

# Self Hypnosis Techniques





## 6 Steps to Let Go Of Emotional Pain Using Self-Hypnosis:

Get yourself in a comfortable position where you'll be undisturbed for the duration of this session, with your feet flat on the floor, arms and legs uncrossed and not touching each other and we'll begin...

### **Step One - Induce Hypnosis**

### **Step Two**

Imagine being in a safe place for a few moments. You can create this place and design it in your mind. You can be in a familiar place. Just choose somewhere and be somewhere that you can relax and feel safe, secure and at ease.

Let the sensations of safety spread through you and engage in the place you are in; see the sights and notice colours, shades of lights and details. Hear the sounds, those that are near and obvious as well as those that are subtle or distant. Notice how you experience feeling safe.

Tell yourself that you drift deeper as you engage with and imagine this safe place, and when you have created it and feel as though you have deepened your experience, then move on to the next step.

### **Step Three**

Now move your awareness inside of yourself in this place. That is, stop engaging with the surroundings and move your awareness to you and your body.

Become aware of your breathing and get a sense of the rhythm of your body, your pulse rate and your feelings.

Notice your heart, become aware of your heart beating and allow each beat of your heart to take you deeper inside your mind.

While you focus on your heart, remaining safe and comfortable, also notice that there are bands of some kind wrapped around your heart. They are like ties of some kind that weight and tighten the sensation of your heart. You and your mind know what these ties represent that are around your heart.

These ties represent the emotional pain that you have experienced recently in your life. Get a sense of what they represent for you and notice how you experience them being there. It is almost as if the bands are holding the pain in and from time to time, that bands get tighter and seem to keep the pain there in your heart.

Be aware of this sensation as much as is useful for you, then move on to the next step.

#### **Step Four**

Focus on your mind and in your mind create a spark of light of some kind. Perhaps it is like a distant light, of a particular colour, but as you think about it, it becomes brighter and stronger and more radiant inside your mind.

Notice the colour, the temperature of it, and let it get bright inside your mind. Add any strength and resources or sense of joy and release to the light and let it signify a deep healing.

Then send it strongly and powerfully to your heart. You might imagine it flying out of you and back to your heart, you might imagine it moves through your body or you may just make it arrive as if teleported to your heart - do what is right for you and get the light to your heart and watch what happens...

Notice the light seems to loosen, lighten and melt the bands. Notice how the ties ease their grip and eventually even disappear and dissipate. The light soothes and eases the sensation within the heart and it spreads to the tummy, shoulders and any other affected areas too.

Take all the time to let each tie disappear and be melted thoroughly as you imagine all that emotional pain is released. At this point, signal to yourself the pain ebbing away; you might sigh out loud, or just exhale deeply. Perhaps you feel sensations let go, or imagine a colour change, just do

whatever is right to signify that release and letting go, as well as a dissipation of the old, unwanted feelings that are replaced by warmth and soothing feelings growing and building within you.

Spend some time letting that good feeling grow and develop, then move on to the next step.

### **Step Five**

Pick a typical time or place in your life that has been difficult for you to deal with, that used to trigger the old pain that you used to have. Put yourself in that place in a future moment and watch how you breathe, create the light in your mind that soothes and dissipates the old pain and loosens those ties, those bands that used to tighten...

Spread the good feelings through your body and in detail, watch how well you cope in that situation now.

Repeat this process as many times as you like before you move on to the final step.

### **Step Six**

When you feel confident that you can use this process in your real-life, then take a couple of nice, deep energizing breaths, wiggle your fingers and toes and open your eyes.

Practice this process a few times before you then go and practice dealing with those tough situations and notice how marvelously you can let go of old unwanted feelings and symptoms and helping you to progress in the way you'd like to.