



# Learning Self-Hypnosis

— 6 Easy Steps to Hypnotizing —  
— Yourself For A Better Mindset —





Hypnosis is an easy yet effective method that can solve certain psychological problems. Think about anxieties, addictions, phobias and negativity. These psychological problems are often deeply rooted into our brain and unreachable by our own direct influence. In those cases, we know it's in our best interest to not act or feel a certain way, but we still do.

This is because we're trying to communicate with the wrong part of our brain. Instead of communicating with the conscious mind, we should try to influence the ***subconscious mind***.

This subconscious part is the section of our brain that we have no direct influence on, but determines 95% of our actions nonetheless. It basically functions as a collection of experiences, values and beliefs. One that is formed since childhood and often remains untouched for a lifetime. Sadly though, it often functions as a storage room for traumas and negative personal beliefs.



## So, what is **self-hypnosis**' part in all this?

Well, self-hypnosis allows you to make changes into the subconscious mind. That is something that we, without the proper training, simply cannot do ourselves.

Many people prefer self-hypnosis over regular hypnosis sessions *because it's a lot cheaper*. You don't have to schedule a real-life session, visit the location at hand, and pay for the hourly rate of the hypnotherapist.

You can simply get started by downloading (free) self-hypnosis MP3's online. The repetitive appliance of a self-hypnosis recording can eventually result in the disappearance of a specific complaint.

### With self-hypnosis, you can:

- **Achieve your goals** by overcoming fears and discomfort.
- Learn to **attract wealth** by developing constructive habits.
- Become a **positive thinker** by dismissing your negativity.
- **Lose weight** by eliminating unhealthy behavior and thoughts.
- **Find your life's purpose** and master your self-confidence.

If you're dealing with psychological problems that negatively influences your personal health, wealth or growth, I greatly advise you to read this whitepaper from beginning to end. To ensure that you grasp all the knowledge available to become a master in self-hypnosis. And to turn your life into what it deserves to be.



# Guide to Hypnotizing Yourself in 6 Steps:

Before we start, I want to highlight all the basic elements of self-hypnosis:



Induction stage: this is the stage where you relax your body to increase suggestibility.



Change stage: this is where you address the issue that you want to work on.



Exit stage: the final phase in which you bring yourself back to full waking consciousness

## Step 1: Find a quiet and peaceful environment

The first step is to find a quiet and peaceful room where you can perform self-hypnosis without being interrupted. This could be inside your bedroom, inside a home-office space, or simply on your couch (granted that you are home alone).

If sitting in complete silence is too difficult for you, try listening to relaxing music with headphones instead.



## Step 2: Identify your goals for the self-hypnosis session

This is the most important part. Without a proper goal, the effort will most likely be aimless and ineffective. So, for the second part, identify your reason behind performing self-hypnosis.

You can discover this by asking yourself the following question: "*What is it that I want to achieve with this effort?*" Is it to break a habit, set a certain goal or simply to relax?



Whatever it is, once you're under hypnosis, try to repeat this goal several times. Remember to always use positive formulations, as negative formulations can incite the opposite effect.

For example, **don't say**: "I am no longer afraid of losing my job. I *prevent becoming broke* by attracting and handling money wisely.

**Use positive formulations** instead. For example: "I am confident that I am successful within my job. I sustain a healthy financial foundation by attracting and handling money wisely.



### Step 3: Focus on your breathing to hypnotize yourself



This is where you'll start entering the trance of hypnosis. First, close your eyes. Then, breathe in slowly through your nose and out through your mouth. Try to deepen your relaxation with every breath you take.

After a while you will feel the commencement of hypnosis. How this feels differs per individual, but most have described a feeling of drowsiness and the perception of movement before the eyes.



## **Step 4: Try to go deeper into relaxation**

Once in hypnosis, it's important to go as deep into relaxation as possible. Visualization is a great way of entering deeper into a hypnosis related trance. It's the same process you use as when counting sheep at night.

A common exercise is to picture yourself going down a flight of stairs or entering an elevator. As you go down, you're becoming more and more relaxed, until you reach the bottom of the stairs for maximum tranquility.

## **Step 5: Repeat your affirmations**

This is the point where you focus on the goal you have and the change you want to make. Do this by repeating your desire in a series of affirmations. All affirmations should be positive and stated in the present tense (as explained in Step 2)

If your goal is to solve a specific problem, you can also add visualization at this point. One example of utilizing visualization during self-hypnosis is picturing the problem as a large boulder and imagining it crumbling away. As the boulder crumbles away, so will your problem.

## **Step 6: Awakening yourself**

Now it's time to awaken yourself from hypnosis and give the new suggestions some time to sink into the subconsciousness. Personally, I simply open my eyes to exit the trance.

If you prefer a softer approach, you can exit by counting backwards from 10 to 1 and awake yourself at 1. Another way is to set an alarm or to just let it happen naturally.

Fallen asleep during a self-hypnosis session? Don't worry. You'll experience the same effects as when awake.



## The importance of repeating & consistency:

Yes, practice makes perfect regarding self-hypnosis. Its importance cannot be denied nor forgotten. If you apply self-hypnosis every day for a longer period of time (I recommend at least 1 month), you will experience its improvements.

I know it's tempting to expect results from the first day, I did too. But it doesn't work like that. Be patient and consistent, and I promise you that it will get better.

## Tools for Learning Self-Hypnosis

Below you will find an overview of the easiest self-hypnosis techniques.

### 1. Use Self-hypnosis Audios to Guide You:

First and foremost I advise you to use **(free) self-hypnosis audio's**. These audio's are designed by professional hypnotherapists and promise a maximum success rate in achieving a desired goals.

There are self-hypnosis audios available for many development aspects, such as self-hypnosis audios for wealth, confidence, weight loss, et cetera.

These recordings are very easy to acquire and extremely cheap or even free to download.

Below you will find a list of FREE Self Hypnosis audios that I would personally recommend:

- Subliminal Guru: [2 Free High-Quality Self-Hypnosis Download](#)
- eHypnosis: [Reach Your Full Potential \(Live life to the Fullest\)](#)



- Reprogram.ME: [“Reprogram Your Mind for Money”](#)
- Hypnosis Live: [Download One Free Hypnosis MP3 \(choose from 7 recordings\)](#)
- Raikov Effect: [‘Brain Hack’ into a Genius with Raikov Effect \(Free\)](#)

## 2. Online Self-Hypnosis Classes:

You could also learn self-hypnosis by taking online courses.

### A course can teach you the following:

- How to enter a deep state of relaxation;
- How to open your mind for suggestibility;
- What kind of suggestions to place for maximum effect;
- What NOT to place in the subconscious mind;
- How to evaluate your results.

There are a number of companies who offer cheap self-hypnosis courses, such as [Udemy](#).

## 3. Enhance Self-Hypnosis Effects with Visualization:

Another great technique that can be used as an asset to self-hypnosis is visualization. Visualization can speed up the development process of creating a positive self-image.

It’s actually very simple. For example: do you see yourself as an unhappy person? Simply visualize yourself as a happy, healthy and successful one. Do this on a daily basis, and make sure to create vivid and detailed images of the person you wish to be.



Visualizing this on a daily basis actually helps the mind to create a new picture of yourself, while gradually replacing the old and 'negative' one with the new.

Progressive actions, now positively influenced by the positive self-image, will eventually follow as a consequence.

#### 4. 'Talking' to yourself before falling asleep:

This one sounds so incredibly simple that for some it can seem too good to be true. Well, I can honestly tell you that it actually is that simple.

This method is one of my favorites because it's so easy to apply. It doesn't cost a single penny and you don't need any equipment to perform it. As long as you have a healthy functioning mind, you're all good to go.

So, how does it work? First, figure out what you want to work on. I for example, wanted to increase my social and work-related confidence. Every night, right before falling asleep, I repeat to myself:

*"I'm a strong, confident woman, and I can achieve anything that I want."*

I keep repeating this over and over before eventually falling asleep.

The result? I feel much more confident in every aspect of life. My work-related confidence has skyrocketed to unimaginable levels, and I actually feel as if I can achieve anything I desire.

Little effort, great results.



## Conclusion

There are several ways to learn self-hypnosis for free online. Most programs are free of cost and provided with easy instruction, making it extremely easy to setup.

However, perfecting self-hypnosis does take some time. Patience and dedication is all you need to get it done.

We recommend to practice self-hypnosis for free, before purchasing a full package online. After some dedication, you will be able to manually hypnotize yourself, pin-down your suggestions and gain the ability to access your subconscious mind.

And once you gain access to the subconscious mind, a world of possibilities will open.

## Questions about learning self-hypnosis?

Do you have any questions about learning self-hypnosis?

I'm here to help. Feel free to send an e-mail to [info@hypnobuddy.com](mailto:info@hypnobuddy.com)



Hypnobuddy

