

A SEVEN-DAY SELF-HYPNOSIS PROGRAM



CHANGE YOUR LIFE FOREVER!

The Seven Day Self-Hypnosis Program

Table of Contents

Why Self-Hypnosis?.....	2
What Is Self-Hypnosis?.....	8
How Will Self-Hypnosis	12
Help You Lose Weight?.....	12
The Subconscious Mind.....	20
Self-Hypnosis	29
The 7 Day Program For Weight Loss	40
The Limitless Power Of The Mind	47

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Chapter One

Why Self-Hypnosis?

1.1: Understanding the process of change.

For most of us, there is plenty of room for self-improvement. Hardly any person we meet in our day-to-day lives is satisfied with what he or she is. Many of us do not even know what is wrong, but there is always a vague sense of ill ease, discomfort, and dissatisfaction. Most people leave it at that and continue to live a hollow life that has all the trappings of happiness. They do not have the time or the interest to plumb the depths of their minds.

I congratulate you for being different. You have definitely gone through the painful process of introspection and feel that changes need to be made. To come this far is, in itself, laudable. Not many have such courage. Often, we are so busy with the painful complications of survival that we do not have energy left for anything else. We don't even think about what we want. That is why the first process in therapy is to answer one crucial question: "Are you sure that what you are doing now will get you where you want to go in life?" Is this what you really want? For any change to take place, the desire to achieve it should be high. Often, it is only this desire that keeps us stubbornly on course.

Once you have identified what it is that you wish to achieve, there are still many obstacles on the way. The mind is a very powerful manipulator. The process of bringing about a change involves a number of steps. The first step is to conquer the mind. This initial stage can therefore be called "avoidance". It is the stage when the problem becomes crystal clear, but the mind refuses to deal with it. We effectively shut out the rational mind from pondering the problem. When we do not think about a problem, the need to look for a solution also disappears. In short, there is no serious INTENTION to change. We often come up with many excuses for this, including lack of time, lack of resources, monetary problems, and so on.

The next stage is called "contemplation". This is probably the frame of mind that has pulled you to this book. You have become aware of the problem. You are convinced that things need to change. But, you have not decided

The Seven Day Self-Hypnosis Program

exactly how to go about it. The destination is somewhat clear, but the route is not. And the mind is plagued by various questions. Topmost is whether the entire process is worth the effort. This is the time when you weigh the pros and cons of changing. Many people stagnate in this stage for far too long. This is when most overweight people decide that they just cannot go through with it. This is also the stage when one loses self-esteem.

Self-esteem refers to a person's own perception of his self-worth. When you know that something needs to be done and you are not able to take the necessary steps, you have become a slave to your own fears and your lack of will power. Your self-esteem takes a huge beating. Your apathy mocks you incessantly. People with low self-esteem have already taken many beatings at an emotional level. This is just one more failure that hardens their low self-esteem.

In order to actualize the change you have envisioned, it is necessary to move on to the next stage. This stage is called "commitment". There are two sub-stages involved here. The first is "planning", and the second is "action". The "planning" stage makes a lot of difference to the entire process of change. It is here that you will actually chart out the path you have to take to reach your goals. Proper planning through intelligent observation and analysis can make the whole thing very easy. For instance, a person who wants to lose weight may decide to join an aerobics class, or a yoga class, or just join a diet program. The effectiveness of your planning decides how soon and how easily you will achieve your goal.

The last stage is the "action" stage. This is when the plans you have made are actually put to test. You reap the results and this keeps you motivated. If the methods you follow are not good enough, this stage becomes so hard that it is almost a punishment. Imagine standing on your bathroom scale with an empty, growling stomach and painful muscles but STILL finding the same weight in the reading. When the results are not up to your expectations, the motivation dies off slowly and you may go back to the "contemplation" or, worse, the "avoidance" stage.

These are the common pitfalls that most people face when they try to bring about a change in long-established behavioral patterns. Understanding these steps will greatly help to identify where you are getting stuck. I also want to point out how important planning and techniques are when you want to achieve certain goals that seem particularly difficult.

1.2: Why self-hypnosis?

When you have successfully reached the "commitment" stage, you will begin to appreciate the need for extensive self-control. You will need to know when changes are taking place and what barriers stand in your way. You will also face frustrating and heart-breaking moments when all that will keep you forging ahead are self-help and self-motivational techniques. Let's face it: the mind is the biggest impediment as well as the greatest strength. Once we are able to garner our complete commitment and enthusiasm towards a particular cause, it is as good as achieved. Then the question is not "Will you achieve?", but "When will you achieve?".

Just consider the huge number of us that cannot even initiate change. For example, it is commonly believed that 55 % of smokers are in avoidance, 30% are in contemplation and a mere 10% are ready for action. The statistics are even worse when it comes to losing weight. Why is this? Many times, the mind is so opposed to change that it will throw up all kinds of impediments. Many thoughts stop us cold in our tracks. Fear - fear of pain, failure, criticism, disapproval, rejection, and difficulty - kills one's will to change.

Losing weight is perhaps the most popular change that people want to achieve. It is also the most difficult. When it comes to achievement, only 6% of people are able to lose at least 10% of their body weight and only 8% are able to keep this weight off. This shows how difficult it is for the average person to lose weight. Most people go on yo-yo diets for years and NEVER achieve success. Remember, these are the same highly successful, brilliant people who are at the forefront of their respective professions. You will find courageous men breaking out into sweat when they speak about their forays into the world of weight loss. Women often swear that they have tried just about EVERYTHING, but the scales just don't dip!

Given the fast-food culture and endless rounds of parties that make up our daily life, people become fat right from their infancy. They carry oodles of additional fat all through their lives and march roly-poly to their early graves. Even awareness of the danger that they are in does not make much of an impact. Most people are helpless anyway. Losing weight requires more will power than just about anything else in this world. Slimming down

The Seven Day Self-Hypnosis Program

substantially and then keeping it off requires a complete change in lifestyle. Many of the much-loved things and comforts will have to be forsaken. New habits and new likes will have to replace the redundant practices. This is, in itself, a major challenge. Not many proceed beyond this.

Given below are some of the fundamental behavioral changes that help to initiate weight loss:

- Changing the type of food that one is accustomed to for a major part of one's life
- Changing the pattern of eating (again, this is a habit that a person has developed over the years)
- Changing portion sizes (this is perhaps the toughest of all)
- Doing exercise and other physical activity

Making even one of the above changes needs a lot of grit and determination. Imagine a person who loves rich chocolate cakes having to do with salads and crackers. Most people may successfully conquer boardrooms. But they lose the battle with their palates. Resisting rich food is something that most overweight people just cannot bear to do. Wafers, potato crisps, burgers and soft drinks are so much a part of our lifestyle that replacing them with fruits, salads and whole grains is not only boring but almost painful. A person who is accustomed to consuming whole buckets of ice cream will suddenly have to turn his hungry eyes away. Believe me, the strongest of us cannot say "no" to our taste buds and our stomachs.

Keeping oneself within the stipulated portion size is another long drawn out battle. Most people are used to eating till they FEEL full. There is a BIG difference between feeling full and eating enough. Did you know that the brain takes almost 8 minutes to signal that feeling of fullness to us? Most of us eat so fast that we have already stuffed ourselves like crazy within those crucial minutes. Once a person starts a diet, he has to conscientiously stick to the new portion sizes. This means going with an empty feeling for the major part of the day. This can be excruciating during the first few weeks. Having to go hungry for the better part of the day, every day, for many months is a sheer test of will. Something will have to give!

The Seven Day Self-Hypnosis Program

Exercises are an important part of losing weight. How many times have you thought to yourself that you will start exercising from the next week, the next month or perhaps the next year? This is perhaps the most made-to-be-broken New Year's resolution ever. And if truth be told, it really is not very easy to drag yourself to the nearest gym or club and start walking on the dreadful treadmill. At least not till it has become a habit. Again, your will and determination is put sorely to the test.

An interesting part of losing weight is what is called "hitting a plateau". This is that stage when you have lost a number of pounds, but then seem to get stuck suddenly. You are doing it all - eating less, exercising like crazy, and drinking lots of fluids. But the scales just don't budge. They stubbornly stick to the same figure. Things were going quite well for those first few weeks, but suddenly your body gets smart and decides to pull a fast one on you. Frustration really peaks at this stage. There is some yummy dessert waiting just round the street. This battle can break even the strongest will.

In a nutshell, the one big resource that a person needs to make such a major change is an iron will. Sheer strength of mind and bullheaded determination over an extended period of time are the only keys to successful weight loss. When it comes down to the brass tacks, it's all in the mind. If you can continue to motivate yourself through the ups and downs of this harrowing battle, you will succeed. But that is easier said than done. This fact is proved by the millions of men and women who have lost weight sporadically, only to pile it all back.

So, how does one keep the mind on the right track? The first kilo is the easiest to lose. From there, the task becomes more and more difficult. The toughest part is to keep up the good work even when nothing seems to be happening. This is where mind-control techniques come in. Positive thinking and support clubs all have their own importance. But in the end you have to win a daily battle with your mind. Where do you get the resources for such a long drawn out battle? If you are serious about losing weight, even a small lapse may pull you back into the morass of indulgence.

What if you were to get a scientifically tested and proven method that will completely discipline your mind? All you need are a few simple tools and a few minutes of peace and quiet. These simple procedures practiced on a daily basis will equip your mind with enough strength to bring about the necessary changes. The procedure I am going to introduce is something that

The Seven Day Self-Hypnosis Program

basically uses your own ability to control and manipulate. And all you need is just 7 days - 7 days of practice and you will be well on your way. There will be no turning back after this. It is my experience that most people will do anything if they believe it worthwhile. You will be using this procedure to convince yourself that it IS worthwhile to lose weight.

Please don't expect to become a hero in a day. That famous model whose picture hangs on your wall will still be an object of desire and envy. You will definitely not become Superman. This is not magic, and magical results are not what I promise. But the good news is that if you work on this procedure for some time, you will find that your entire thought process has changed. Using this method you can conquer anything that requires an effort of will. This procedure is all about strengthening and building your will. Once your will is strong enough, nothing can stop you. Your body grows healthier and stronger when you eat the right food. So also, your mind will become stronger and more resilient when you practice these simple techniques. Remember, most changes that we seek to make are often defeated because we cannot follow through. Now, here is a sure fire method that will give you no choice BUT to follow through. You are helpless. You just HAVE to eat less, exercise more, and become slimmer! You have finally defeated that in you which holds you back.

Does it sound impossible? Too good to be true? Let me assure you of the amazing power of this technique. Many people can believe it only after they experience it. People have been regularly using these techniques to quit smoking, chuck an addiction, improve relationships, get better sleep, etc. The yogis in ancient India have been practicing this for millions of years. Corporate offices hold courses in this technique and encourage their employees to practice it. Such companies have shown outstanding employee productivity after the course was introduced. So, what is this technique? Welcome to the powerful world of self-hypnosis.

Chapter Two

What Is Self-Hypnosis?

Self-hypnosis is scientifically dependent on "autosuggestion" and is a "process by which an individual trains the subconscious mind to believe something for a given purpose". In a nutshell, self-hypnosis is nothing but self-induced brainwashing that relies on constant self-affirmations. The more you make your mind believe that something can be achieved, the more "willpower" you have to follow it up. Therein lies the power of self-hypnosis. You see, within the realms of the mind, nothing is impossible. This is the most important point that you need to understand. If your mind tells you to jump, you WILL jump. It's as simple as that.

Hypnosis is a natural inborn ability in every human being. As an individual, hypnosis is the most powerful psychological tool available to you. Hypnosis has been used to make people:

- Undergo surgery without the use of anesthesia.
- Hallucinate
- Overcome long-held phobias
- Overcoming 'flashbacks' that generally follow an extremely traumatic experience
- Achieve greater confidence and self-esteem
- Lower B.P
- Accelerate the healing process of the body
- Overcome clinical depression
- Beat addictions

It has been said that all hypnosis is self-hypnosis. This is true because it is finally the person undergoing the hypnosis who decides when to let his mind "go", and not any outside force. Hypnosis, in this sense, has nothing to do with gimmicks. Popular TV programs have done their best to vilify hypnosis

The Seven Day Self-Hypnosis Program

by showing pictures of men losing their minds and doing just about anything when they are hypnotized. Many people shy away from hypnosis because they are afraid of losing control.

We always knew that the strength of the human mind has never been measured. Due to the various distractions that go on around us, many of us have lost the ability to focus on this seat of power - our mind. Hypnosis only means intense concentration. It is a means of returning 'inward'.

There is no dividing line between our normal state and the hypnotic state. Have you ever become so engrossed in a thought or a daydream that you lost track of what is going on around you? Well, that's it! When you are working seriously, you lose track of time and even shut out the noises and distractions around you. Sometimes, when such an intensely absorbing activity ends, you may take a few seconds to reorient yourself. All these are examples of the "hyper-focusing" that amounts to hypnosis.

People sometimes mistakenly believe that hypnosis means sleep. Although many adults prefer to be hypnotized with their eyes closed, this is not even necessary to achieve this deep trance. Actually, children prefer to be hypnotized with their eyes open. As adults we have somehow come to believe that closing our eyes helps in shutting out distractions. That is why we shut our eyes the moment we want to concentrate on something. Hypnosis is intense concentration. At such a time you may completely or partially lose awareness of all peripheral phenomena. Many times in our lives, hypnotic states occur spontaneously. Only we are not able to capture these moments for far too long or understand them for what they are.

One of the most amazing things about the human brain is its capacity to be aware of the peripheries and focus on one or two important things AT THE SAME TIME. If any of the peripheral occurrences change, you become aware of it, but your concentration on the task at hand does not wane. If you go one step further and focus all your concentration on just one thing, you will forget about most of these peripheral occurrences. For instance, when you read some article or book with intense interest you will find that you are not able to concentrate on what other people are talking. Many times, you don't even hear what they say. 'Deep trance' is an extension of this ability to focus.

The Seven Day Self-Hypnosis Program

How can you know if you have entered the trance state? Every time you focus intensely on something, you are actually in a trance. Normal consciousness allows you to be aware of a host of occurrences outside you. The sound of a door closing, a child crying, your cell phone, the ticking of a clock - all these register simultaneously in your mind. On top of all this, your mind is, itself, producing a big cacophony of noises in the form of thoughts and counter thoughts. And all these thoughts make a 'noise' in the mind. When in a trance, these extraneous factors recede from your awareness and they no longer influence you.

If you have ever traveled through a familiar route and upon reaching your destination wondered what happened during the course of your journey, then you have already experienced hypnotic amnesia. If you have ever felt yourself 'switching off' while listening to music or in a noisy room, you already know what hypnotic dissociation is.

Some people are able to jog very long distances or climb mountainous paths by shifting their focus to something else. This is hypnotic pain control through distortion of time. If you ever feel that time has just flown by and you cannot recollect what happened during that period, well, you have been hypnotized.

Thus, it is easy enough to see that hypnosis is an everyday occurrence. Hypnosis can also be termed as parallel-consciousness. While you are intensely focused on one single thing, you still continue to exist within the reality that surrounds you. There is no need for fear at all. Self-hypnosis is the process in which you follow certain steps to put your mind in a mode where it becomes most receptive to change.

In a normal person's mind, there are too many conflicting and converging images shooting up and down. The aim of self-hypnosis is to get rid of all these varying images and sounds in the mind and to focus our entire attention on just one thing. How does one achieve this?

Well, a clinical hypnotist is actually a master of communication. He knows what techniques will help you relax. Complete and total relaxation is the first step towards hypnosis. Then he proceeds to non-intrusively focus your attention inwards. He communicates both to your conscious as well as your sub conscious mind. Once your attention is focused on any one incident, it is natural for you to become so engrossed in that incident that you may cry or

The Seven Day Self-Hypnosis Program

laugh or do anything that is NORMAL in that particular circumstance. For a while, that incident is your reality. The hypnotist then continues to pick up valuable clues that lead him to the crux of your problem.

Self-hypnosis is a skill. It does not happen overnight. You do not have any specialist to rely on. It is you and your mind all the way. There are no definite signs and indications that will help you to measure your progress. It works in a gradual, natural, and comfortable manner. You can almost make yourself believe that nothing has happened within you, though you see changes taking place. That's why, at a later stage, sometimes people believe they would have achieved their goals even without self-hypnosis. But most people who achieve outstanding feats of the mind and the "will" would have used self-hypnosis in some way or the other, knowingly or unknowingly. A mom of two once told me that she used to spend more than 2 hours walking on the treadmill by doing it while her favorite TV programs were going on. She lost 10 ponds in 2 months! She was able to focus her attention on the TV while she was undergoing the harrowing exercise routine. Remember the hypnotic ability to distort time and control pain that we talked about earlier? Does the above ring a bell?

Our basic aim in using self-hypnosis will be to train the mind and tame the subconscious. This seven-day program will give you step-by-step instructions to start the wheels of change turning the way YOU WANT IT. This will become clearer to you as you read about your subconscious mind, later on. For now, understand that almost all human activities are dictated by the subconscious mind. This unknown entity in our life yields a lot of power. In this program, I will teach you to use this power to your advantage. For the first and only time, YOU and not your subconscious mind will control your thought processes. How big a change this can bring about is limited only by your own imagination and courage.

Chapter Three

How Will Self-Hypnosis Help You Lose Weight?

Bulimia and Anorexia are serious eating disorders that need professional treatment. We urge people suffering from these disorders to consult a doctor immediately. Why do we consider these to be serious problems? Because they have a clinical name and have many papers written on them? There are a host of other eating disorders that really do not have a name. Think of a person who binges once a day for years. He knows his problem, but he just cannot stop himself. This is not a medical condition because this does not have a name. Such people are looked down upon. They are considered as having some serious behavioral problems. But is not compulsive eating without purging just as much a disorder as compulsive eating followed by purging (Bulimia)?

So, if you do feel that you are a compulsive eater and that you are simply not able to put an end to it, then you do have a problem. Your subconscious mind is seriously dysfunctional. The first step is to understand that you have a problem of the mind. It is not a behavioral problem and it is not in your 'genes'. Appreciating the true nature of the problem will be first step towards solving it.

To achieve sustained and permanent weight loss, it is necessary to deal with the mental fixations that rule your subconscious mind. This is especially true if you are one of those people who binge uncontrollably. If you have been losing and gaining weight in periodical and predictable cycles, you should understand that the problem is not just with your body. There are some secrets buried deep within your psyche that are clamoring for release. These secrets need to be understood. Only then will serious change take place.

Once you know what is causing the urge to eat uncontrollably, you will be able to put the brakes. Now, you will know what you are fighting against. The body often confuses the signals that it receives. Eating food is an act that has deep implications on the human psyche. This single task is the biggest source of comfort, not only to the body but also to the mind. A distressed mind often resorts to this simple activity to convince itself that all is well.

The Seven Day Self-Hypnosis Program

When faced with a problem, the human mind always looks for a rationale. Many times it is defeated only because it cannot get to the reason behind an action. You eat a lot only because you don't know what your underlying problems are. A lack of sufficient information is all that stands between you and change. If you know the reason, you can plan the line of defense, too. Much like if you know the venom, you can also find out the most effective anti-venom.

3.1: Self-hypnosis and weight loss

Losing weight, most people would agree, is one tough nut. Give someone a tall mountain to climb, and he may just do it. But ask people to shed 10 pounds and they are gagging at the throat! Statistics show that in America one out of every three men or women has tried his hand at losing weight at one time or another. Only 20 percent of these people are successful in attaining and maintaining their target weight. This just goes to show that it really IS very difficult to lose weight and you really do need a LOT of ammunition to win this battle.

Those people who have tried dieting to lose weight feel that their Herculean effort is a huge waste because they gain all the weight back once they stop dieting. And then they put on some more! This can be very discouraging, especially if you believe that you have been on this particular joy ride before. Many people just give it up after one or two shots. Others don't even bother to try.

In many of my workshops, I have found that most people have wrong or inadequate information regarding everything related to food and their bodies. I have heard so much about genetic factors, metabolic imbalances, thyroid problems, and even light-deprived pineal glands causing weight problems. But the crux of the matter is that most overweight people get that way because they eat too much and exercise too little. Something is causing them to eat too much.

I will illustrate this in yet another way. Most babies eat only as much as their bodies need. We see many mums trying to force-feed their little ones in the belief that the young ones have not had enough. The truth is when we are still very young, we do not eat for anything else except hunger. At that stage, hunger is the ONLY driving force behind the act of putting food in the

The Seven Day Self-Hypnosis Program

mouth. It is as we grow up and face up to the problems that life has to offer that we start using food as a form of protection. We overeat and eat all the wrong kinds of stuff.

No doubt, all the weight has piled up because of eating too much. But, there are reasons that drive you to eat so much. These reasons have you in a vice grip. Many people would stubbornly refuse to believe this till they start seeing the results that self-hypnosis brings. We are all so busy looking for the PHYSICAL reasons that we conveniently overlook the more important psychological reasons. Our quest should actually begin from the mind and then extend to the body.

What we need to discover within ourselves is not "how much" and "what " we eat, but "why" we eat as much as we do. This "why" is psychological, mostly caused by the subconscious. People are mostly not aware that eating disorders are mostly beyond the conscious control of man.

This is where willpower comes in. Well-meaning friends and physicians usually tell overweight people, "Just don't eat so much". Few things can be more discouraging. But, I'd like to tell you at the outset that willpower is a hoax. What willpower really refers to is simply a behavior that has been allowed by the subconscious mind. On the outside, this behavior may seem tough. And it often is. But, remember the biggest battles are fought in the mind. If your subconscious has finally allowed you to follow a behavior, then more than half your struggle is over.

Every year, there is yet another miracle diet guaranteed to melt all that stored fat. How people fall for these diets year after year is beyond me. I often wonder if people ever stop to think that new diets are being invented and reinvented precisely because none of the so-called miracle diets that came before ever worked. Everyone has his or her own sure fire method of losing weight. The carbo diet, the protein diet, the juice diet ...you name it, we have it.

The fact is, any diet that effectively cuts down the calorie intake to a level below what the body needs will work. There has to be an imbalance between the calories we put in and the calories we use everyday. When the calories we put in are less than what our body needs for its day-to-day business, the body will start pulling fat from its reserves. If you continue doing this for an extended period of time, your weight drops. Exercise helps because it raises

The Seven Day Self-Hypnosis Program

your body's metabolism. This further increases the gap between the calories that you are putting in and using up.

The secret of any successful diet is not in losing weight, but in sticking to it long enough to lose substantial weight. And to keep the lost weight off. Herein lies the problem. Some people can stick to a diet long enough to lose some amount of weight. Fewer still can stick to a diet program long enough to reach their goal. And a minuscule few stick to the diet to keep the weight off for any length of time.

Self-hypnosis, through positive and effective suggestions, is the only conscious way in which you can bring the subconscious mind in line with your conscious desires. Through this, the subconscious urge that makes you want to eat is finally subdued and you really don't feel like eating more. Simultaneously, your subconscious mind finally understands the importance of the inevitable treadmill or exercise cycle or the morning jog. You now feel like exercising more. This may seem amazing from where you stand now. But, your mind can really work wonders when it is convinced that it needs to do something. Combined with proper dietary knowledge, self-hypnosis is the perfect way to lose weight and keep it off.

The subconscious mind also has the ability to make physiological changes. It is capable of making drastic changes in the bodily functions. Sometimes, self-hypnosis actually steps in and causes significant changes in metabolic functioning, fat cravings, and food preferences. Amazingly, people are even able to maintain their weight without having to reduce food intake. Your body has just shifted gears in its metabolism pattern, thanks to your subconscious mind. As I am always reminding you, the subconscious mind can itself be controlled by self-hypnosis.

Not all weight problems, however, are triggered by the subconscious. There are people who have had minor weight problems during different periods of their lives and whose problem is not motivated by their mind. If you were one such person, you would not be reading this now. Such people are able to rectify their situation immediately. They simply cut back on calories for a while, increase their exercise and get themselves back into shape. Many of them do not even check their weight regularly. They just know when they feel "too big" and do what's necessary to feel "normal" again. It's just a simple matter that does not need any amount of thinking, planning, pain, or "willpower".

The Seven Day Self-Hypnosis Program

On the other hand, there are people who agonize over their weight every waking moment. The more weight you have, the longer it has been with you. The number of times you have tried and failed to control your weight is also correspondingly high. This means your subconscious mind is, by now, more committed to overweight condition. Such a subconscious mind needs self-hypnosis to get over mental fixations. You will get nowhere with your weight loss program till you are able to understand and change your subconscious need.

Tradition, popular TV, and cinemas have managed to imbue fat people with certain underlying meanings. Our subconscious mind has picked up these meanings. Here are some of the common reasons why people WANT to be fat.

Fat means ugly: This is one of the earliest messages that every human being imbibes. Thanks to all the reed-thin supermodels and the ads that we see, we no longer doubt that thin is beautiful, and that chubby/fat is ugly. Just about anyone you meet will agree with this. But, research has shown another shocking revelation.

Many people WANT to be ugly. People who already suffer from a lack of self-esteem try to put on weight or cling to their extra flesh because this makes them feel secure. Since overweight is the obvious problem, they are saved from further soul-searching. They allow their weight to be a convenient cover behind which they can nurture other insecurities that eat away at them. Take away their belief that weight is their only problem and they are left with the Herculean task of self-analysis. Such people eat more to keep affirming their low self-worth.

Another category of people, mostly women, uses their extra weight become less attractive. Women who have been in loveless marriages for too long fear that they are easy prey to extramarital relationships. So, though they make themselves up attractively, they allow themselves to grow fat. This is a kind of insurance - that no attractive man (read, the kind of man they may fall for) will give a second glance to such an overweight person. This keeps them on the correct path. Such women use this popular misconception to hide their own weakness. They eat to keep themselves "safe".

The Seven Day Self-Hypnosis Program

Fat means happy: Another generalization that society has bestowed is that, "Fat people are always happy-go-lucky". Remember that we are not foolish enough to fall for such rubbish when we think of this consciously. But the subconscious has deductive logic only. It has seen amusing chubby people on TV shows and in other personal encounters. It may be your hidden subconscious need to be happy. So, here is a process that may take place in your subconscious mind. "Fat people are happy" → "I want to be happy" → "I need to be one of the fat people". Here your subconscious mind, aided by the various images and suggestions that you have been receiving, has decided that happiness is dependent on being fat.

Fat means 'yes' to punishment: Another bizarre but common reason people allow themselves (yes, they ALLOW themselves) to grow fat is to punish themselves. Life being what it is, it is not surprise that there are many things for each of us to feel guilty about. A large number of us manage to forget this guilt and get on with the business of living. But there are those who feel the guilt too hard and just cannot forgive themselves. Such people manage to make a connection between this guilt and their need to be absolved through their bodies. They feel that their weight problem will push people away from them. They believe that the isolation that this will lead to is the correct punishment.

Again, to most people, this really makes no sense. There are so many other easier and less painful methods to attain forgiveness. But remember, we are not talking about the conscious mind here. It is the subconscious that is in the driver's seat here. This masochistic person glorifies in his own plight and needs to feel the injury that he has brought upon himself. The thinking process is all convoluted, but this is the basic crux of the problem.

Then, of course, there is the more common category of heavy eaters. This category is mostly comprised of women. Women on the run, having too many promises to keep and just too much to do in the too little time that makes up one day! No wonder that women like these are always driven to do many things at a time, are never relaxed, and are always stressed. People who carry on in this way usually eat to find an outlet for all their pent up frustrations.

Food is many times a comfort, a pillow that is used for rest. If you find that you eat more when you are angry, tense, sad, or bored, the reasons for your cravings are staring you in the face. Many times when people are confronted

The Seven Day Self-Hypnosis Program

with high-voltage emotions they resort to the familiar and satisfying act of putting food in the mouth. This enables them to "cope".

There are people who eat more to comply. Their sole aim is to make others happy. Even when their stomachs are full, they continue to put more food in, just because they cannot say "No". This is generally a social compliance problem.

Given below is a summation of the various causes that can lead to overweight:

- Poverty
- Metabolism
- Genetics
- Handicaps, injuries, etc.
- Bad eating habits
- Insufficient exercise
- Health
- Rejection
- Social compliance
- Craving for happiness
- Security
- Punishment

Different people have different reasons for being overweight. But the one common factor is: there is always a reason behind any compulsive behavior. If you could just isolate the causes that are at the root of your food frenzy, you would be on the track of change. Even if your weight is not too overwhelming and you just need to knock off those few extra pounds that have always stubbornly stuck to you, you can use self-hypnosis.

The steps that we will follow in this 7-day program will be:

1. Use Ideomotor questioning to find the crux of the problem as it lies in your subconscious.
2. Ideomotor questioning will enable you to formulate effective suggestions. These suggestions will help you combat the problems that lie buried deep within your subconscious mind

The Seven Day Self-Hypnosis Program

3. Apply the principles of self-hypnosis. You will be guided through the entire process.
4. Record your progress on a daily basis.

Chapter Four

The Subconscious Mind

Besides compulsive eating, here is a comprehensive list of some of the things that self-hypnosis can solve:

1. Smoking
2. Biting nails
3. Motivation
4. Attitude
5. Grief Issues
6. Self-esteem
7. Stress management
8. Sleeping
9. Insomnia
10. Procrastination
11. Fears and phobias
12. Trauma
13. Anger management
14. Relationship and Sexual issues
15. Parenting issues
16. Forgiveness issues

The above list shows you that hypnosis can deal with anything that requires an effort of will. This is because hypnosis deals directly with the mind. Consciousness is the part of the mind we think with. We are aware of our conscious mind most of the time. There are really no mysteries there. The conscious mind is the deciding factor. Its decisions and judgments are made from a very limited point of view. This part of our mind governs, confines, constructs, limits, and obstructs. But this is not the sum total of all there is.

If there were no mysteries in the mind, all our actions would be direct manifestations of the conscious mind. And no man would ever have a single problem! There would be no dreams, no mental blocks, and no resistance. We would all function in a well-oiled and mechanical manner.

But this is never the case. Human beings dream of performing seemingly impossible tasks and act as if this were normal. All of the so-called 'path breaking' issues in our lives take place in the subconscious mind. In other words, the subconscious mind is running the show most of the time.

The Seven Day Self-Hypnosis Program

Our subconscious mind is what gives us that human 'flavor'. We would lose our uniqueness without it. It is this that makes Tom different from John, though the two are twins. Without the subconscious mind, where do thoughts come from, and dreams? Why can't we control our thoughts and change our thought processes overnight?

The subconscious part of the mind can, and sometimes will, act without the permission of the conscious mind. Since there is no open line of contact between these two parts, we are most often in the dark regarding the proceedings in the subconscious mind. We may think something consciously, but our subconscious mind may hold a diametrically opposite position.

The conscious mind is an open book. But the other part of the mind - the subconscious- remains a complete mystery to us. We neither know its processes nor its strength. We would not take it lightly if we understood that most of the faults that we see in human beings are due to a warped and sick subconscious mind that is looking for help. We are not able to respond to its call because we are not aware that our subconscious is sick. Why is the subconscious so prone to mishaps and why do we never detect the problems that plague this mysterious part of our mind?

Firstly, the subconscious mind is very secretive. Its task is to keep subconscious processes "sub" or "unconscious". So, the human mind has been designed to keep its two halves as unaware of each other as possible.

For instance, a child who wets his bed daily knows that he should not be doing it. He feels really ashamed of it. He is apologetic too. But he is just as helpless when the next night comes. Why? Subconscious processes are triggering off this reaction, and he cannot control the reaction because he is not AWARE of his subconscious mind. How much simpler it would be if his conscious mind could just read the data from the subconscious mind!

Many of the messages that the subconscious mind receives are those that have not been examined, censored, or consciously molded. Many of these messages slip right through, unobserved and unnoticed. They live and fester there causing considerable damage.

Self-hypnosis helps because the application of correct suggestions can directly impact the cues you emit and the messages that you get from others.

The Seven Day Self-Hypnosis Program

This helps you to achieve greater inner mastery. Instead of trying to rack your brains for your problems and hitting yourself against a giant wall, you can focus where the real power is: the subconscious mind. If you can find the way to bypass the conscious mind and plant effective suggestions in the subconscious mind, you are no longer limited by your conscious mind.

The most attractive thing about humans is their ability to welcome change. So, even if the subconscious mind is powerful, it is not immutable. Desirable changes do not always happen spontaneously. If we wait for change to take place when the subconscious mind is ready, we may have to wait forever. Self-hypnosis gives you the much-needed control over your subconscious mind.

Unfortunately, as there is no direct line of communication between your conscious mind and your subconscious mind, the mysteries of the subconscious mind are not easily solved. It is because the subconscious works silently and stealthily that many of us live our lives without ever being aware of the subconscious. Have you ever heard of anyone examining his or her subconscious mind? The conscious mind is often the subject of much debate. The subconscious is left out of the picture. However, there are some fun techniques that lead you directly to your subconscious mind.

The technique called as Ideomotor questioning is the process by which you ask certain questions to your subconscious mind. Information that is gained from such a questioning is very important to formulate the plan for initiating change. Some of the methods that help Ideomotor questioning include:

- Chevreul pendulum
- Automatic writing
- Ouija Board
- Finger response method.

There is nothing to be feared in Ideomotor questioning. Since the questioning is done from within, there is no risk of stumbling upon anything that is potentially dangerous. The subconscious is often over-protective and will take care to see that there are no dangers involved in the questions you pose. Ideomotor questioning can be great fun and it almost always yields important information.

The sole aim of the Ideomotor technique is to identify the dysfunction that is at the root of your problem. As far as weight control goes, if you feel that

The Seven Day Self-Hypnosis Program

you are eating much more than you really should and your weight chart also agrees, then you certainly have a dysfunction. Your problem is the desire to eat, overeat, and eat the wrong kinds of food. It is the desire, and not the food itself, that causes the problem. Change the desire and everything else falls into place. Leave the desire untouched and nothing else will work.

Ideomotor questioning is an effective way to discover the root cause behind a particular dysfunction and formulate effective suggestions that will help to combat the root cause. But before you get too excited about this technique, please understand that even veteran psychotherapists do not start off being good at autoquestioning. It takes some practice. Patience is something that you cannot have enough of.

Anton Chevreul first discovered the Chevreul pendulum in the 18th century. The pendulum, as used here, has no power in itself. It is simply the extension of one's own thought processes that get translated to natural body movements. What that means is that your thought processes will direct your body to act in a particular way. The pendulum will reflect these actions. So, indirectly, the pendulum mimics your thought processes.

To make the pendulum, an 8 or 10-inch thread has to be tied to a ring. On a piece of paper, draw a big circle. Within this circle make 8 divisions. First make a "plus" sign within the circle extending from one end of the circle to the other. Next make an "X" sign in the same way. Now the circle has eight subdivisions. Six divisions out of the eight will represent a direction. Trying to put in more directions will confuse you. These directions are: Vertical, Horizontal, Left-diagonal, Right-diagonal, and the two directions of movement: clockwise and counterclockwise. You will now allow your subconscious mind to assign some answers to these directions.

Hold the free end of the thread in your finger and place your elbow on the table. Suspend the pendulum over the paper and with your eyes open look at the pendulum. Now, ask yourself which direction should represent "yes". Do not try to make the pendulum move, or try to stop the pendulum's movement. Just keep thinking "yes" and looking at the pendulum. Soon, the pendulum will start swaying. At first, it may sway to one direction, pause, and then sway in the opposite direction. Do not try to move your hand or control the movements of your hand in any way. Allow your mind to take over completely. The direction to which the pendulum moves will indicate "yes". In the same way, find the directions for "no", "maybe", "don't want to

The Seven Day Self-Hypnosis Program

answer", and "rephrase question". If there is any duplication, just have a little talk with yourself and then repeat the process. The sixth direction will be an escape hatch. It is not advisable to allow this direction to appear too many times in your session.

The first thing about Ideomotor questioning is that it has to be done in solitude ALWAYS. You cannot endanger yourself so long as you formulate the questions yourself. Make it a point to write down the questions and answers. Ask questions that your subconscious mind can answer. Probe your mind to predict the winner of the Lotto lottery, and you are in for some disappointment. Never reject answers to serious questions as meaningless. Some of the answers you get may seem meaningless, but the whole point of this exercise is to learn new things about yourself.

Thus, it is obvious that the Chevreul pendulum can answer only "no", "yes" or "maybe" questions. One should ask only such questions that can be answered in this way. Asking the right kind of questions requires some skill and practice. Planning your questions and looking for various kinds of questions will be helpful. Do not stress yourself too much. Rest and rejuvenation is also important for this process to be successful. So, when the subconscious mind needs a rest, pack up for the day. When you find that the process is slowing down, give it a rest.

The answers that you have now received come directly from your subconscious. These answers may give you some clues and make some connections that were not obvious before. For instance, a patient once told me that she was shocked to find out that her uncontrollable love for biscuits stemmed from the memory of puppy biscuits her mom used to give her dog when she was young. The love with which the biscuits were given somehow answered a need within that little girl, and she associated love with biscuits! She was able to unearth this through an Ideomotor question session that she had devised for herself.

Ideomotor questioning can be a bit frustrating at the beginning. But it helps because it lets you uncover many truths that you just did not have the time or know-how to find out. On the way, you will discover several little keys to the doors of your psyche. You will know 'what makes you tick', as they say. Ideomotor questioning guides you to formulate the most effective suggestions. Your success through self-hypnosis becomes easier and less troublesome if you take the time to find the answers to some key questions.

The Seven Day Self-Hypnosis Program

Here are some of the best questions to begin with:

- **WHEN:** Ask when your weight problem started. How old were you? The date or time will remind you of some incident that triggered your problem.
- **WHO:** Find out if there are any other people involved with the problem. Could it be the attitude of a teacher, a parent, or a close friend that started it?
- **WHAT:** This is usually the crux of the problem. If you can find out what caused the problem, then your suggestions will formulate themselves pretty easily.

4.2: Autosuggestion

Once you get to the bottom of the problem, the next step is to form suggestions that will be acceptable to your subconscious. These suggestions will help you to counter the problems and mental fixations that your subconscious has been carrying around. Suggestions are our main goal when we practice Ideomotor questioning. They are the all-important stepping-stones to successful change. They make the entire process of self-hypnosis much easier by telling us what exactly needs to be targeted.

Why are suggestions effective?

Effective use of suggestion can:

- Etch your goals in your mind and thus reinforce them
- Build confidence
- Motivate and energize you when you are feeling low
- Reduce stress

The subconscious mind works on deductive logic. What this mean is that if your experience has taught you that boiling water is always kept in a blue vessel, then it is reasonable for you to assume that blue vessels will always contain only boiling water. Similarly, if a person feels that he has been rejected at some time because of his weight, his subconscious mind will deduce that he will be rejected **MOST OF THE TIME** because of his weight.

The Seven Day Self-Hypnosis Program

He is not aware of this thought process. But it verbalizes itself by prompting such a man to eat more, which will lead to still further rejection and so on. See what a vicious circle this is.

Most of the uniqueness and contradiction inherent in the subconscious mind is because of its capacity for deductive reasoning. This means that if a good suggestion is repeated often enough, and long enough, the subconscious mind will begin to accept this as true. And as soon as the subconscious begins to believe something is true, it becomes true. Sometimes, it may take only a week, and sometimes a month. That depends on the complexity of the problem and the effectiveness of the suggestion.

You can become free of destructive habits, bad patterns, health problems, etc., when you take control of your mind. Whenever you plant a suggestion, it becomes a part of your internal program. New suggestions will overwrite the existing ones. Bypassing the conscious mind is the crux of self-hypnosis. Once you are able to achieve direct access to your subconscious mind, there is no limit to what you can achieve.

An important point to note here is that negative or ineffective suggestions can harm you. Suggestions that are flawed or go against the subconscious needs can make this worse. These are often the result of one of the following:

- If you try to believe that you will lose 20 pounds in 2 weeks, then you are bound to fail. After all, even your conscious mind knows that is not possible. So, how can your subconscious mind take you seriously?
- Suggestions that are vague and do not set any definite limits will not work. If you suggest that you will become more attractive, but do not specify any particulars, the subconscious mind does not know what exactly to improve. In that case, suggestion will not work, and your faith in self-hypnosis will be washed away.
- Suggestions that keep changing every now and then will be ineffective. There may be a large number of things that you want to change. Tackle them one by one. If you place too much load on the subconscious, you carry the risk of failure.

Here are some characteristics of effective suggestions:

- Succinct. Suggestions should be brief and to the point.

The Seven Day Self-Hypnosis Program

- Simple wording. Do not make the suggestion too elaborate and stylish. You need to please only yourself.
- Never use "you". Remember that you are the subject and that you are talking to yourself. Use "I".
- Use positive suggestions. For instance "I will not eat more food" is not as effective as "I will eat less food".
- Be as specific as possible. Vague suggestions are often less effective.
- Use detailed images while suggesting the outcome.

Some positive suggestions that will aid you in losing weight are:

"I am eating less. I feel full in between meals. I am eating more vegetables and fruits. I eat the food that makes me feel good all over."

"I am exercising on the treadmill everyday for 30 minutes. I feel energetic and fresh after exercise. I am sticking to my schedule. I can feel the fat melting off when I exercise. My tummy is pulling in and my heart feels good."

Image suggestion is the most effective kind of suggestion. The human mind is much more attracted by images than words. Actually "seeing" it is very powerful. If you think back to the good old days, do you remember movies that made you cry, pictures that made you pause and wonder? These stick to our mind like no words can. This shows that images have a lasting effect on the mind.

When you make suggestions, see yourself eating the right kind of food and enjoying it. See yourself eating food only when you are hungry and rejecting it when you don't need it. See yourself eating only as much as is needed by your stomach. Imagine a table laden with all the high-fat food that you love. Now see yourself shoving all that food off the table and then placing good food on the table. See the good food making your skin glow and your stomach feel good. See yourself as becoming thin. See yourself taking the stairs instead of the elevator. Think of your thinner self in a good outfit. Induce as many positive images as possible.

After you have formulated a suggestion, always check if this suggestion is acceptable, and if it will be effective. Using Ideomotor questioning, ask your subconscious if these suggestions will work for you or not. If you pick a suggestion that is not affirmed by your subconscious mind, you may find

The Seven Day Self-Hypnosis Program

yourself unable to respond to it. There is no point in 'barking up the wrong tree', as it were.

If you ever doubt the effect of suggestion and the power of the subconscious, remember that placebos are one of the most effective methods used by doctors to treat even cancer patients. A Placebo is "a substance with no medicinal properties which causes a patient to improve because of his belief in its efficacy". Placebos have been extremely effective when used properly. People trust that they have been given some kind of effective medicine and recuperate. Instead, if they were to know that the medicine is actually a "fake", they would not react positively. Such is the power of the mind over the body.

Now that we have established the importance of self-hypnosis, let's begin with the actual technique of self-hypnosis. Popular websites often offer self-hypnosis CDs, mp3s, and other software to attain the hypnotic state. While these are effective in some cases, they can sometimes be dangerous. For instance, if you are a person who hates the beach and were to listen to a CD that asks you to relax near the beach, this CD would not work for you. Self-hypnosis is all about the SELF. You will create the suggestions and thoughts that you use during the session. Unlike the mass-produced CD, all the tools you use are particular to only one person - you. True benefits can only be reaped through such a personal, unique hypnosis.

Chapter Five

Self-Hypnosis

Test your suggestibility:

Here is a fun way to test your suggestibility. The higher your suggestibility, the easier will it be for you to fall into the hypnotic state. To do this, choose a spot that is free of distractions and disturbances. Get a timer to set and check the time. Do it when you are alert. If you are tired, the test may not yield proper results.

Get into a comfortable position. Set the timer to 90 seconds and start it. Now, clasp your hands tightly and your fingers interlocked. Keep your eyes focused on your hands. Keep looking at your hands the entire time, and think that your hands have been bound tightly together. You can imagine them being stuck with super glue, bound by ropes or manacled. Whatever your imagery, imagine that your hands are getting tighter and tighter together.

When the timer goes off, try to pull your hands away immediately. Also start counting from one thousand, one thousand and one onward. Continue counting till you are able to pull your hands apart. Your hypnotizability score is the number of seconds that it took for your hands to come apart. If it took you 3 seconds, then 3 is your score. Remember that this is only an indication. This can keep changing and it is not very accurate. This is just an indication.

The score indicates that at that particular point of time, your suggestibility was '3'. This may increase with time and practice. But this is the least that you are capable of. You will not drop below this. Here is a reference chart:

Hands come apart immediately: This is usually the case with beginners. Nothing that practice cannot change.

1-1.5 seconds of hesitation: About 15 percent of the general population falls into this category. You have good suggestibility. But practice is needed.

3.5-4.5 seconds: A little application will work wonders for you.

Scores higher than this of course indicate a high level of suggestibility.

The Seven Day Self-Hypnosis Program

Hypnosis, as explained earlier, is an intense concentration of the mind. People are always setting their minds this way or that. Many times, we rely on incorrect or half-formed information to form our thought processes. The sad thing is that we are not aware that mistaken ideas and thoughts control a large part of our thought processes.

When we decide to take the thought process out of the subconscious, examine it, rectify it, and then put it back into the subconscious mind, self-hypnosis has happened. It's as simple or as amazing as that. When the mind is in such a state, it is open to suggestions or ideas that may be planted there directly or accidentally. If we achieve the hypnotic state of mind in a planned and controlled manner, then the benefits may be more to our liking.

There are different ways in which people achieve this state of intense concentration. Fixing the eyes on a single spot or on a candle flame, closing the eyes and chanting a single word are some of the techniques. Sound and music have been known to induce hypnosis. Most professional hypnotists use powerful descriptive imagery to put the patient into a trance.

Below, I shall describe the process in which you can achieve this amazing state right in your own room. Before you start out, it is better to pick out your most important goal - in this case, losing weight. It is better to be as specific as possible when you choose your goal. Target the number of pounds that you need to lose in a week. If you have been practicing Ideomotor questioning, you would already have found a lot of valuable clues. You will already have formulated the suggestions that you need to make the goal achievable. The first step in self-hypnosis is induction.

Before you begin there are certain things to be kept in mind.

- Everyone and anyone can achieve intense concentration. It is not a "feat" limited to a few.
- There are no short cuts. Regular 20-minute practice sessions will make it easier for you to achieve this state. Like everything else, self-hypnosis is a skill.
- Don't keep watching your mind. Let yourself go.
- Self-hypnosis is to be done within the privacy of one's own room. Try to keep yourself alone and away from all other distractions at this time.

The Seven Day Self-Hypnosis Program

- Effective use of lighting (subdued lighting is more helpful than a harsh glare) and soothing music has beneficial effects.

When you are ready to begin, remember that there is no real way to be sure that you have achieved this state. No two people have the same experience. But there is one common feature: the hypnotic state is always very pleasant. You will feel rejuvenated and refreshed. Keep a scheduled time for your practice session. Do not allow yourself to go to sleep while you practice self-hypnosis. Hypnosis is different from sleep. As far as possible, do not associate the two, and try to end your sessions by keeping awake. Do not allow sleep to be a natural by-product or progression from self-hypnosis.

The aim of self-hypnosis is total concentration. For this, complete relaxation is a must. So, the first step is to relax COMPLETELY. That is why most people prefer to do this while lying down. You can choose any position that you feel is the most comfortable. If any noise disturbs you, shut the noise out using some soothing music, or try some white noise. To produce white noise, just switch on the radio and tune the receiver between stations. This static is similar to white noise. As you get used to practicing, you will be able to shut out intrusive noises automatically.

One important thing to remember is that you should never watch out for the hypnotic state. There is definitely a compulsion for this with beginners. Most beginners believe that hypnosis is going to come in a blaze and they will experience something hitherto unknown. This is not true, and many feel let down when they discover that there are going to be no fireworks. Besides, in this respect hypnosis is akin to falling asleep. Have you ever noticed that if you try to catch the moment when sleep actually invades you, you will probably end up staying awake, no matter how ready you are to fall off to sleep? If you try to become aware of the processes going on and the changes that you undergo, failure to achieve the hypnotic state is the most common result.

The time required for the relaxation phase may vary from individual to individual, and also with the level of expertise. A beginner may take up to 30 minutes to achieve deep relaxation. It is important to not "cheat" on this induction phase. As you become an expert you will be aware of this deeply relaxed state and will achieve it very quickly.

The Seven Day Self-Hypnosis Program

How long does it take one to reach the hypnotic state? That varies with individuals. Some people take a few days to a week, while others are able to fall into it within 1-2 days of practice. For some, they keep at it for some days and then suddenly, their induction session has been so successful that they enjoy a deep trance. So, the key here is to keep practicing till you get there. Many times, it's on the day when you least expect it that something does happen.

Slow your juices down and get yourself relaxed. Once your body relaxes, your mind will follow suit. For a first timer, relaxation is a bit tricky unless you do it consciously. Most of us have forgotten to really relax. There are some exceptions of course. There are those who can easily switch off all the tensions in their mind and quickly slip into a relaxed state of mind. For the rest of us, here are some ways in which it can be attained.

The Jacobson Progressive Relaxation Technique: Jacobson developed this technique in 1939. This technique depends on tensing various muscle groups. This is followed by relaxation of the muscles. This technique mimics the pendulum in movement. When you want the pendulum to move forward, you first pull it back. So also, in Progressive Muscle Relaxation, you deliberately tense muscle groups. This is followed by relaxing each of these muscle groups one by one.

The first step is to tense a particular muscle group. Switch your attention to the muscles in your arm, for instance. Take a deep breath and squeeze this muscle as hard as you can. For the method to be effective, you should really feel the pressure. If it is done properly, your muscles will start to shake and you may even feel some pain. Be careful when you contract the muscles in your back and your feet.

The next step is to feel the tension draining away. This phase is just as pleasurable as the previous is painful. Just exhale and let the muscles relax. The key point here is to focus on the muscles relaxing and actually feel and imagine the tension ebbing away. Focus on this and notice the difference between the tense state and the relaxed state.

Stay relaxed for 15-20 seconds and then repeat the process again. It is quite possible that you will notice new sensations this time. Coordinate your breathing with the cycle. It is a well-known fact that if you follow your breathing patterns closely, your body will automatically relax. The deeper

The Seven Day Self-Hypnosis Program

the breathing the calmer the body becomes and the more relaxed is your mind.

The various muscle groups that need to be addressed are:

- Hands
- Arms,
- Shoulders
- Feet
- Front of the legs
- Back of the legs
- Thighs
- Bottoms
- Stomach
- Lower back
- Chest
- Shoulders
- Neck
- Mouth and jaw
- Eyes
- Forehead
- Scalp and face

Each of the muscle groups need to be scrunched and pulled as tight as possible. The first few days of practice will probably take about 30 minutes. With time, you will however be able to shorten this to 10 minutes. Later, it may be necessary to clench only some of the muscles like the hand, face, scalp, shoulders etc. While relaxing, take care to:

- Wear loose clothing only.
- Remove all trappings like shoes, gloves etc.
- Avoid eating, smoking, or drinking.
- Keep yourself unavailable at this time. No telephones or cell phones.
- Practice this on an empty stomach.
- Sit or lie down as comfortably as possible.
- Stay awake.
- Get up slowly after the session. Do not jump out of bed or this may cause a sudden drop of blood pressure.

The Seven Day Self-Hypnosis Program

Once you are sufficiently relaxed, you need to enter a deeper phase of relaxation. This is the phase when you are actually hypnotized. A very popular method for achieving this is to use the reverse-counting method.

When you are ready to begin, pick a number. Beginners are better off picking a high number like 100. Using imagery or suggestions, think that you are falling deeper and deeper into the relaxed state as you count down. Begin reverse-counting slowly and naturally. Do not count aloud. Use a speed that is not too fast. Leaving about 3 seconds gap in between each count will suffice.

Some people find it comfortable to tie the counting with their breathing. As the count reduces, their breathing slows down, and their relaxation deepens. Allow your mind to focus on the numbers. Other thoughts and images may interfere. Gently brush these aside and carry on. By the time you reach “1”, you will have relaxed considerably. All effort should be made to continue with the counting and to keep sleep at bay.

Another technique is to lie down calmly on the bed. Then visualize yourself rising a few inches above the bed. Continue with this visualization till you lose the sensation of the bed below you. You will not be able to feel the bed beneath you when you reach a deeply relaxed state. Listening to induction tapes, if they suit you, is also another way to relax yourself.

Elevators and lifts also provide powerful imagery for deepening techniques. Breathe deeply for a while. Then begin counting down from 10 to 1. At the count of 10, imagine that you are stepping into an elevator. With each number, feel yourself relaxing more and more and getting deeper into the relaxed mode. Direct your attention to the entire body and allow the whole body to go limp.

Once you have reached this depth of relaxation, you are ready to apply suggestions. During the induction and relaxation phase, you were actually increasing your suggestibility. You have now opened up your subconscious mind by quieting all the babble and interference from the conscious mind. You can now use suggestions to direct your subconscious mind to act accordingly.

This is where the effectiveness of well-made suggestions comes into play. If your suggestions have already been approved by your subconscious through

The Seven Day Self-Hypnosis Program

the Ideomotor questioning, there is no mystery. You know that you will make a direct hit. In that case, you would do better to memorize the suggestions. This should not be too hard because you have made the suggestions yourself.

Repeat the suggestions that you have made in your mind. Repeat it as many times as you need to. "I am losing weight as I do this. Every activity I do makes me lose weight. I want to lose weight. I am losing weight." This is the most important part of the hypnotic procedure. You are, in effect, inducing faith in your mind. Repeat, repeat, and repeat.

That is all there is to it!

Once this is over, you can come back to normalcy. Some people just come awake abruptly, and resume their activities without any break. This is not a good idea. You should formally end every session. When you terminate the session, you make a clear demarcation between the waking and the hypnotic state. You will also prevent falling asleep as you finish. If your sessions always end in a nap, there is danger of sleep coming in before you can reach the suggestion stage.

As you come out of hypnosis, there is one more thing to be done. This will stand you in good stead when you next go into the induction stage. You can affix a particular phrase or sentence in your mind that will instantly bring on the relaxed state. For instance, say "When I say the phrase - I am going to get relaxed and ready for hypnosis - I will immediately feel very deeply relaxed. I will go deep into the relaxed state. I will feel all my muscles relaxing and my body going limp". This is a small "trick" step that you can take to ensure that you fall easily into the relaxed state of mind as soon as you say this phrase. This will save you the time you may need for induction.

Self-hypnosis is easy to learn. There are no complicated rules, machinery or procedures. It lets you be your own master. It can be used whenever you need to improve yourself. Since it is so very interesting to most people, it keeps us motivated and on course. When done in a simple way and for a particular problem within oneself, self-hypnosis is not dangerous or harmful. You are actually able to "live more of your life" the way you want to.

Given below are certain rules and suggestions you should follow while practicing self-hypnosis:

The Seven Day Self-Hypnosis Program

- Don't practice when you are tired. While the body is tired, the mind cannot concentrate. Without proper concentration, the session will be a failure.
- Don't practice after you have just eaten. The digestive process takes a lot of effort and the body cannot be properly relaxed at such a time.
- Don't practice after having an intoxicant in any form. The mind is not sharp at such a time.
- Do not practice when you are tense, stressed, anxious or depressed.
- Always wear comfortable, loose clothing while you practice. This will allow your body to be comfortable and relaxed.
- Don't stress yourself too much. Just as in physical exercise, if you stress yourself too much you will lose interest. You are then likely to abandon the practice. Start off with one session in the morning just after waking up, and one in the evening before dinner. Each session can be 10-20 minutes long.
- Visualize as vividly as possible. In order to chuck a habit, feel the pain and the injury that habit has caused you. In case of over eating, think of a time when too much food made you sick. Feel the emotion and the repulsion.
- Using a mantra or a powerful symbol can be helpful. Continuously repeat an affirmation, like "I hate feeling stuffed".
- Never use the future tense or the second person. All that you suggest is happening to you, FROM THIS VERY MOMENT ONWARDS. Do not say, "I will eat less". "I am eating less" is a much more effective suggestion.
- Clear short sentences are more useful. Feel free to use any slang that makes emotional sense to you.
- Exaggerate. The subconscious mind does not understand humility, and is influenced by vivid pictures. Try to exaggerate and capture the attention of the subconscious mind.
- Do not be fussy about the grammar or the correctness of your language. Remember, your subconscious mind is not bothered by grammatical mistakes. So long as it makes sense to you, it is successful.
- Positive affirmations are more effective.
- Clearly finish off each session.
- Try to forget your self-hypnosis sentences when you carry on with your daily activities.
- Patience, patience, patience.

The Seven Day Self-Hypnosis Program

- Keep a diary. Record your progress.

Making an induction tape

Making an induction tape is an easier way to achieve the hypnotic state. The script below can be recorded on a tape and you can play this to accelerate induction. This is just to kick-start the process for you. After a few days of practice, you will not need the tape any more. On to the script:

"I am about to begin my self-hypnosis session now. I am going to relax and focus within myself. Till I say 'wake up' I will be totally focused on my inner self. The suggestions that I have made will be effective and I will emerge a better individual.

I am starting to relax. As I close my eyes, I can feel my body losing weight. I can feel soft, soothing waves beginning at my feet. As the wave moves up, it relaxes every part of my body. I can feel the wave massaging and relaxing my feet. It is slowly moving upward and I can feel my calves and my knees lose all tension. Now the wave is on my thigh and my pelvis. I can feel my thighs becoming heavy and lose.

The wave slowly moves up and reaches my stomach, which has become so wonderfully loose now. Now I cannot feel below my waist. As the waves move over my chest, I can feel my breath deepening. My back has become completely relaxed. I can feel the warm fuzzy wave soothing my back.

The waves have reached my shoulders. I can feel my shoulders sagging and becoming so limp. All weight has fallen off from my shoulders. My neck is relaxing now. The wave is like a warm breeze now. All cares and thoughts are flowing out of my mind. If a thought does come into my mind, I let it go. I am relaxing and all tension is moving out of me through my breath. All my muscles have become completely relaxed now. I am free of all cares. I am sinking further and further into myself.

The breeze has slowly reached my face now and I can feel my cheek and forehead feeling light and relaxed. I can feel my jaw relaxing. My tongue is limp within my mouth. My eyes and eyelids have become pleasantly heavy now. I can open my eyes, but it would require too much effort. My eyebrows have become totally relaxed now.

The Seven Day Self-Hypnosis Program

I am going deeper and deeper now. My breathing has become very relaxed and I am relaxing more and more. The wave is now slowly enveloping my scalp and I can feel myself relaxing totally and completely. I can feel the top of my head becoming pleasantly heavy and all tension has left me.

I am now going to start counting down from 25. As I count, I will imagine me in an elevator traveling deeper and deeper into myself. It is a pleasant feeling, returning deep into myself. I feel warm, safe, and completely relaxed. I feel a light sleepiness but I am not falling asleep.

I will drift deeper and deeper into myself. By the time I reach zero, I will be totally relaxed, in an almost sleep-like state. I will be able to rouse myself if I need to. I will still be able to direct my thoughts. I will drift deeper and deeper into relaxation as I count down.

Starting the count now Twenty five... twenty four....twenty three... twenty two... twenty one.... Drifting deeper and deeper with each count.... Twenty ...nineteeneighteen...seventeen...I feel so completely relaxed and completely at peace.....sixteen...fifteen...fourteen...thirteen...deeper and deeper....thirteen...twelve...eleven....ten...nine...going deeper and deepereight...seven...six....five...four...three...two...one...zero. Breathing deeply, I feel pleasant and I can feel myself going deeper with each breath.

As I am totally relaxed and going deeper into myself, I am thinking about my suggestions.

[Enter your suggestions here]

I am beginning to lose weight. I can see my new slimmer self now. I have lost weight. I can feel the fat burning and my metabolism increasing. I am becoming lighter. I love the new me. I feel so light and so well.

All of my suggestions will work for me because this is what I want. They are good for me. I will follow all the directions that I have given myself. They are good for me. I am happy and well. I feel happy and well.

I shall keep practicing self-hypnosis to continue being in touch with my inner self. Each time, I will build myself a little better. I will be able to relax deeper and deeper. The next time, when I say the phrase 'I shall begin to

The Seven Day Self-Hypnosis Program

relax now' I will return to this deep level of relaxation. I will then relax deeper and deeper. I will reach this state of total and complete relaxation when I say 'I shall begin to relax now'.

When I return to my normal state, I will feel totally happy, refreshed, and at peace with myself. Nothing can hurt me. I feel better because I am in tune with myself. I feel one with the world.

Now, as I count to three, I am slowly going to come awake. Gradually and slowly, higher now..I will return to my normal self, except for the new suggestions I have made. Now, one...starting up, becoming more alert...two..coming to the surface, and feeling totally refreshed...getting ready to wake up....three, wake up."

Chapter Six

The 7 Day Program For Weight Loss

Emotional eating habits are the fundamental reason behind every overweight person. Metabolism and heredity do play a role. But, many times we come across a large number of people who eat to satisfy their emotional needs rather than the body's real need for nutrition. This is usually a habit that we form right from the cradle.

From harsh statements like "Children are to be seen and not heard." to even the milder "Not now. Later on.", kids are taught to keep themselves to themselves. The stressed out parents of today, no matter how dedicated they are, cannot give their children the time they need. It is very common to see parents pacifying their children with cookies and sweets when the children cry. Right from this point on, we are taught to look at food as a source of comfort.

The subconscious mind takes control as we grow older and persuades us that it is OK to eat when we are having emotional problems. The only solution is to return to the time when as a child we first learned this habit. This can be achieved through Ideomotor questioning. We can find out how these dysfunctional habits started. Then, we can use self-hypnosis and use the adult resource in us to encourage the child still in the mind to "grow up". We can ease away the pain by repeating that things are going to be OK. We can convince the mind, through suggestions, that the adult will no longer look to food to plug the hole in the heart.

Here is an example. Brenda (name changed) is 75 lbs. Overweight. She knows she is "heavy", but she cannot stop stuffing herself with food. Through autoquestioning, she has unearthed that she began stuffing herself when she was a little girl. She understands now that she has feelings of anger and sadness within her that probably began when her mom started going to work. Returning to a quiet and empty house with no mommy to run to has had a deep impact on her. She would sit in her mom's favorite chair and eat cookie after cookie till her mom came home.

To effectively 'cure' such a person, we have got some important keys with us already. We know the feelings that are bottled up in her. She now proceeds to create effective suggestions that will counter her negative feelings. She teaches her subconscious that food is to be separated from feelings. She is

The Seven Day Self-Hypnosis Program

able to feed these messages to her subconscious mind by using self-hypnosis. This enables her to make a slow beginning towards a process of life-long change. She now knows that every time she feels an uncomfortable urge to eat, she knows she can rely on her practice to pull her back. This adds to her confidence.

By using positive suggestions aimed at not only the food problem, but also the emotional well-being of a person, self-hypnosis can be used to cure the physical expression as well as the emotional cause of a certain illness.

In our seven-day program, we will be following the exact same procedure mentioned above.

The first step: Get a pen and paper and write down how many extra pounds you have. Keep a note of what your ideal weight should be. How many pounds do you want to lose. Stick this note on some place that catches your eye at least 5-10 times a day. For moms who stay at home, it is better to keep this in the kitchen. On day 1, we will not get into the hypnosis part at all. The first two days will be dedicated to autoquestioning and suggestion making. You can use the Chevreul pendulum to start off the Ideomotor questioning. Before that, keep a number of "Yes", "No", "Maybe" questions ready.

Ideomotor questioning is an important step. Do it when you are free, alone, and at peace. It is a good idea to try to remember the roots of your problem and probe your own mind for clues before you start questioning. Many people do have some inkling about their negative emotions, though they cannot identify the source. Use whatever clues you get to frame effective questions. Do not worry if you have a large number of questions. You have two days, and that should give you enough time to find out what you need. Make sure that you write down EVERYTHING. Do not commit questions or answers to your memory.

After the answers have been jotted down, it is important to spend some time looking over the answers. The answers will tell you the root of your problem. For many it maybe suppressed feelings of anger and hatred, low self worth, etc., that directly stem from a lack of love. Try to be as objective as possible. Do not find excuses for your answers. Nobody can pass judgment on you, least of all your own mind. Allow yourself the freedom to see all the possibilities. Once you have seen some significant reasons that

The Seven Day Self-Hypnosis Program

have been continuously contributing towards the dysfunction, it is time to work on suggestions.

Some people have said that they have never found any serious answers through Ideomotor questioning. Many times people who do not have any fixations also do become overweight. Ideomotor questioning is advised even in such a case because it allows the person to discover any other emotional issues that have been plaguing them.

For instance, a mom of three once told me that she grew up in a reasonably happy way. She put on lots of weight after the birth of her second daughter. She could not find time to exercise and did not have the energy to reduce food. She loved baby food and would help herself when her baby had enough. Ideomotor questioning did not uncover any serious dysfunction. But she was amazed to find anger and resentment towards her husband. She thought she was in a happy marriage. Suppressed feelings came out in the question session. She was able to repair a different aspect of her life this way. A happier and a more confident person soon emerged. She took control of her life when she saw where she was headed.

Step Number 2: Day 1 and Day 2 will focus entirely on Ideomotor questioning. On Day 2, start working on suggestions. If it is pain that you need to overcome, include these words, "I am healing. There is no more pain within me. I see that I have been carrying this pain with me for far too long. Today, I throw the pain away. I am tearing it into a thousand shreds, and burning it all away. There is no more pain in me. I am fully healed. I am already feeling happier".

If anger or hatred has been contributing, say, "I can feel the anger growing within me. It is becoming bigger and bigger. I can feel all the anger rolling into one big pile. And now the anger is rolling out of me. I can feel it leaving me. As the heat of the anger goes, I feel calmer and cooler. I am now slowly beginning to feel complete."

Remember to include suggestions particular to weight loss. Interspersing the suggestions for weight loss with some brief suggestions that touch on happy living will bring in more positive results. For instance, your suggestion could read like this: "I am well on my way now. I have begun losing weight. When I see food that is rich, it looks ugly. I can see all the poison that festers in sweet food. Deep fried food oozing with oil makes me feel sick. My

The Seven Day Self-Hypnosis Program

stomach rejects such food. Fattening food is unhealthy. I am now confident enough to say 'no' to such food. I am losing weight by changing my food habits. This time, it is forever." See the interspersed message regarding confidence? This is a subliminal message.

Subliminal messages are usually messages that are slipped in quietly. They are often too quick for the conscious mind to grasp. But they make a deep impact on the subconscious. These are much like the silent messages that slip through the conscious mind when we see an ad, etc. Have you noticed that most advertisements will emphasize the company colors and symbols in many unobtrusive ways? We do not consciously register these, but they make an impact on the subconscious mind. These are subliminal messages.

Subliminal messages should be very brief for them to be effective. Complicated and convoluted messages will not leave any impression on the mind. The conscious mind may even reject them. One or two phrases make up these messages. These subliminal messages cannot hurt in any way. They will also not change the suggestions that you have made. They will work along with your suggestions. But they will also address some issue that will make it easier for you to deal with your current problem.

Step number 3: Day 3 will be the first day that you will practice self-hypnosis. If you are a first timer, using an induction tape that you have recorded for yourself would be extremely helpful. Make a tape along the lines of the script provided elsewhere in this book. Use imagery and sensations that mean most to you. Speak in a soft, soothing voice and allow yourself enough time between counting.

Remember to repeat your suggestions. Use a strong voice while you repeat the suggestions.

Step number 4: Day 4 - Day 7 will see you repeating the self-hypnosis. Keep a definite time everyday for the practice. Since these are early days yet, putting in 3 sessions of 30 minutes each would yield good results. The first session should be just before breakfast. The second can be before lunch and the third just before dinner. Hypnosis is not effective when you are tired or when you are too full. Hence the recommendation to do it before a meal. Choose a comfortable place, preferably with subdued lighting, shut away from other distractions and sounds.

The Seven Day Self-Hypnosis Program

Record all your observations in a diary. Make sure to record any change or any new suggestions that you want to include.

You will find changes, themselves, taking place in 3-5 days. There will be a reduction in your urge to eat. You will be able to control yourself and turn away from such stuff that used to be your weakness. Remember to include suggestions regarding exercise in your daily suggestion list.

No weight loss program is complete without exercise. Begin the exercise schedule from Day 4. Start off at a slow pace. Our aim in the beginning is to keep up the level of motivation. Exercise for 15 minutes a day. If one session of 15 minutes seems to be difficult, break this into 2 or 3 sessions. Just remember to keep the exercise moderately heavy, so that you get breathless and that there is a sheen of sweat on your body. As you start losing weight, you will find that your exercise level will go up automatically. Your body becomes lighter and more agile.

Benefits of exercise:

A self-imposed low calorie diet is one of the worst assaults on the human body. Research shows that this kind of 'punishment' will never lead to lasting weight loss. In response to your low calorie intake, the body will automatically lower its metabolic rate. Even when you start eating normally, this metabolic rate will not increase. This is mostly the cycle we follow when we are on the 'diet-merry-go-round'.

Exercise helps to prevent the body from switching over to the starvation or hibernation mode. When metabolism drops, the body conserves fat. You don't want this to happen. You want to develop muscle. Most people who depend on dieting alone will lose muscle mass. That means the rest is just fat.

Regular exercise has a positive effect on the body's chemistry. It gives you a sense of well-being. Exercise brings a spring to your step and a song in your heart. No, really! When you feel that you are doing the right things for your body, you become cheerful. There's another bonus too. Most people who exercise feel a reduction in their appetite too.

The smart people today are no longer wondering whether they need to exercise. They are all trying to devise an exercise that they enjoy. For that

The Seven Day Self-Hypnosis Program

matter, even sex is considered to be a good exercise. Only, you can't keep doing it till you lose a significant number of cal's!

Any moderate exercise done everyday is beneficial to the body. The key to efficient exercise is to move more, not move hard. Vary intense exercise periods cannot last too long. If you do moderate exercise, you will just need to increase the time. But, if you incorporate this with something enjoyable, exercise will automatically become a part of your lifestyle. The key here is to make exercise a PART of your LIFESTYLE. Make suggestions that encourage this development in your life. Here are some tips that will help you to enjoy exercise:

- Exercise with someone. Don't do it alone. You can both motivate each other on those days when it seems like too much of an effort.
- Goal setting is important. Set short and achievable goals. Frequent success keeps you enthusiastic. The first week, set a goal of 15 minutes each. Then slowly work this up till you reach 30 minutes a day. Go with your comfort. Let your body dictate the pace. Remember continuing with the exercise is more important than doing it intensely for a few days.
- Reward yourself with an outing, a dress, a book, or some such thing - preferably not a food item.
- Find the best time for exercise. See that it fits your daily schedule.
- Get support from friends and family.
- Invest in a home equipment. If you are at home for the better part of the day, getting a rowing machine or a stationary cycle or a treadmill can be very useful.
- Get a membership in a gym. If you feel like you are stuck at home all the time, getting a membership in a gym will motivate you as this will give you an opportunity to 'get away from it all'.
- If you ever feel like quitting, think back on how far you have come. Think about how hard your first workout was. See how easy it has become. Add a little more suggestion to the self-hypnosis session to keep you motivated.
- As you grow older, remember exercise not only keeps you slim but also makes you healthy. Visualize your heart becoming stronger, your muscles and bones building mass, your blood running vigorously and your breath coming and going cleanly and smoothly. This is all to be done while you are in hypnosis.

The Seven Day Self-Hypnosis Program

Weight loss is also dependent on good sleep patterns. While you sleep, your body is busy digesting and storing fat. Healthy sleep patterns are a must if you want to lose weight. Lack of sleep will leave you feeling listless and sapped of energy. Losing weight works only if three conditions are met: eat healthy, exercise well, and rest properly. While many people pay attention to the first two, the third is often neglected.

Sleep is actually very important when you need to lose weight. The body produces a hormone during the first few hours of heavy sleep. When only less of this hormone is produced, there is a tendency to put on weight. The body at such a time is in a frenzy to store fat. The hormone 'leptin' controls our urge to eat. It is this hormone that signals 'enough' when we eat. Sleep deprivation causes the leptin levels to dip. Hence when we do not sleep enough, our body craves carbohydrates even when we have had enough calories.

It is therefore necessary to add some suggestions that will help you get a good night's sleep if you are not getting it. Below are some tips that will help you to sleep well:

- Exercise regularly, but not within 3 hours of bedtime.
- Avoid all kinds of mental stimulation before going to bed, including reading books, watching TV, etc.
- Try not to go to bed on a heavy stomach.
- Eating protein rich food just before bedtime will block sleep. Your body is ready to get active after a dose of protein-rich food.
- Drinking a glass of warm milk just before going to bed is helpful.
- Take a warm relaxing bath before bed. Try to go to bed at a fixed time everyday.

Chapter Seven

The Limitless Power Of The Mind

The human mind is without doubt the most mysterious, and the most awe-inspiring product of nature. It is also the most misunderstood, as well as the most abused. All of man's successes, as well as his failures and frustrations, are the direct result of the way he uses or misuses his mind. A person with low self-esteem has affixed himself to a low peg in his mind. He sees mockery and laughter in everyone else's eyes. The truth is, his own mind defeats him. All self-doubts and diffidence arise from the mind.

The mind's functionality is generally divided into a number of categories:

1. **The Will:** This is the conscious part of the mind that controls all other parts of the mind. In a manner of speaking, the will is the 'big boss'. The Will is so dominating that it carries out orders of the individual, even if these orders are detrimental to the individual. The Will is only as strong as it is used. A Will that is not exercised much tends to remain subservient.
2. **The Reason:** This is the part of the mind that passes judgment when it is told to do so. It passes judgment on all aims, ideas, circumstances, and purposes. But the judgments, in themselves, need not be acted upon. The Will decides if something needs to be followed through or whether to bypass the judgment.
3. **The Emotion:** This is where most of man's actions originate. Many people make decisions based on emotions, even though these are not endorsed by Reason or Will. We cannot blame anyone for this. Most people have their own set of beliefs, ideas, and preferences that cause them to act in a particular way. People mostly never realize when they take an action that it has been based on emotions and not reason.
4. **The Imagination:** This is one of the most powerful departments of the human mind. Through the use of this single faculty, man may pattern his earthly destiny. Man has conquered the air above him, penetrated interstellar spaces, and created a million ideas through the use of imagination. Imagination, one has to note, is only as good as the use it

The Seven Day Self-Hypnosis Program

is put to. Many times our imagination leads us down the wrong path. The power of the imagination over the body is so potent that it can activate the body's resistance mechanism and cause it to eliminate many physical ailments, too.

5. **The Conscience:** This is the part of the mind that gives us moral guidance.
6. **The Memory:** This is the 'filing cabinet' of the mind. This cabinet has a very useful habit - it hardly ever throws away anything. It does not know what to keep and what to let go. Almost all the experiences that you have been through are buried somewhere in your consciousness. They may be crowded out by many other memories, but they are still all there at the back of your mind. Many people even remember the color of their dress when we take them back through hypnosis to some incident in their past. If this cabinet could throw away those memories that have managed to hurt or scar us, a lot of the problems faced by man would vanish automatically. But then again, man would also never have been the unique creature he is if this were so.
7. **The Subconscious:** The subconscious mind acts upon all the plans and ideas that reach it. It makes no distinction between the good and the bad, the right and the wrong. One peculiarity is that it responds very quickly to influences that are highly emotionalized. Intense fear, anger, pain, love, and happiness are all equally powerful.

The conscious part of the mind often stubbornly tries to block out the subconscious mind. We can use self-hypnosis to give directions to the subconscious mind. All thoughts - negative or positive - tend to attain physical reality by prompting an individual to act upon them in a natural way. Many times, we are ourselves amazed by the thoughts that have suddenly sprung into our minds and the actions these thoughts have led to.

Most people fail to achieve lasting results and changes because their 'will' does not sustain. They break down and give in when they come to the tougher patches. This is because they are winning a losing battle against the subconscious mind that does not want to let go of its previous beliefs. Since there are no new beliefs to erase and supplant the old ones, you are like the captain whose crew is waiting to conspire against him. The first sign of weakness and you are done for.

The Seven Day Self-Hypnosis Program

The mind attracts those very things that it thinks about. If you do not like being fat and still you are always thinking of how fat you are, it is no wonder that your body actualizes what you think of. What we hope to achieve through self-hypnosis is to force the mind to change its focus from the negative to the positive. We would not be able to do it consciously without the help of the subconscious mind, too. When the subconscious mind starts receiving and sending positive messages, the conscious mind slowly starts acting on these positive notes to produce the kind of positive results that you want.

The **CONDITIONING** of the mind is done directly through the subconscious mind. Though it is not possible to completely control the subconscious mind, it is possible to influence it to act upon a plan, an idea, or a desire. Since the subconscious is a very busy entity, it will keep sending and receiving images. If you do not keep it busy, it will feed upon thoughts and messages sent by your surroundings, especially those things that you like the least and fear the most.

The key here is to shut out the negative influences by strengthening the positive messages. You can choose what purposes and desires you need to send to your subconscious mind. Once you master this procedure, you will have the key to the subconscious that enables you to effectively shut the door against negative influences. That is why changes that are achieved through self-hypnosis tend to be life-long.

The subconscious mind receives influences from three sources:

1. All outside sources, as they are interpreted by the five senses of man. This is how the deeds, actions, gestures, etc. of other people reach it.
2. Man's 'sixth sense' or his ability to 'scent' thoughts, especially the negative ones, also feeds the subconscious mind.
3. Many times, an individual indulges in random thoughts, with no rhyme or reason. He thinks about this and that - things that have no beginning and no ending. Most of these thoughts are negative in some way or the other. If these random thoughts could be controlled and made positive, the subconscious mind would be full of positive thoughts.

The Seven Day Self-Hypnosis Program

It is the last that leads to most people being termed as 'failures'. Most thoughts of such people are regarding failure, there is no wonder then that they actualize the major part of their thoughts. The way to make the subconscious mind work in a positive way is to give it clear, specific, and repeated instructions. This is where we utilize the power of suggestions.

Once a person is under the calming and relaxing influence of hypnosis, he has effectively closed the door to the conscious mind. The way to the subconscious mind lays open. Remember, we are in a state that is almost akin to sleep. In such a condition, our mind manages to pull down all its defenses. We are thus able to lull the mind into thinking that it is not be open to any interference. But, since we are not really asleep, we still have the ability to direct our thoughts and give ourselves instructions. These instructions reach the subconscious mind directly. Truly, what the mind can believe, it can also achieve. It is one's own capacity to believe that removes many obstacles on the way.

People have used self-hypnosis for attaining varied objectives from freedom from smoking, pain, and fear to breast enlargement. Yes, even breast enlargement! This itself should be enough to show you that the body is merely a tool in the hands of the mind. Think of the big Goliath who was outsmarted by the puny David. That's what your mind does to you everyday. Self-hypnosis is a way in which you can actually consciously take control over the subconscious.

Whichever facet of your life you need to change, strengthen, or remodel, this can be achieved by self-hypnosis. Just tailor your suggestions to suit that particular need. At the core level, you will be able to:

- Experience comfort and security
- Release tension and worries
- Enhance self-esteem
- Build a healthy ego
- Boost self-confidence.

For most people, this alone would solve a major chunk of their problem. Once self-hypnosis starts yielding results, there really is no limit to the changes that you can make in life.

The Seven Day Self-Hypnosis Program

A person with low self-esteem blames himself for everything. His predisposition to negative thoughts will seal his fate. He will be a failure in everything because he will not ALLOW himself to win.

Through self-hypnosis, you can reverse this negative mentality. You will be amazed at how easy this is, and how effective it is. People will start noticing the difference in you and your popularity will definitely go up. After all, we humans do give out some silent 'vibes'. We also like people who send out positive vibes. When you start relaxing and believing in yourself, your vibes become positive naturally.

Self-hypnosis can be used to get rid of excessive anger. Many people often complain that they just cannot control their awful tempers. This is not true. Through the Ideomotor questioning, it is quite easy to discover the reasons behind anger. Many times, the reason is quite far removed from the stimulus that caused the bout of anger. If one were to identify the reason behind the anger, it becomes easy to control.

Working effective suggestions into the self-hypnosis session will greatly help you to chuck meaningless and unnecessary anger. The greatest benefit of the technique is that it serves as a kind of inner radar system. It keeps reminding you to keep cool and control your temper.

Did you know that if your mind were to just tell you that, "It's OK, I really have no reason to get so worked up about this. So, it's bad, but so what? I'm not going to get angry now." - it would stem your anger before you explode. Most people cannot recall all these things just when they are ready to turn red. Self-hypnosis is an effective way to remind yourself that you can stop yourself from being controlled by your temper.

Parents can use self-hypnosis to help their children deal with difficult situations. A child's mind is much more open to suggestions. It is enough to repeat positive suggestions to a child just before he falls asleep. If you repeat these empowering suggestions for a sufficiently long time, you will be surprised by the results you achieve.

In this respect, let me remind you that no matter how much success you have had with self-hypnosis, please do not try to hypnotize anyone else, especially a child. It is dangerous to do this if you are not qualified to deal with such a situation. Self-hypnosis cannot harm you because you are still being

The Seven Day Self-Hypnosis Program

protected by your own subconscious mind. But when you try to hypnotize someone else, he or she has no control over what you will tell him or her to do.

In a nutshell, self-hypnosis is a wonderful and easy solution to a lot of modern man's problems. We have been so busy dealing with the world, making discoveries and inventing things that we have forgotten the power of our own mind. Our eyes are so intently focused on the outside world that we allow anyone to steal into our inner world. Self-hypnosis is but the first step of returning power to the mind. Your mind will no longer be at the mercy of the involuntary and unreliable messages it has collected from the world. Now, you can guide it to filter out the mud and keep only the gold. Best of luck.

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A 7 Day Self-Hypnosis Program

THANK YOU!

Thank you for taking the time to read “7-Day Self-Hypnosis Program.

I do hope it has given you some new insights into the Power of Your Mind and how Mastering Self-Hypnosis can Change Your Life!

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