

Using Self-hypnosis to Transform Your Life

Using Self-hypnosis to Transform Your Life is designed to help you understand and use the power of hypnosis to transform your life. This CD has three tracks, the first two of which explain hypnosis and how to use it. They are voice only and may be listened to anywhere at any time.

Track 3 is designed to promote the deep relaxation and altered state that brings your conscious and unconscious resources into alignment in a way that not only guides you through the process of learning self-hypnosis, but also promotes healing—of body, mind, and spirit. Listen at a time and place you can relax completely and focus entirely on the CD. Avoid listening to the third track while driving or performing other tasks that require your full attention.

For more information and instructions, see the inside of the insert.

Joel P Bowman, your guide on this transformational journey, is a Professor Emeritus from Western Michigan University and a Master Practitioner and Licensed Trainer of Neurolinguistic Programming (NLP). He is a practitioner member of the American Board of Hypnotherapy.

Christina Beushausen composed the original music on this CD using a special algorithm to promote deep relaxation, trance, and deep healing.

Subtle Communication Systems was created by Dr. Joel P. Bowman and Rev. Debra Basham to coordinate the combined power of energy medicine and neurolinguistics. For more information about the comprehensive SCS training program and other SCS products, see our Website:

<http://www.scs-matters.com>



Hypnosis may look like sleep, but it is actually a form of exquisite concentration in which conscious and unconscious resources are highly focused on a specific task.

Track 1 of the CD provides a brief overview of hypnosis and other forms of trance. Hypnosis is a natural part of life, and we all use trance every day to help us do a variety of tasks. No one loses control during hypnosis. In fact, we are more likely to be influenced inappropriately when we are conscious but are susceptible to suggestions.

Self-hypnosis is different from being hypnotized by someone else because you need to have developed the skills necessary to enter, control, and exit the trance.

Track 2 of the CD provides suggestions for how best to learn self-hypnosis and how to determine the changes that will best serve your purposes. You may listen to the first two tracks of the CD whenever and wherever is convenient for you. **Listen to Track 3 only when you can sit or lie down comfortably, focus completely on the CD, and won't be disturbed for at least 20 minutes.**

The unconscious responds best to short statements that use positive language while you create an image of yourself that shows exactly how you and others will know that you have achieved your objective. Some people prefer **affirmations**; others prefer statements of **intent** or **choice**:

- **Affirmation:** I *am* free of my dependence on tobacco.
- **Intent:** I *intend* to be free of my dependence on tobacco.
- **Choice:** I *choose* to be free of my dependence on tobacco.

When possible, include your reason for doing what you intend: *I intend to use diet and exercise to lose weight until I weigh my ideal weight so that I can feel increasingly healthy, happy, and energetic.*

You can also use self-hypnosis to bring your conscious and unconscious resources into alignment to help achieve those things you would like but which may be out of your direct, conscious control. Such things are often within your indirect control.

You may not, for example, be able simply to choose to be happy, but you can choose to engage in those activities that lead to happiness. For such things, consider using the phrase, **"It would be wonderful if..."**

Before you begin, find a past accomplishment that you still feel successful about, and associate into the feelings of success. When you associate those feelings of success with your having achieved your desired change, you amplify the power of your trance work.

Use the following pattern every time you choose to use self-hypnosis until you are experienced at going into, using, and leaving trance:

First, select the objective you wish to work on in the session. It is best to stick to one objective until you are experienced. Select a time and place you won't be disturbed for at least 20 minutes.

Second, associate into the feelings of a past success, and note the color you associate with those feelings of success. If nothing specific comes to mind, that's OK. Ask your unconscious to show you the color of success, and use that color.

Third, choose the time you need to return to full consciousness or whether you prefer to simply fall into a natural sleep. State the time to yourself three times. When you are first learning this process, you may wish to use an alarm clock to ensure that you wake up on time.

Fourth, sit comfortably or lie down, select and say a key word to use as an anchor (such as *sleep, deep, or relax*) and say it three times. Put on your headphones or sit comfortably close to your stereo.

Fifth, repeat your chosen statement three times as you start the third track on the CD. Settle in comfortably as the opening music plays, and relax completely.

Finally, enjoy the process of using self-hypnosis to bring about those changes you want most for yourself now.