“It’s fabulous and I highly recommend it for all who would like to learn the skill of self-hypnosis.”

Terri Bodell, Deputy Chair, National Association of Counsellors, Hypnotherapists and Psychotherapists

Mastering the Power of Self-Hypnosis

A Practical Guide to Self-Empowerment

C. Roy Hunter MS, CHt
Mastering the Power of Self-Hypnosis
A Comprehensive Guide to Self-Empowerment

C. Roy Hunter, M.S., FAPHP

2nd edition
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Chapter 1

The Purpose of This Book

Have you ever tried to change a habit pattern, or become more self-motivated, only to find your subconscious mind resisting? Motivation programs and habit control seminars attract millions of dollars annually. People investing in these courses frequently feel frustrated, however, when they find themselves unable to apply what obviously works for others. All of us sometimes find ourselves feeling like slaves to our own subconscious programming. We often get frustrated trying to accomplish seemingly simple goals. We experience inner conflicts between conscious willpower and subconscious desires.

My clients frequently ask me why willpower seems insufficient for overcoming undesired habits. I respond by explaining that acceptance of any new habit pattern requires subconscious cooperation, otherwise subconscious belief in failure undermines your conscious decision to change. A basic law of the mind is at work: whenever the conscious and subconscious are in conflict, the subconscious invariably wins! Stated another way, imagination wins out over logic. Professionals call this the law of conflict, and this law represents a major reason for subconscious resistance to change.

Subconscious Control

Habits are controlled by the subconscious (often called the right brain) rather than by the conscious mind (often called the left brain). We must effectively motivate the subconscious in order to overcome subconscious resistance and permanently change a habit. All too often we tend to beat up on ourselves when the right brain refuses to buy any of the numerous logical solutions attempted by the left brain, compounding guilt on top of frustration.
Self-induced guilt became even more common after the movie *The Secret* took the world by storm, as many people are unable to get “The Secret” to work for them even though it seems to work for other people. Why?

All of our present habits, mannerisms, and thought patterns represent the results of past subconscious programming from parents, teachers, peers, coworkers, television, and a variety of other sources. We frequently try to change undesired habits through willpower and/or self-discipline, only to discover logic losing to imagination because of the law of conflict. While many people may convince themselves to take the logical course of action, they still *imagine* themselves following their subconscious desires.

For example, smokers trying to quit still imagine the taste or smell of cigarettes, or dieters imagine how good junk food would taste, only to backslide into old habits. The law of conflict has been proven repeatedly by smokers and dieters, as well as by anyone encountering difficulty in trying to attain a goal.

The only lasting solution requires that we reprogram the subconscious; otherwise it will maintain control over our habits. In other words, when we have a right-brain problem, we need a right-brain solution. Hypnosis and/or self-hypnosis can easily and effectively facilitate change at a subconscious level. Increasing numbers of people are realizing the benefits of trance.

Self-hypnosis helped me so much in changing my own life that I feel compelled to share its secrets with those who are ready to accept and use these valuable secrets. During my years of private practice, I have witnessed countless clients change their lives through self-hypnosis. I also believe in the win-win philosophy, so I teach clients both in private and group sessions how to sell success to the subconscious, with the personal goal of giving people far more value than they paid for in the first place.

Clients frequently leave my office with new self-help skills. Effective use of these abilities will help people feel good about themselves and become more motivated to attain both personal and professional goals. I teach how to *master the power of self-hypnosis* and
to use a style of self-hypnosis which empowers the user to enjoy greater control over what goes into the subconscious mind. My goal is to help people attain greater self-empowerment.

Subconscious programming can either propel us into achieving our goals against all the odds, or keep us from success in spite of our best efforts. In order to succeed, then, it becomes vitally important for us to learn how to gain and maintain control of our own subconscious programming; otherwise it will control us.

First we must realize that the inner mind responds better to persuasion than to force. Virtually all of us have experienced the difficulty of changing a habit pattern at one time or another. Once the subconscious learns something, it does not like to change; and the more we try to force the change, the greater the resistance.

The subconscious is, in a sense, like a rebellious child who resents force. Yet people spend megabucks on various self-help books and motivation programs, only to wonder why the subconscious won’t buy the wonderful methods that willpower can’t seem to incorporate. Joe Vitale, author of *The Attractor Factor*, points out the fact that we tend to attract what we imagine with emotional energy. Unfortunately, many people affirm goals consciously while imagining failure, and they attract what they imagine even though they desperately desire change.

With millions of dollars invested annually by various organizations in motivational speakers, it is obvious that people (at least consciously) are ready for change. If you are among this group, this book is for you; but first, you must make a commitment to yourself.

**Making the Commitment to Change**

My own experience illustrates the importance of making the commitment to change your subconscious programming. I discovered this fact the hard way. Allow me to share my journey after success unexpectedly turned into failure.
Chapter 4

Entering Self-Hypnosis

Now that you know something about the alpha state, are you ready to experience it? The first self-hypnosis exercise, called progressive relaxation, represents only one of thousands of methods of entering an alpha state. If you have learned a different method from another book (or from a seminar) use whatever method you prefer as long as it works for you.

I suggest that you read through this exercise once or twice to become familiar with the content before you begin using the technique. The specific words you use can vary from the typical session suggested here; but you should always follow the basic format.

**Progressive Relaxation**

Find a comfortable place to recline or lie down. If you wear hard contact lenses, remove them. If you chew gum, throw it away. Also ensure that your clothing feels comfortable. If possible, unplug your phone or turn on your answering machine, and make certain to put your pets in another room. Some animals seem to sense the mental peace you feel in the alpha state, and they may want to be close. (Experience has taught me that a cat suddenly pouncing on your stomach during relaxation can come as quite a shock!)

Now that you are comfortable, take several deep breaths. Close your eyes if you wish. Imagine yourself letting go of all of your cares and tensions as easily as you let go of the air from your lungs.

Background music is optional, but recommended if you meditate in an area where there may be distracting background noise.
Think to yourself words like the sans-serif script on the following pages while fantasizing being in a peaceful place. That serene place can be a beach, the woods, a waterfall, lake, stream, meadow, and so on.

Note: The grammar is often imperfect, because the words are intended for the subconscious rather than the conscious mind. Three dots (…) indicate a pause.

As I now imagine a relaxing sensation entering my toes, my breathing continues to be free and easy, just as when I sleep. The relaxation becomes more and more real with each breath I take, moving up into my feet . . .

It feels sooooo good to relax that it becomes easy, comfortable, and automatic for the relaxation to move up into my ankles . . . The relaxing sensation becomes more and more real with each breath I take. It now moves up into my calves. All my nerves and muscles just let go, responding to my desire to relax . . . The relaxation moves right on through my knees, going up into my thighs . . . all the nerves and muscles letting go into a deeper and deeper state of relaxation.

My hips relax. It feels sooooo good to relax, that the feeling continues right on into my stomach muscles and up around my rib cage.

With each breath I go deeper and deeper relaxed. The relaxation moves on into my lower back, going right up into my shoulders, just as though gentle fingers have just given me a soothing back rub. The soothing feeling of relaxation moves down through my elbows, going right on out through my hands and fingers . . . With each breath I take, I just go deeper and deeper . . .

The back of my neck relaxes . . . My scalp relaxes . . . It feels sooooo good to relax that the feeling of soothing comfort moves into my forehead and temples. With each breath I just go deeper and deeper. My cheeks relax. My jaw muscles relax . . . My entire body now feels completely relaxed . . .
Chapter 9
Clearing Obstacles

After seeing how the subconscious mind can be programmed, let us consider life’s journey itself. We cannot reach a chosen destination without choosing the right road or path; and we must also either clear any obstacles or find a way around them. How do we clear the obstacles? How do we find the best path toward our goals? This chapter answers the first question; the next three chapters will answer the second question.

Obstacles and negative thinking seem to attract each other; so take a look inward at any habits or repetitious negative thought patterns you may wish to change. You may recognize the influence of one or more of the methods of subconscious programming. For example, most smokers started because of the desire to identify with peers or adults; but they often feel a desire to light up whenever someone tells them to quit. Overeating sometimes relates to low self-esteem, which can often be traced to past failures and/or negative emotional experiences; stuffing food into the body seems to help stuff negative feelings deeper into the subconscious. Usually we need to release the past in order to change negative thinking and clear the obstacles.

Unfortunately, many people have been told by practitioners that they should blame their parents (and/or other people) for their “dysfunctional” backgrounds. This type of counseling makes clients feel disempowered because of being victimized by other people. While it is a fact that friends or family with selfish motives can often cause hurt, it is important to overcome this by learning from past events and then releasing the feelings without condoning the actions of others.

The consequences of hanging on to the past (such as old grudges) can compound upon themselves, putting more obstacles in our
Planning the Journey

path and trapping us into negative thinking. This chapter explains why. I’ll discuss some common (and similar) traps and attitudes caused by various failures and hurts, and how to release them. Notice how some of these traps overlap with others.

**The Failure Trap**

Have you ever felt ensnared by a series of relentless disappointments and setbacks? We attract what we imagine, and this is why failure often attracts more failure. Indulging in self-pity creates an accompanying negative emotion, opening wide the subconscious gateways. The danger occurs when we relive mistakes in the imagination and replay them over and over again. Some people refer to this as “playing old tapes.” The more you imagine failure, the more likely your chances of falling short again. This principle applies whether your goal involves sports, business, or simply overcoming an undesired habit. The cycle may continue until both the imagination and the feelings change.

An athlete could find a slump persisting, compounding the negative feelings in a manner that sends him/her into a downward spiral of doubt. If the athlete believes in the collapse and replays recent failures, the subconscious receives negative suggestions through the language of imagination. Normally the cycle will continue until broken by a good performance.

For a salesperson experiencing a self-perpetuating sales slump, it becomes all too easy to imagine the dreaded objection. Fantasizing customer refusals will actually influence the subconscious to construct the presentation in a negative manner. The emotion and fall-off may change with a big sale; but that deal normally requires imagining the desired success first.

The smoker who feels guilty for always backsliding often puts energy into the fear of lighting up. Replaying past failures in the imagination sends a message to the inner mind, and past relapses attract yet another disappointment.
The frequent dieter often remembers indulging in the goodies and blowing past diets; and if he/she believes that another diet will fail, guess what happens?

One difficulty impacting our ability to overcome failure, even when we consciously desire to do so, is that acceptance of non-achievement tends to attract more disappointment because we keep on imagining it. We must break this cycle by training ourselves to imagine success, or to replace a negative fantasy with a positive one. We will lose in the land of logic, so we must win in the field of daydreams. Trying to use logic alone to overcome a painful setback can be ineffective, because negative daydreaming leads to justification of failure, resulting in the subconscious persisting in pessimistic beliefs. When we are ready to analyze a setback, we must keep our emotions in check and avoid replaying the failures in our imagination; otherwise we can easily fall victim to the justification trap.

**The Justification Trap**

Have you found yourself among the ranks of those so involved with analyzing reasons for blocking success that you find the achievement you seek slips farther away? As long as you search for reasons to justify your disappointment, you will continue to fail.

It seems that our society invests considerable time, money, and effort into studying reasons for failure. Hindsight may bring insight; but in order to find success, we need to devote more of our time and resources to where we are going instead of where we have been. By spending your energy searching for roadblocks in your path, your subconscious mind may very well be creating new obstacles, keeping you locked inside the justification trap.

I know some people who have gone to counselors or hypnotherapists for several years looking for causes of problems without seeking release, only to end up finding more real or imagined obstacles from the past to justify keeping their problems. Some search their
Chapter 14

Creative Daydreaming

Exercises

The alpha state opens a wide gateway to the subconscious, enhancing the imagination and our creativity. Furthermore, since imagination is the language of the subconscious, why not use the state of mind that increases our ability to daydream?

Emotion opens an even wider gateway to the subconscious. Remember that emotion is the motivating power of the mind. You become a servant to your uncontrolled feelings; but controlled emotion actually becomes your servant instead of vice versa. Someone who gets emotionally excited about reaching a goal seems to have the energy or drive to get there faster, such as an athlete spending many hours practicing in preparation for possible Olympic competition. Emotional excitement generates energy to motivate the subconscious into action. With that fact in mind, I have designed empowerment exercises to help increase your emotional desire to attain a priority goal.

I am not talking about artificial emotional hype; rather, we will use positive controlled emotion added to constructive fantasizing. I call this process creative daydreaming. You now combine two powerful methods of subconscious programming with more than double the impact. The effectiveness of creative daydreaming surpasses that of simply visualizing the goal; it is like putting a high-energy fuel into your car and driving on a superhighway.

General Guidelines

This chapter serves both as a reference and as an introduction to a more powerful self-hypnosis exercise for empowerment. As such,
I encourage you to experiment with creative daydreaming at least once before finishing this book. You can add your key word and affirmations later.

Before you begin, choose the goal you wish to work on and identify its benefits. This chapter contains numerous common goals, making it a lengthy section; so feel free to select only the particular goal you choose for now if preferred.

List your desired benefits on a sheet of paper and keep it handy. (Refer to the last section of Chapter 13: “Selling Success to Your Subconscious.”) Amend your list of benefits as desired. Common benefits chosen by clients appear in the creative daydreaming exercises for popular goals described below.

Remember that every invention and innovation must first originate in someone’s mind. When we enter the alpha state, we access greater creative energies as well as enhanced imagination. New ideas originate from the subconscious; these ideas can flow into the conscious mind, and may contribute to success. In light of this, creative daydreaming may help you discover new methods of goal achievement that you have never thought of before. Your subconscious may supply you with new ideas to simplify your action plan, facilitating your ability to succeed. After emerging from trance, determine with your logical mind whether to use, modify, or discard any specific new idea.

If you are practicing creative daydreaming for the first time, proceed as explained here as well as is described in the appropriate section related to your goal. Review your list of benefits, making any desired amendments. Memorize them, or at least become familiar with the main ones.

Note: If you are using this chapter as reference upon completion of the book, then you may now include your properly constructed personal affirmations in accordance with the instructions contained in Part V. Once you understand those instructions, read your affirmations out loud before practicing HypnoCise. Enjoy fantasizing your benefits, using creative daydreaming to make them personal. (Review the other guidelines in this section if necessary.)
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Roy Hunter teaches professional hypnosis and advanced techniques for professionals and self-hypnosis to groups and clients for personal or professional motivation. He was specially selected to carry on the work of the late Charles Tebbetts and was awarded a PhD from Alpha University and California University with a major in clinical hypnotherapy.

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