



30 North Main St., 2nd Floor, Hubbard, OH 44425 * 330-568-4747 *

www.ohiovalleyhypnosis.com

Self-Hypnosis

Hakalau: 1-Minute Hypnosis

Step 1: Look up! Move your eyes to an imaginary spot. They should be pushing up against the plane of your eyebrows, gently. Stare at the spot.

Step 2: Breathe! Take a minimum of 3 deep slow breaths. Pay attention to your breathing.

Step 3: Open up your peripheral vision. Notice that as you keep your eyes on the spot, you can begin to see more, opening all the way to the left and right of you.

Step 4: POSITIVE SUGGESTION. Add and repeat to yourself your one suggestion for this session e.g. *"Every day, in every way, I am getting better and better."* Repeat 27 times or so.

5-Minute Self Hypnosis

Step 1: (Remember to think of the suggestion for step 4 before beginning.) RELAX. Breathe deeply relaxing with each breath.

Step 2: DEEPENING. Imagine a warm white light coming down through the top of your head or up through the bottoms of your feet, filling you from head to toe and toe to head. (Yes, the warmth can flow up and down, too!). Then imagine going down stairs, an escalator, or an elevator...whatever works for you, with the bottom level being deep, deep hypnosis.

Step 3: CONVINCERS. Imagine that your legs are heavy and your eyes are heavy. You can even test them if you like.

Step 4: POSITIVE SUGGESTION. Add and repeat to yourself your one suggestion for this session e.g. *"Every day, in every way, I am getting better and better."* Repeat 27 times, or so.

Step 5: AWAKENING. Count from 1-5 awakening yourself 20% with each number. Open your eyes when you're back in the room.

Eyes Up Relaxing Breath

Step 1: Look up! Move your eyes to an imaginary spot. They should be pushing up against the plane of your eyebrows, gently. Stare at the spot.

Step 2: Breathe in through the nose, hold briefly, then exhale through the mouth slowly. The exhale should be about twice as long as the inhale.

Step 3: Take a minimum of 3 deep slow breaths this way. Pay attention to your breathing while keeping the eyes up (open or closed).