

Ten to One Method Self-Hypnosis #SH001

Your eyes should be comfortably closed and your legs and arms uncrossed so that the wonderful magic of your mind can work through the power of your body to create the state known as self-hypnosis. Today you're going to learn process number one, the Ten to One Method of self-hypnosis. All you will need to do is keep your eyes closed and concentrate fully on the sound of my voice. Concentrate on my voice and focus on each of the numbers as I count down from ten to one. Each descending number will have a unique and different suggestion.

You will find when practicing this ten to one method on your own that you can assign these numbers any meaning that might suit your needs. Let's begin by imagining a chalkboard in your mind. Imagine that this chalkboard represent the space and place and time where you can move from the state of wide awake, alert consciousness into the dreamy, drowsy, relaxed and comfortable state known as your intuitive and inventive self. So write with me now on the chalkboard of your mind the number ten.

Imagine as you write the number ten that you feel a sense of relaxation and the number ten will represent for you during this self-hypnosis process that you are moving into a new cycle. A new cycle of learning how to reduce the stress, minimize the strain and remove the confusion from your life by using the most powerful force in the universe, the force of thought. For your thoughts are more powerful than things. Your thoughts create things.

So today imagine with me now as you erase the number ten from the chalkboard in your mind. That as well you're erasing any stress. You're erasing any strain. You're erasing any confusion from the scalp, facial muscles and tendons. Feel the scalp, facial muscles and tendons relax and to reach this level of relaxation on your own all you will need to do is close your eyes. Place the number ten on the chalkboard of your mind and then erase the number ten and you will be this relaxed and then even more relaxed. Providing your a space and a place to go deeper and deeper. Soon you'll be so relaxed and so comfortable that it will be time for you to create your perfect place of relaxation but first we must relax the body. The deeper you can relax the body the better your mind will operate in these altered states. So let yourself go. Feel yourself relaxing. Just let go of the thoughts, the cares and the concerns of the day so that you will be free. Totally and completely free to produce the type of life that you prefer.

So today if you prefer imagine walking back to the chalkboard in your mind and as you write the number nine you feel now the responsibility you have about yourself that today you are doing something for yourself. You've been doing for others far to long. It's now time to provide yourself with the feelings and the sensations of deep relaxation. Letting go of any of the fear that might of prevented you in the past from just letting go and taking care of yourself. Today as you relax your mind and you focus on the deeper relaxation of your body you will let go of all of the concerns, all the cares that others have and you will focus on the concern and the health and the harmony of your own mind.

So if you don't mind simply erase the number nine from your mind and as you erase the number nine from your mind feel the neck and shoulders relaxing. Feel the blood flowing freely. Your circulation continuing to expand as you move now into that intuitive part of your mind.

That dynamic wonderful inner states of consciousness where you can begin the process of planning and producing results that will seem to be spontaneous upon awakening but will be well thought out at the level of your subconscious mind where you can change the way that you think, act and respond to outside stress, in fact, outside stress, outside strain, outside confusion will no longer have the same effect over you upon awakening. You will make the right choice, at the right time and in the right sequence. All you really need to do is relax and allow your future, your most probable future to flow so freely and so easily through your mind that you can plan the appropriate behaviors, the appropriate attitudes and the appropriate beliefs that will help you to accomplish your loftiest goals.

So let yourself go now. As you erase these numbers from your mind each time you will feel a wave of relaxation starting at the top of your head and slowly descending down through your body, down to the bottom of your feet. Slowly descending, relaxing you deeper and deeper. Like layers of an onion. Each number taking a layer of stress, strain and confusion away so that soon, very soon indeed, you'll be at the core of relaxation for you. That perfect balanced place between what is creative and what is logical for you. So let's continue.

Imagine in the chalkboard of your mind that you could write the number eight and as you write the number eight you begin to understand the number eight for this process today will represent for you material mastery. That you will change those things that you can in your life and you will accept those things that you have no choice over, time. You will begin to work in time. The seconds in hypnosis will seem as hours and the hours will at time seem as days and all you'll really need to do is to let go. As you continue the program of letting go of stress, strain and confusion simply erase the number eight from your mind and feel the large and small muscles of the arms relaxing. Relaxing in such a powerful and positive way that as the numbers fade from your mind your concerns of the day fade from your thoughts and your focus is on your body.

This is your body and today you're learning powerful tools to reduce the stress, remove the strain and dissipate the confusion so that upon awakening all of your skills, abilities and resources will all come to play to help you to accomplish your loftiest goal. So walk up to the chalkboard of your mind and write the number seven. The number seven will represent for you today your ability to go deep, deep inside. It will represent your ability to remain conscious and alert during the self-hypnotic process where your body enters into a state near sleep while your mind remains alert, conscious and very aware, in fact, you will find today that the more aware your mind becomes the more relaxed your body will feel.

So erase the number seven from the chalkboard of your mind and feel the chest, your abdomen and back relaxing. All inner organs, all inner cells now relaxing, going loose, comfortably limp, completely relaxed. Feeling them in your own unique way moving into their perfect rhythm, their perfect cadence where health, harmony and vitality upon awakening. And all you really need to do is concentrate on the simple act of breathing. Breathing in with one set of muscles and allowing the body to naturally breathe out. It's easy and fun to let go. It's easy and fun to let go and feel the power of your mind taking over the process. Walk up to the chalkboard of your mind now and write the number six. As you write the number six on the

chalkboard of your mind you begin to feel the sense of responding to your abilities. That's right. You now have the ability to move from the state of wide-awake, alert consciousness, your reactionary mind through a level of suggestive processes into your intuitive and inventive self. Today you're learning an ability. You are learning to relax. You will respond to that ability upon awakening; therefore, each time that you move through life you will create responsibility. You are becoming responsible and each time that you practice the ten to one method you will go deeper and deeper.

Soon you will be so deeply relaxed by the simple act of closing your eyes and counting from ten to one that you'll be unaware of your body, yet you will remain very aware, very alert and very conscious to the power of your mind. So again erase the number six from your mind. Just let it go. This is your time to let go. To feel yourself moving between space as well as time and organizing your thoughts, organizing your attitudes and organizing your beliefs.

Feel yourself letting go now as the inner organs go completely loose, limp and relaxed as you erase the numbers from your mind. Erasing the numbers from your mind and feeling your creative mind now, your beautiful, creative mind opening up to the possibilities of your life. There is the possibility that for you personally there are greater possibilities. So write the number five on the chalkboard of your mind and as you write the number five on the chalkboard of your mind you begin in your own way to understand change. That's right. Change is the most powerful force in the physical universe because everything is subject to it. Your thoughts change, your life changes, your physical world is changing. You're learning ways to handle and manage and cope with change.

So as you erase the number five you feel the hips relaxing and all fear, all frustration, all anxiety dissipates. It slowly dissolves and melts away. Leaving you free and flexible to smile for no apparent reason, in fact, you will find each time that you practice self-hypnosis that you will find yourself smiling for no apparent reason. You'll feel physically strong. You will remain mentally alert and there will be emotional balance and you don't have to know why. Everyday it will get easier.

Every night as you drift off into sleep you'll measure the amount of stress, you'll measure the amount of strain, you'll measure the amount of confusion and then through the power of thought you will make all the adjustments that need to be made so that upon awakening in the morning to come your shoulders will roll back, your chin will roll upward. You will feel extremely good for no apparent reason, physically strong, mentally alert and emotionally balanced. You can and you will accomplish your goals. So as you erase the numbers from your mind feel your body sinking ever deeper, deeper, deeper and deeper than then the number before. And as you write the number four on the chalkboard of your mind you begin to understand the principles of doing it right. You're going to cross your T's and dot your I's taking the necessary steps to do it by the book.

Everyday, in every way you're going to accomplish your hypnotic goals by planning them in your mind consciously or unconsciously and then upon awakening keeping the end result in mind, the ideal result of every situation. You will see clearly with your mind's eye. The pictures in your mind will become bright and brilliant. Filled with color and vitality. Your inner hearing

will become beautiful; in fact, your favorite music will play in the background from time to time. Each time going deeper than the time before you'll feel yourself letting go. So let go as you erase the number four from your mind and feel yourself going deeper and deeper.

Feeling your body going loose, comfortably limp and completely relaxed now, write the number three on the chalkboard of your mind. The number three is going to represent for you in this ten to one hypnotic process your ability to communicate with yourself. The more your capable of communicating with yourself, the more capable and able you will be of communicating with others. So today as you erase the number three from your mind you feel the body relaxing and you feel it most effectively moving down through the body like a current and relaxing the thighs, the large and small muscles of the legs. You feel them go loose, comfortably limp and completely relaxed. And from this empowering, positive place you feel yourself going deeper and deeper. Soon you will be there at the basement of relaxation for you. Ground zero of relaxation.

So that we can reach that ground zero today and then when you practice this ten to one method on your own it will be so. Write the number two on the chalkboard of your mind and as you write the number two on the chalkboard of your mind you begin in your own unique way, your own special way of communicating with others. Imagine your tact and diplomacy. Your ability to say the right thing at the right time, so to when practicing self-hypnosis. You'll be able to master your mind, master your thoughts and master your body. Everyday it will get easier. Everyday it will get simpler and every night as you drift off into sleep it will become a habit. You will form the habit of removing stress, dissipating strain and removing the confusion. It will be as natural for you as your heartbeat. As normal for you as breathing and all you'll really need to do today is let go.

Feel yourself letting go as you erase the number two from the chalkboard of your mind and you're almost there now. You're almost to the basement of relaxation. Ground zero. The perfect place of relaxation and balance for you today. So write the number one on the chalkboard of your mind and the number one is going to represent you. After all you are your most valued asset. You are the reason. You are the cause. So feel yourself relaxing as you erase the number one and you feel now from the top of your head all the way down to the bottom of your feet now. Becoming less and less aware of your body and more and more aware of the power of your own mind. Your powerful mind to program success into every cell. Program success into every system. To respacialize every organ so that you can think, act and respond as if your greatest goal has already come to pass as reality. So this will be so upon awakening.

I want you to write the number zero on the chalkboard of your mind and as you write the number zero I want you to imagine that you could literally step through the zero. That you could step into the chalkboard of your mind and you realize that there's a doorway, a dimensional door, if you will to your perfect place of relaxation. And imagine with me now that there's a brilliant sun shining in the sky above you. A gentle breeze is blowing, just the right temperature all around you. It's a perfect place where birds are singing in the distance and you can feel yourself letting go. It's a natural place for you. It's a normal place to just let go. This is your perfect place. Your balance place of relaxation and I want you to just simply be there right now. Some

Positive Changes Hypnosis

choose a place along the ocean, others a walk in the mountains. Whatever is best for you do it now and when you next hear my voice it will not startle you at all, in fact, it will only place you in a deeper, more relaxed and more comfortable space and this is so.

(Pause approximately 20 seconds)

That's right. Each time that you use the power of your mind to count down from ten to one you will go deeper. Each time you will feel your mind and body relaxing to the next logical level until soon, very soon indeed, you're unaware of your body, yet you're very aware. Very alert, very conscious to the power of your own mind. So if you don't mind in a moment you will find that the light as well as the sound will come to a complete stop. When that happens for you I want you to notice that your eyes will open, you will become wide-awake. You'll be feeling fine and in perfect health. Feeling better than ever before. And if you ever have any problems at all returning fully and completely back into the room after hypnosis you can use this one to five method of counting yourself back.

One, you can feel the weight of your body right now as you listen to my voice. Two, your powerful subconscious mind is bringing your back to full awakened consciousness so that at the count of five you eyes will open and you will become wide awake. Feeling fine and in perfect health. Feeling better than ever before. Three, personality intact with changes and modifications made with an expanded state of awareness so that you can see, hear and experience your life with more joy, more fun and greater happiness than ever before. Four, everyday, in every way you're getting better. Better, better and better than ever before and five, your eyes open, wide-awake.

Feeling fine and in perfect health. Feeling better than ever before. Feeling perhaps as if you've just received a deep, peaceful, relaxing, revitalizing sleep and this is so. Giving a smile to the world now and getting a smile in return.