

## SELF HYPNOSIS IN FIVE MINUTES

Dr Bob BOLAND

Some people may be nervous, stressed or lacking in confidence to learn to laugh at their problems. A simple relaxation exercise will improve the quality of the learning. With self-hypnosis you are in complete control all the time.

At first it takes about five minutes, but as you become more expert at it, you can do it in much less time:

- 1. Sit down and relax as you count to three. At one, look up toward your eyebrows; at two, close your eyelids and take a deep breath in; and at three, breath out, and let your eyes relax, and let your body float.*
- 2. As you feel yourself floating, permit one hand to float up just a little. It becomes your signal to enter a state of meditation in which you concentrate on the learning you are achieving and what it means to you.*
- 3. Begin slowly and mentally ... to count down from 10 to 0 ... saying ...deeper... deeper ...*
- 4. Imagine a beautiful white light ... coming from above your head ... cleaning every part of you ... as it passes through your whole mind and body ... and out of your toes.*
- 5. Imagine a beautiful soothing golden fluid ... coming in from your toes ...soothing and healing every part of your mind and body ... right up to the top of your head...*

6. Then *RELAX ... as you make one or two ... POSITIVE suggestions to yourself ... which help YOU ... to resolve your problems ... feeling better in MIND & BODY ... finding new strengths from within YOURSELF ... handling YOUR problems with laughter in YOUR OWN WAY ... and feeling very deeply ... that this is a wonderful world ... with so many joys for YOU.*
7. *Tell yourself that you are going to learn to prevent and laugh at your worry. Think about it deeply to find strengths within yourself that you did not know were there. Take your time ...*
8. *Then when you are ready, bring yourself back out of this concentration, feeling well and very positive, by counting backwards this way.*
9. *Three, get ready. Two, with your eyelids closed, roll up your eyes (and do it now). And one let your eyelids open slowly.*
10. *Then, when your eyes are back in focus, slowly make a fist with the hand that is floating a little, open your fist slowly, and your usual sensation and control returns, with a happy feeling of floating.*

By doing the exercise every one to two hours, you can, in just one minute ... float into this state of buoyant repose, in which you add extra-receptivity to re-imprint the critical learning for control, and give yourself confidence to laugh, deep in your mind.

Practice self hypnosis regularly. You will achieve control which leads to gentle positive reframing of your problems. On we go ...