

Betty Erickson's Self-Hypnosis Technique

Process Guidelines

1. Make a conscious decision about duration.
2. Suggest that your subconscious will work out the details of your goal. Be specific or allow your mind to create what is necessary for a deeper transformation.
3. Find a comfortable place to sit or recline for the session.
4. Trust your mind to work for your greatest good.
5. Look up to a place where the wall and ceiling connect.
6. Keep your eyes fixed there and allow your focus to open, soften and expand.

Keep your gaze fixed and find something in the room you can see. Say to yourself, "I see a painting" (or whatever it is) Repeat 2 times with different things you see.

Now notice something you can hear and say it to yourself. Repeat twice with 2 new things.

Now, notice something you can feel such as fabric or our skin. Say it then repeat with 2 new things.

Continue, this time using two things you can see, hear and feel.

Repeat the process again using one each - sight, sound and feeling.

Take a breath and close your eyes.

At this point, you may want to pause and fantasize about having your goal and the benefits your successful change brings. Or simply continue.

Take a breath and reverse the process focusing internally.

One thing you're feeling inside. (I can feel my heart beating)

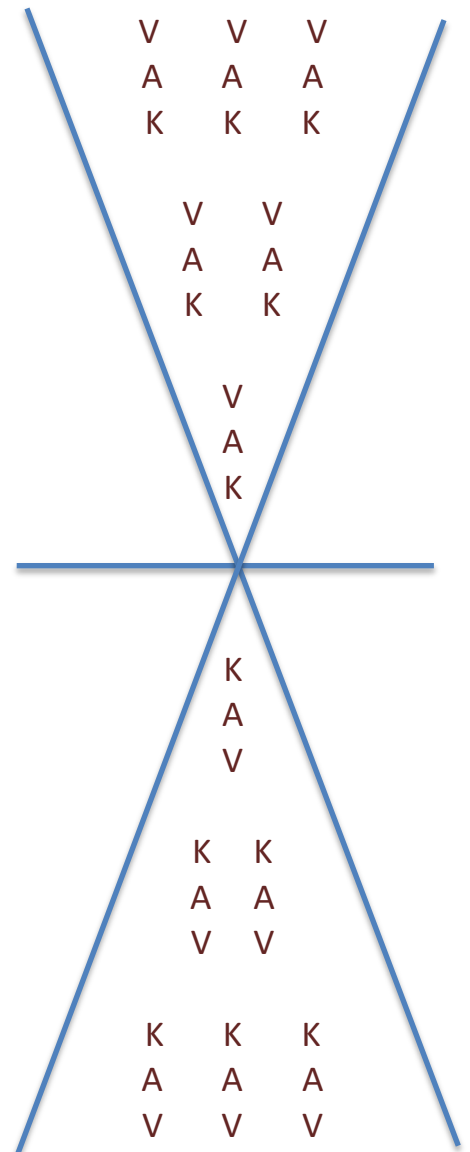
One thing you can hear. (I can hear an internal voice)

One thing you can see in your mind's eye. (I see myself teaching a class)

Continue with two things you feel, hear and see.

Then three things you feel, hear and see.

Repeat as necessary/desired.



Customize your process:

- You may decide to drop off to sleep
- You may decide to return to full wide-awake awareness
- You may choose to give yourself a suggestion in the middle and begin to emerge as you reverse the process.
- You may decide to finish the process by imagining your future as if you already have your goal.
- Any way that you customize the process is better!
- It is SELF-HYPNOSIS FOR YOUR BENEFIT after all.