

10 Steps to Self-Hypnosis

Step 1: Close your eyes and begin by visualizing a glowing, golden-white light above your head.

Step 2: Take a couple of deep breaths in and out to help relax your body.

Step 3: Say the words “golden white light” out loud and imagine it flowing from the top of your head through your body and exit your feet.

Step 4: Silently, count down from 10 to 1 telling yourself you are going deeper and deeper.

Step 5: Repeat Step 3.

Step 6: Say the following statement out loud three times: “I am safe, I am calm, and I choose to be here.”

Step 7: Repeat Step 3.

Step 8: Silently repeat your chosen belief or affirmation 21 times. (You can use your fingers to keep count if needed.)

Step 9: Repeat Step 3.

Step 10: End the session with a smile. When you feel ready, open your eyes and return to the present moment.

The best time to try this technique is when you are either about to fall asleep and/or when you wake up. That is when your subconscious mind is most open to receive new information.

Your new belief or affirmation must be a positive statement, specific, and present tense.

Practice this for a minimum of 21 days and see what changes occur. Take note of anything new happening in your life.