

## ***Why do I want to learn Self Hypnosis and how do I accomplish that?***

**Self Hypnosis** gives us an opportunity to use our imagination on a very deep level so we can make permanent changes.

During hypnosis your body is very still and resting and your mind is quiet while your subconscious mind is in a state of heightened focus and concentration.

Our thoughts are very much connected to how we feel and how our body reacts. Just think about the times that you found yourself wiping tears because you watched a touching movie.

Your thoughts and emotions triggered the physical response of producing tears. Some people blush simply by processing a thought that was communicated to them or a thought that they may have themselves.

Think about biting into a very juicy fresh bright yellow lemon and you may find that your mouth is filling with saliva.

The thought of going into a stressful situation such as the biggest exam of your life can trigger your heart to beat faster and you may feel hot and even sweat.

**Imagine.... Your life is a busy highway and you are standing in the middle of it. There are many vehicles in front of you and behind you passing fast or slow, some coming up dangerously close and others go so fast you did not even see them. When you enter hypnosis your life becomes very still and everything around you stops moving and racing. It is like the moment when the traffic on the highway comes to a halt and you enter any vehicle you want, place yourself in the driver seat and travel undisturbed in the direction you wish to go.**

**Your imagination is the driving force that controls where you want to go, what you want to experience and how you want to feel.**

By taking time out of your day for yourself you are taking control of the direction your life is going. Simply find a comfortable place where you will not be disturbed for a while and allow your body to become completely relaxed. Once your body has become still and your mind is quiet that is when you allow your imagination to create the perfect future for you. Letting go of negativity and focusing on positivity is a powerful accomplishment during Self Hypnosis. Tell yourself ' I am strong ' and you will be strong. Tell yourself ' I am in control ' and you will be in control. Tell yourself ' I am successful with everything I do, I pass my exams with ease, I study often, retain the information and recall easy, '. All those thoughts will become part of your internal running force, the power to your engine so to speak.

The more you practice your new skill, the better you get at it and the better you get the more powerful the results will be.

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