



ACHIEVE MENTAL MASTERY  
BY USING HYPNOSIS TO

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# Table Of Contents

Foreword

Chapter 1:  
***The Basics***

Chapter 2:  
***Getting The Most From It***

Chapter 3:  
***Using Hypnosis For Self Image***

Chapter 4:  
***Getting Rid Of Bad Behaviors***

Chapter 5:  
***Using Hypnosis For Stress***

Wrapping Up

# Foreword

Hypnosis is a capital instrument for relaxation and alleviating stress. It helps calm down both the brain and body, giving a useful 'rest'.

All the same it can be rather costly to hire a clinical hypnotherapist, and we might not always want one around when we would like to de-stress.

This isn't a issue, as it's possible to do self hypnosis, and this book will show you how to achieve self hypnosis as well as the benefits to you and your business.

Self hypnosis is the greatest technique known to men to bypass the interference and resistance of the aware brain and implant instructions directly into the subconscious brain.

A hypnotherapist can actually teach or assist a person on the fundamentals of how to master their own state of awareness, so that the individual can then affect their own functions and psychological responses.

This is a very useful tool, when an individual has gone through a very traumatic experience and is unable to get over it. It also helps to

separate and change perceptions of things and people, while separating the memory from the information linked to it. This is then replaced with healthier thoughts and feelings as opposed to the original damaging ones.



## ***The Hypnosis Handbook***

**The Essential Guide To Using Hypnosis To Achieve Mental Mastery**

# **Chapter 1:**

## *The Basics*

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### **Synopsis**

Thoughts and feelings are usually associated with the responses remembered and learnt as a result of a particular event. These are then stored in the brain, only to be repeated automatically when the identical or similar scenario presents itself.

Hypnosis is an exercise which can manipulate these thoughts by adding or suggesting a different response to the event. All this has to be done on an individual in a deep state of relaxation or trance.

Loosely explained, hypnosis is an exercise of therapy which induces a deep relaxation state of body and mind and then uses this state of mind to introduce thoughts or images into the consciousness.

This is also referred to as being in a deep trance like state or deep “sleep”. This deeply centered state is unusually responsive to an thought or image in its otherwise contrary form. However it is not possible to take control of the individual’s mind and free will at any given time.

## **The Start Point**

In most legitimate hypnosis sessions the body is brought to a relaxed state and the thoughts become more centered. Certain changes in the brain wave activities occur during this state of hypnotically induced trance. Though now totally relaxed physically, the state of the mind is totally alert and highly responsive to suggestions and thoughts. It should be noted that some people respond better and faster to hypnotic suggestions than others.

### **Getting Relaxed For Self Hypnosis**

In the first place, you'll need to make certain that you will not be distracted for at the least half an hour, preferably an 60 minutes. Switch off phones, and tell loved ones and acquaintances not to trouble you. Find a comfy place. Someplace that's neat and tidy, and of a comfortable temperature.

Reduce the lighting if this assists you. If you like, you could fire up some candles and burn some incense. You are able to be seated, or you can lay down – whichever you favor. Importantly make certain that your legs are not crossed, as they could end up going to sleep after half an hour.

1. Shut your eyes and conduct 10 easy deep breaths – in by the nose, and out by the mouth. Say to yourself the word 'Relax' on every out breath.

2. Think of yourself at the top of 10 steps, with a doorway at the bottom. With every slow step you take downward, feel yourself getting more deeply relaxed.

3. Once you arrive at the bottom open the door to your paragon place of relaxation. It may be a beach, a garden, anyplace. It could be someplace real, or imaginary – your own uniquely particular relaxing haven.

4. Utilize as many senses as you are able to. Take a good look about. Pause and hear all of the sounds. Maybe you are able to hear the call of a bird, or the wind gently blowing out. Perhaps you are able to smell the angelic scent of flowers, or the salt in the ocean? Touch things, and make the experience as actual as you potentially can.

5. Explore your unstrained haven, and enjoy it for as long as you want.

This is a bang-up technique to help relaxation, and your ability to loosen up will improve the more you do this. Most of us don't relax anywhere near enough, and this can harm our health and our businesses in many ways.

Lack of relaxation can break down our immune systems, making us become more prone to malady. Poor relaxation may as well increase temper, anxiety, poor attention span and sadness. These troubles can affect our behavior, increasing our likelihood to overeat, smoke, drink, take drugs etc. Even if you just do this relaxation work, you'll massively improve your total health and business in almost every area.



# Chapter 2:

## *Getting The Most From It*

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### Synopsis

You are able to take self hypnosis a bit further if you want. You are able to learn to give yourself specific therapy as you become more established. Here are a few techniques you are able to use after you have reached relaxation.



## **Putting It To Use**

What the brain conceives of, it trusts has truly happened. If you consider something bad happening to you, you'll feel the emotions as though it's truly happening. This can make the brain distressed, as it will inwardly trust that these things have truly happened to you.

Success spawns success, so if you envision yourself achieving something, then it will help you to do simply that. You may wish to envision yourself slimmer, healthier, more successful or wealthier for instance.

Or you may wish to envision yourself having achieved something, like a promotion or a new job. Make the image as real as you are able to, use as many of your senses as you are able to, and do this as frequently.

You're only limited by your vision. As a matter of fact you should notice that your creativeness increases the more that you use self hypnosis, as your brain gets more accustomed to using its creative powers. Stick with it.

What I sometimes discover is that individuals will stop using hypnosis once they've made the essential improvements that they wished to make. All the same this may finally deny you the overall benefits of the increased relaxation, as affairs may slowly slip back to where they started. Set a particular time to do it, even if it's only once

or twice a week, and stick to it. If you have particular subjects that you wish to deal with, then step this up accordingly, perhaps daily for a few weeks.

This technique will help some of you to better your mental and physical well-being, and realize what a safe and powerful tool for change hypnosis is. As many people as possible should live long, healthy and happy and successful lives.

There are generally 2 basic categories of hypnosis, Suggestion hypnosis and Analytical hypnosis. Both are explained as follows:

### **Analytical hypnosis**

This type of therapy requires a deeper and more committed state of mind. In this style of hypnosis the therapist will probe deeper into the mind of the person to find the exact cause and effect of a particular problem. People who have experienced traumatic situations that have left an unshakeable impression usually seek this kind of redress.

The aim is to treat the physical problem that is the product of the psychological distress. The success rate of this style is quite good and fairly long term. The person is able to understand the reason for the reaction brought on by the trauma and thus address it in a more suitable suggested manner. However several sessions may have to be conducted before this ideal is reached.

## **Suggestion hypnosis**

Is the practice where a therapist or person will induce a trance like state in the person and then make or suggest simple and easy ideas or instructions to follow. These suggestions, instructions or ideas are positive in nature and are introduced into the persons mind with the intention of correcting any damaging situations, characteristics, etc.

This kind of therapy is useful to help people who have trouble with weaning of undesirable behaviors like smoking, taking controlled substances, repetitive unnecessary actions and many more. In the treatment session the therapist will suggest to the person the follies and encourage alternatives.

Unfortunately because the person is not required to be in a totally deep trancelike state for this type of hypnosis, the effects though seem initially to be successful may eventually wear off in time.

You'll have experienced a hypnotic trance a lot of times in your life. It's the frame of brain where you're so absorbed in a book or movie that you become lost in that domain.

It's that frame of brain where you drive for miles without thinking, and you don't understand how you managed to get to your destination. It's that frame of brain where you gaze into space, daydreaming about nothing in particular.

To deepen the trance or hypnotic state you will direct your brain to go into a deeper and deeper state of hypnosis by counting gradually from 10 (10) to zero (0). Some individuals prefer to count upwards from 1 to 20.



# **Chapter 3:**

## ***Using Hypnosis For Self Image***

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### **Synopsis**

The popular image of one must be the best in everything is what drives individuals to push themselves to accomplish unimaginable things. The heights of their accomplishments often measure the successes of their lives. Unfortunately not everybody can comfortably function this way.

For a few individuals living with all these expectations eventually cause them to withdraw and worse still, look upon themselves as failures.

This is popularly known as having low self image. Upon reaching this level, there are a few individuals who are able to come to the realization that they require help. They are willing to consider changing for the better with the help of others. This help can come in the form of hypnosis.

## **The Way You See Yourself**

Are you as confident as you would truly like to be? Numerous individuals discover that they are subdued from reaching their full potentiality due to a deficiency of self-confidence.

The fundamental thing about self-confidence is that it is all in your brain – it is about how you believe and what memories, opinions and thought habits you have shaped since you were young. That which stems from your ideas, conscious and subconscious can be easily changed using your brain.

Hypnosis can help the individual to identify the thing that is causing them to “hold back,” give excuses, or fail by simply giving them back their self esteem.

To gain a few level of positive self image, self confidence, or self esteem, the hypnotherapist will encourage the change in the mind set from damaging thoughts and ideas to positive thoughts and ideas whenever challenges, crisis, or other opportunities present itself.

A damaged self image can manifest as a result of many and repeated damaging messages the brain receives. In trying to create a buffer for the pain the individual resorts to a damaging image or lifestyle, thus effectively giving the opportunity for utilizing this change as an excuse for the state of low self image. The hypnotherapist will have to first bring the individual to a state of calm relaxation before

attempting to start the reassuring process to edify the positive thoughts that are to be suggested into the subconscious. Assurance of being loved, respected, acknowledged are a few of what the individual requires to feel and accept. The process is long and difficult because of having to erase years of damaging elements with positive ones but it is well worth the effort.

But it is not as simple as just making up one's brain that you want to think otherwise, and boost your self-confidence. A truly important part of taking on new beliefs and change is to make them into automatic habits.

Making them things that you do automatically without having to consciously think about them. As human beings, we are by nature resistive to change. It takes the average person a minimum of twenty-one, conscious repetitions of a new conduct, before they replace an old habit with a new one. So reading this self-help book once is not enough.

There is an easy and efficient way of altering habits and building new subconscious programs. You can use self-hypnosis and guided visualization to get at and re-program your subconscious brain in order to give rise to permanent change in the shortest possible time.

Professionally designed self-hypnosis or plans enable you to access thought patterns, mental attitudes and beliefs that you may not even be consciously cognizant of and replace them with new ones. They



also direct you to do active inner searches to enable you to get at undeveloped resources that you can use to help you achieve your potentiality.

A well designed self-hypnosis program will maneuver you through a conscious and subconscious process of releasing damaging programming of failure and defeat that you have assembled from childhood on. They motivate you to seriously evaluate all the reasons which you think have added to your lack of confidence, and then to substitute unconscious programming that is no longer of benefit to you.

A well put together self-hypnosis program can outfit you with a powerful guided visualization that you can do whenever you experience your confidence going down, which will fill you with the foregone conclusion that you are capable of achieving the task about which you were doubtful.



# **Chapter 4:**

## ***Getting Rid Of Bad Behaviors***

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### **Synopsis**

Having goals is one thing...attaining them is yet another. One highly powerful benefit of using hypnosis is the power to train your brain to stay centered on the successful accomplishment of your goal.

You will be able to program a specific effect and retain the ability to consciously divert your attention to it in a favorable, success-affirming manner. You can as well eradicate self-sabotage and remove the damaging feelings and ideas that are blocking your path to success.

Trying to stop a bad behavior is very difficult and sometimes even impossible, especially when the bad behavior has been practiced over a long period of time.

Simply expecting the bad behavior to stop or disappear is unrealistic unless coupled with the appropriate approach. The appropriate choice made must take into consideration many factors in order for it to work successfully in each individual circumstance.

## **Achieving**

Quitting smoking behaviors and other bad behaviors using hypnotherapy has its merits and success rates. The “mind over matter” saying, though simplistic, does help a person in a fearful or painful situation, however this alone cannot work if it is not understood and practiced correctly.

Ideally the person will first explore the different reasons and causes that induce the individual to turn to the bad behavior. The different reasons could be because of boredom, stress, nervousness, traumatic experiences, problems, etc.

When this has been determined the person will then introduce ideas and alternatives into the trance induced mind to counter the previous damaging mind set. In using hypnotherapy, the subconscious mind is opened to accept the introduction of new ideas or feelings, suggestions or perceptions when addressing the link to the bad behaviors.

The person will be able to deeply ingrain the suggestion of the damaging consequences of continuing with the current bad behavior state. Alternatively a positive thought can also be suggested, to encourage the individual to focus on the advantages of eradicating the bad behavior. If the individual is able to constantly draw on this subconsciously ingrained thought pattern to combat the craving that

supposedly fixes the problem, then the battle to stop the behavior is on its way to success.

Hypnotherapy is also a method that does not require any additional medication to be added to the already difficult equation. It is also used as a complimenting tool to help the individual overcome the bad behavior.

Here are a few ideas for using hypnosis as a goal accomplishment tool.

1. **Envision.** Program yourself with your desired result. While under the influence of self hypnosis visually imagine that your goal is already achieved and your objective has been accomplished. See it as true. See it through your own eyes and feel all the marvelous feelings associated with that goal accomplishment.

2. **Doggedness.** Get down into your subconscious brain and alter your inner character traits to match those people who never quit. Program your subconscious brain to be relentless regardless of what is going on in any given state of affairs. Post hypnotic suggestions to formulate an iron will and relentless approach to your goals will be priceless in times of stress and disenchantment.

3. **Believe Positively.** Discover how to think positively. The subconscious brain has a disposition to replay past memories and cast them back into consciousness in the form of questions and fears.

Through the practice of self hypnosis you are able to completely eliminate them. Program your subconscious brain to believe positively and anticipate positive results.

4. Program out the Trouble. Inevitably some trouble will arise when you go after worthwhile goals. Through hypnosis you are able to solve these troubles reasonably quickly. While in trance see yourself successfully passing over the obstacle.

You don't have to see how you did it, just visualize yourself at the other side, alleviated, happy and proud that you "figured it out" and reached the other side. If this, in itself, is a issue for you, or you find it difficult to do then look for the advice of a qualified hypnotherapist. A competent hypnotherapist will determine the root of your trouble probably in the first consultation!

5. Pre-pave your route. Consider yourself meeting the correct people and being in the correct place at the correct time. Program your brain like this, by the power of hypnosis, and your subconscious brain will pick up on non-verbal hints, process the 1000000s of bits of information you receive every minute and guide you to the right course of action.

6. Develop Trust. utilize hypnosis to convince the subconscious brain that your destination is already a reality. "Fake it till you make it". Fool your subconscious brain into thinking the "real" world is truly exactly like the world you have been envisioning. In the profoundly

relaxed state that hypnosis offers you are able to get fully involved in your mental image. Truly feel how great it is to have already achieved all those things you wanted for so long. Enjoy the fact that you're enjoying the benefits of having accomplished that goal.



# **Chapter 5:**

## ***Using Hypnosis For Stress***

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### **Synopsis**

Stress can evidence through insomnia, indigestion, hypertension, anxiety, headaches, depression, ulcers, chest ache, drug addiction or alcohol addiction.

There are drugs that could relieve these troubles but those are just impermanent. One may be relieved in a short-term but in the long-term, he/she may be addicted to the drugs or the drug may not even work. Also, these drugs can take a vast part of your budget which can add up to one's fiscal issue. Drugs are just blocking out what you feel but don't take away or solve the root cause of the trouble.

A cheap way to alleviate stress is self hypnosis. Self hypnosis doesn't need great sum of money in order to practice. The moment you've learned how to practice, it's enough!

## **Tension**

Hypnotherapy has over the years been one form of treatment that is being sought after by many. The popularity of this style of treatment for stress is due to the fact that there is no added medication that needs to be taken to see results. This form of therapy only requires the mind to be willing to be open and receptive.

People under stress have learned to use hypnotherapy effectively to manage their feelings, outbursts, breathing, and quality of work, just to name a few. Through hypnotherapy people learn to focus their mind on the suggestibility of positive elements by following a preset exercise pattern that helps to adapt the individual to the existing stressful situation, resolving existing anxieties, and creating new ways of looking at or facing the problems. Hypnotherapy has had significant results in reducing the stress levels of an individual who practices this form of therapy regularly. The general testimonies of feeling stronger and more in control of not only the situation but also in the reaction and responses of those who practice hypnotherapy as a viable alternative are many.

Because a person ability to focus and generally be productive is impaired by the stress experienced, hypnotherapy can help to clear the mind and center the focus better to ensure better concentration and thus better quality of anything. The feeling of exhaustion is combated by the preexisting tranquil and relaxed hypnotherapy elements that are already embedded in the subconscious.



# Wrapping Up

hypnosis can do your body ... your brain... your body... and your life good. Explore your options!

By using hypnotherapy, problems can be faced and solutions can be suggested to help the individual deal with everyday issues which are currently causing negative impacts. If the choice to ignore these elements in life is made, then the quality of life enjoyed would severely deteriorate.

The tendency to shut one's self away becomes the norm and this will further cause more negativity to surround the individual. There is even the possibility that this negatively will not only affect the person who has lost all control of their life but will also affect those around.

When, one is not in command of one's life, several things can occur. On a personal level, the state of health can be effected, finances can suffer, relationships can be destroyed, weight gain or weight loss can occur. There is also the possibility in turning to negative elements with the wrong thinking that these elements will restore the balance and state of control again.