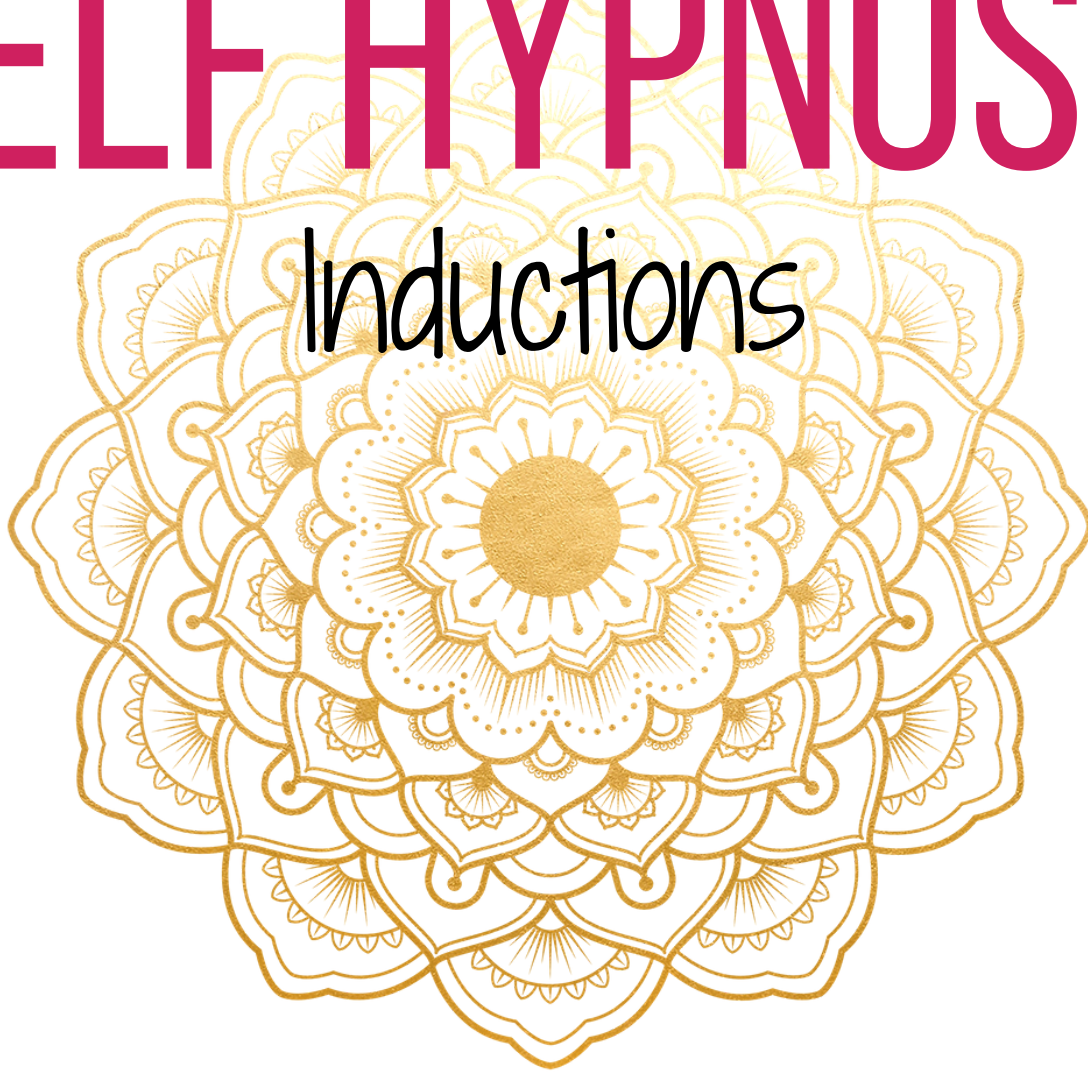


SELF HYPNOSIS

Inductions



@sarakdaigle

RELAXATION INDUCTION

Easiest to understand if you have done my free Stress Relief Hypnosis.

Do A Session On Your Own:

1. Choose an extremely simple mantra or affirmation that includes what you are looking to change.

Example of mine: My hair has grown back quickly & fully, Put in the positive - your mind can not process a negative.

If you say I am not bald anymore the subconscious mind still creates a picture of bald.



RELAXATION INDUCTION

2. Create imagery that represents this affirmation.

** Your subconscious mind processes pictures, sounds, & feelings these in turn create emotion.

Words themselves do not create change. Find the most descriptive way to create a visualization for you.

You need to know how you best process information through your senses. We process information through our 5 senses:



RELAXATION INDUCTION

Visual
Auditory
Kinesthetic
Gustatory
Olfactory



RELAXATION INDUCTION

To find your primary sense - Describe the beach to a friend or imagine a friend is there. What do you say?

Are you using visual cues such as the color of the waves, how bright the sun is, how big the ocean is?

Are you describing with sounds - the waves crashing on the beach? Are you describing feelings?

How cool the ocean is, how hot the sun is beating down on you?

Are you describing with smell - how the salty ocean air smells and the fresh scent of the waves?

Create your visualization that is heavy in this sense with detail. You can write down or just make mental notes of what is important.



RELAXATION INDUCTION

Then create a simple scene that feels the most powerful for you. It can be the picture of a bald spot that is not covered in hair.

You can also imagine the process of healing such as the cells of your hair growing more & more.

I did this with the vitiligo.

My spots were being removed by an eraser.



RELAXATION INDUCTION

3. Plan an Induction - relaxation with visualization - sounds, visuals, feelings.

Important!

This is how you get past the conscious mind.

Pre-plan guided imagery of you walking down a staircase from 10 to 0.

I use a stone staircase to a beach.



RELAXATION INDUCTION

4. Do the session:

Get comfortable - can be slouched or in bed - if you fall asleep try a different more upright position.

ense body fully & then allow to fully relax.

Focus on looking up @ your third eye - imagining a deep blue sphere of swirling energy.

**Looking up has been proven to put you in the alpha brainwave state.



RELAXATION INDUCTION

4. Do the session:

Relax deeply by taking three deep breaths through your nose and out your nose/mouth.

Count yourself down to deep deep relaxation as you walk down a staircase from 10-0.

Bring up your visualization scene and focus solely on this. Allow positive emotion to come up and reverberate through your body. Repeat 1-2x per day.



TRY THESE ADDITIONAL

Inductions



@sarakdaigle

Some may find these easier as there is less for you to try to direct yourself on.

INDUCTION 2: Eye Closure

1. Lie down or sit very comfortably.
2. Decide on a focus before hand - affirmation or what subconscious mind is helping you with.
3. Confirm how long you will be in trance - 20 minutes, 30 minutes?
4. Confirm how you will feel when you come back - sleepy ready for bed or wide awake and energized.

INDUCTION 2. EYE CLOSURE

5. Keep your eyes focused on a light or another focal point on the ceiling that keeps your eyes looking up.

6. Focus on deep inhales and exhales. On the exhales incrementally close your eyes on each out breath (lowering eyelids a micro amount with each breath).

7. Your eyes will get very very heavy and by the time they are completely closed you will be in a nice trance.

From there - you don't even have to concentrate on your affirmation. You can just enjoy the trance.

If you feel like you need to focus on something you can focus on your affirmation or visualization scene but sometimes that can actually take you out of trance.



INDUCTION 3. Betty Erickson Induction

(wife of Milton Erickson - famous hypnotist)

1. Lie down or sit very comfortably.
2. Decide on a focus before hand - affirmation or what subconscious mind is helping you with.
3. Confirm how long you will be in trance - 20 minutes, 30 minutes?
4. Confirm how you will feel when you come back - sleepy ready for bed or wide awake and energized.
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INDUCTION 3. Betty Erickson Induction

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NEXT STEPS WE ARE INVOLVING YOUR SENSES TO ACTIVATE THE
SUBCONSCIOUS MIND

6. Think of 3 Things you can SEE - (The window, the crown molding on the ceiling etc.)
7. Think of 3 Things that you can HEAR- (sound of outside traffic, your air conditioner running, a dog barking outside)
8. Think of 3 Things you can FEEL - (the blanket over your legs, the air from the ceiling fan)
9. Do the process again with 2 things for each sense
10. Do the process again with 1 thing for each sense



INDUCTION 3. Betty Erickson Induction

(wife of Milton Erickson - famous hypnotist)

11. Close your eyes and do the process for 1 thing for each sense - can be real or imagined)

12. Close your eyes and do the process for 2 things for each sense.

13. Close your eyes and do the process for 3 things for each sense.

Don't worry if you don't make it through the whole process - the process is meant to overload your senses to the point where you are in trance & it's too difficult to go any further.

Enjoy the trance knowing your subconscious already knows what it needs to do & for how long.

