIVE

Establishing a motive for acceptance of a suggestion is helpful. A motive to quit smoking would be to have better health. A motive to lose weight would be to have better health, better looks, etc.

### USE EMOTION

Arouse emotion and hook it to a suggestion. Emotion will make the suggestion more effective. Desire for success can be the emotion aroused.

### INNER MIND - ACCEPTANCE

In giving yourself suggestion, acceptance by the inner mind is needed or it will not be carried out, no matter how much you may consciously want this.

Just because you give yourself a suggestion in self hypnosis does not mean that the subconscious will ACCEPT it. The subconscious is like a child and it needs to be sold on the suggestions. This is why we give you different ways and different things to ATTACH to the suggestion.

### PERMISSIVE SUGGESTION OR COMMAND

When a permissive suggestion has been repeated and no results shown, it would be well to try a COMMAND instead. If you have given yourself a permissive suggestion and you do not receive the results, you should put MORE STEAM behind it, more power.

When you finish this course you will have the technique of self hypnosis. If you half way, nonchalantly, give yourself suggestion, you may get results and you may not. If you can be dynamic, EMPHATIC, and follow the directions to the letter, you will get the best results, because your subconscious mind is going to follow the directions. If you do not take charge of your subconscious, it will take charge of you. You will have a 6 year old with very little or no reasoning and logic, running your life.

### ONE SUGGESTION AT A TIME

The subconscious mind should not be burdened with too many suggestions at one time. It is better to work on only one thing at a time.

Most people wait for a long time to take a class like this, then, overnight, they want to quit smoking, lose weight, and dozens of other things ALL AT ONCE. It DOES NOT WORK LIKE THIS. You need to take only ONE thing at a time and work on it. This is especially true if it is a major thing. I consider quitting smoking and losing weight, major things.

There are complimentary suggestions that go with these things. For example: Relaxation and peace of mind are complimentary suggestions that go with losing weight or quitting smoking, either one. This is all right, because they work toward the same end!

KNOW YOUR GOAL

Word your suggestion with only the END RESULT IN MIND. Be specific as to your goal. Your subconscious mind, when stimulated into action, will find the means to bring it about.

You must be specific in hypnosis because you are dealing with the subconscious mind, with a 6 year old intelligence. You must be specific, explaining exactly what you want it to do, being emphatic, getting the idea and the impression across.

SUGGESTION - FABRIC OF CREATION

With suggestions we can rearrange the inner workings of the mind to bring about creation of a new being, a new world, and a new heaven. With suggestion we are dealing with the fabric of creation itself.

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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\*If you are interested in  
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