

Self Help Hypnosis

by Will Williams

*Understand how your mind works,
why your life is the way it is,
and how to program your own mind
for better living and more control*

Free Extract

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Preface

This book has been written to share knowledge and experience relating to your mind and how to make the most of it. Primarily, it's about subconscious dynamics and learning to have a greater appreciation for how your mind works. It is also about self-hypnosis, and using the most direct methods to program more positive beliefs for positive results. Basically, improving self-awareness, then making use of it.

The extent to which you could benefit from subconscious programming is literally down to your imagination. I have seen clients go through seemingly miraculous changes as a result of subconscious change work. I have seen people effortlessly lose a stone in weight in a month, free themselves of mysterious pathological illnesses, confidently make life changing decisions that bring about huge positive results, and overcome anxieties and phobias in minutes. My involvement was merely to direct thoughts, attention and awareness towards certain areas, the rest was down to basic principles of how the mind works.

Time and time again I am reminded of just how powerful and creative the subconscious mind is. The good news is that you have one too. But to really appreciate that, you might have to also realise the bad news of how it has accidentally, but equally powerfully, led you into some negative outcomes.

I hope that in reading this you embark on an inner journey of exploration. You may even wish to keep a pen and paper handy in case you have any sudden insights or ideas whilst reading. It's actually quite likely – the examples are quite varied and there are likely to be a few that you relate to in some way yourself. Some of the patterns and dynamics are so universal that you are surely going to relate them back to your own life, this is after all the point. Keep a note of any significant thoughts – they may prove invaluable when it comes to writing your unique positive suggestions in Part 5.

I have tried to keep it succinct and efficient, to reward you as much as possible for your time invested in reading it. There may be times where you wish I'd gone into more detail on a subject, or clarified something. If so I can only apologise. Some areas could merit volumes of their own, however even a beginner's awareness can be useful enough to stimulate further ideas, realisations and awarenesses in your mind. At the very back are my contact details should you wish to feed back any ideas for future revisions – I welcome them wholeheartedly.

Will Williams
Exeter, Devon, 2008

An Introduction to Subconscious Psychology

You meet a new person, get talking, and for a moment you look at life through their eyes.

It feels different. It feels good.

You suddenly find yourself thinking slightly differently. Maybe you have momentarily let go of a few worries, maybe you suddenly give yourself permission to be happy. With this new mindset, you look forward to something, feel excited in a different way.

But then... you soon find yourself surrounded by normality... and the same old feelings and mindsets return.

Someone is talking about their past. Maybe a friend, or even someone on TV. You realise something about your own, it hits you how something that was actually out of your control influenced you in some way. At the time, you took it personally, but now you know better. You think about how things might be, if the past had been different.

But then... you soon find yourself surrounded by normality... and the same old feelings and mindsets return.

Yes, life is full of these opposing forces and ongoing conflicts. But what is really going on here? I would say it's an ongoing struggle between the positive and negative influences of everyday life, and that deep part of yourself that is aware, full of life and energy, that is mostly buried under all the nonsense. The conscious, and subconscious.

As you get older, the feeling of being in control and driving your own life can shift into something altogether scarier. The feeling of being driven, of being a passenger, and not really knowing why or how you ended up where you are.

In a sense, both are true. You are driving your life, and you are being driven. It just depends which aspect of *you* we are talking about. It's worth getting to know both.

Your subconscious mind is a storehouse of memories, emotions, attitudes, goals, expectations, beliefs, and associations. It constantly feeds your conscious awareness by directing your senses to whatever is worthy of attention, and providing thoughts, patterns, ideas. The subconscious is vastly powerful – it has a huge influence over everything you *think, do, feel, or perceive*. A vast majority of your life is directed by the subconscious machine. It's like a servo-mechanism – constantly processing the beliefs and expectations its programmed with and moving towards them. Among those goals are instinctive ones, such as avoiding perceived harm, threats, hurt and pain.

Your subconscious mind is programmed through various ways, intentionally and accidentally. Its makes no difference whether the beliefs and expectations are positive or negative, good or bad, right or wrong, the subconscious simply 'absorbs' and operates on what it learns.

The conscious mind is there to attend to new things, to experience, and to think and reason. Frequently, the conscious mind is simply rationalising everything the subconscious mind is doing – following behind like a loyal but fickle slave, making you feel *justified* and giving the illusion of *consistency*.

As an adult, your conscious mind allows you to critically consider what to accept and what to reject in terms of what ideas you allow to impress themselves on your subconscious mind. However, even then, negative ideas, beliefs or expectations can slip through. Repetitive insults from bad relationships. Implications can also be suggestive – such as being fired or being left by a partner (the implication pushing the idea inside "you're not good enough"). Ideas repetitively suggested through media, culture and advertising ("you won't be happy unless you have the latest...", or "you must be beautiful to be attractive or happy").

However, as subconsciously suggestive as *adult* life can be, it's the tip of the iceberg in terms of your overall learning about yourself, other people and the world.

The majority of your subconscious learning takes place during early childhood – before your conscious critical faculty has had a chance to develop. As an infant you don't know enough to know what is right, wrong, good, bad, useful, stupid, destructive, pointless, valuable – you simply learn as many associations and impressions as you can – absorbing the world. You were receiving and reacting to suggestions every minute of every day.

Once you can understand words, people around you made a deep impression on your subconscious with everything they said about you. If people close to you repeatedly gave negative opinions such as that you were bad, stupid, clumsy then you could not help but subconsciously accept their low opinion of you.

Suggestions don't even have to be said, they can be implied. For example, a father who came home late and didn't give enough attention was implying the suggestion "you're not worthy enough of my attention", despite whatever (if any) valid reasons he may have had. A mother who seemed to favour a sister was accidentally offering the suggestion "you're not as good as your sister" *even if the sister was much younger and needed extra attention.*

Bear in mind that these examples are simply to show the power of suggestion, and not to imply blame on those who brought you up – people do the best they can with what they know and the resource they have – just as you are doing now. As adults, we are all responsible for ourselves.

This kind of conditioning affects your whole outlook right through your adult life. Most adults are ignorant of the destructive influence of negative suggestion – their minds have adapted to cushion the negative impact, with beliefs such as "this is just the way it is", or "that's just who I am". Others find ways to cope with the anxiety, emptiness or low self-esteem by searching for external stimuli to thrill, escape into, or distract. Others still reach a level of self-awareness where the inner being shouts "I know there is more than this!" and reaches the all-important point of being ready for change.

Childhood programming is obviously not all negative, and indeed most of it is very positive. Perhaps you were fortunate enough to have people around who emphasized your good

traits, suggested that you were bound to succeed, saying you had a marked ability, a lovable personality and other good qualities. If so then they suggestively built up in you a confident subconscious attitude which is such a valuable asset to expressing your true potential. If your parents did not give you enough positive suggestions, it is now up to you to give them to yourself.

Hypnosis and self-hypnosis are used to bypass the conscious, critical mind. Without the presence of doubt, analysis and conscious awareness, the subconscious becomes more open to exploration and installation of new, positive ideas.

Learning self-hypnosis will give you perfect confidence in yourself, whether you are standing in front of ten or ten thousand people. It gives you the ability to remain calm and relaxed regardless of the situation. Along with reading this book, learning self-hypnosis will give you a wonderful understanding of human nature and shows you how to relate to most of the people with whom you come into contact. Once you learn of the tremendous power – both negative and positive – that suggestion has, you will never again allow yourself to accept any negative suggestions.

In a nutshell then: successful achievement, health and happiness are the result and reward of constructive, powerful suggestion. Feelings of inferiority, failure, misery, sickness and even death can all result from destructive suggestions and fixed-ideas. Keep giving yourself suggestions of strength, power, accomplishment and achievement, radiant health, happiness, peace and serenity, love and friendliness.

Healthy and positive suggestions like these will set in motion creative forces and powers in you that you may not know you have, forces that can relieve you of fears and worries and lift you to a higher level of well being.

This book will show you just how robust and perfect your mind already is (perhaps much to your surprise). Yes – your mind works wonderfully well or else you wouldn't be reading and understanding this. The human brain is an incredible learning resource – able to associate powerful and complex concepts and symbols in single experiences. Problems and barriers have developed because of the bad suggestions and

false ideas that you have absorbed – providing the ‘blueprint’ for your beliefs, thoughts and feelings – which can then lead to habits, addictions, and tendencies. The good news is that you can then learn how to use the same powerful directive technology of your subconscious in your favour – *for a change*.

A Warning

In this text there are lots of references to the influence of others, such as parents, teachers, friends etc. It’s important to remember that self-improvement has nothing to do with *blame*. When reading and thinking, you may start wondering about things and come to the conclusion that it’s all *so-and-so’s* fault.

Remember this:

It’s not the events themselves that influence you, but the meanings you give them.

No one is to blame. The mind simply learns in its own unique way. We are all in this together – all affected in one way or another, all trying to make sense of our lives, all trying to satisfy needs, protect against fears and insecurities. People only ever try the best they can with the resources they have at the time. This isn’t about blaming – it’s about taking responsibility for your own learnings, learning to take control for a change, and changing your self.

A Special Note

Some people (particularly in Britain) associate personal power or success with greed, believing that it is somehow selfish to feel good and powerful in yourself, or to want to be successful. Success doesn’t have to be about money, and even if it were, there is nothing wrong with that. Financial security to look after yourself and your loved ones is obviously good (you might be surprised to learn that there is more than enough money in the world to provide abundantly for everyone, and that 5% of people hold 95% of the wealth). This idea is simply a rational reinforcement of existing (and negative) ideas about your self, and your self-worth.

It is common (again, particularly in Britain) to think that you somehow don’t deserve to be *that*

happy, or that you aren’t quite good enough. You should be quiet! Humble! Play the game! Be the small person! This is exactly what the establishment wants you to believe – it’s far less trouble if people don’t get any big ideas, just work hard (undeserved guilt is always a good motive) and become emotionally empty consumers – believing that buying more stuff makes you happier and keeping the economy going. Keep the country powerful – not yourself!

You deserve *much more* than that – but again, success has nothing to do with money. Just having self-confidence to approve of, and accept yourself, so that you can express your true nature is to be *very* successful and highly enriched.

Similarly, thoughts of confidence are commonly associated with *over-confidence* or even *arrogance*. Sometimes in sessions I have asked people “would you like to be more confident?” to which they’ve answered “well yes, but not *too* confident”. Nonsense! There is no such thing as ‘too confident’. Once it becomes ‘too’ it is no longer confidence – it is something else (arrogance or cockiness). Confidence is simply holding a positive belief about something, but preferably yourself. You have just as much confidence as you’ll ever have – but most people become confident about negative things (such as “I’m not good enough”). This negative belief largely stems from over-powering adults (parents, relatives or teachers) who were careful to ‘put you down’ if you became confident (*too* confident for *them*). Feelings of inferiority are a vicious cycle – adults may become uncomfortable seeing a child being more confident than they are – therefore threatening their view of the world and ‘how things should be’. The idea of potential criticism is too associated and painful – so they quieten the child down or say something critical themselves. And so the cycle continues... But this isn’t to say it’s ok to let your kids run around like noisy brats! It’s obviously possible to learn to be self-confident and respectful at the same time.

So where do problems start?

Faulty programming

- Erroneous beliefs (particularly negative self-beliefs such as “I’m not good

enough" or "I don't deserve to be happy")

- Erroneous associations (spiders are dangerous)
- Negative expectations ("I'll never amount to much")

Conflicts

- Conscious ideals differing from subconscious goals

How do problems get resolved?

Re-education of the subconscious mind

- Replacing negative ideas, beliefs and expectations with positive ones
- Installing positive suggestions and new associations
- Installing positive vivid goals to work towards
- Releasing bottled up emotions (anger, guilt, fear)

Resolution of conflicts

- Reframing perceptions to see in different ways
- Fulfilling goals in more useful ways
- Becoming more self-aware and directive

Learning self-hypnosis

Part 1:

Learning How The Mind Works

The conscious and subconscious mind

The conscious mind is basically your conscious awareness, the part that thinks logically and rationally, that justifies its actions and reasons through situations.

The subconscious mind is all the rest of your mind that sits below the level of awareness. It is a storehouse of emotions, memories, attitudes, beliefs and perceptions. The subconscious is the 'feeling' mind. Whereas conscious thought is very rational, reasonable and logical, the subconscious is a lot more irrational, illogical and emotional. It is the primal mind, there to guide you away from pain and towards pleasure, so it operates on raw experience and emotion.

The subconscious mind doesn't reason or rationalise. It just *does*. Whatever is programmed in the subconscious by way of images, feelings goals etc is exactly what the subconscious moves towards. For example if you developed a phobia to spiders because you were once frightened as one ran over your leg, then your brain will give you that same fear response every time you see one. It doesn't reason that the spider is actually harmless, it just gives you the emotion, *until the underlying subconscious belief*

"spiders are to be feared" is replaced with something more useful.

The subconscious drive towards certain goals, beliefs and expectations *regardless of any rational thoughts*, is a very powerful mechanism and one we'll be returning to many times. For now, we need to patiently wade through a few concepts.

Paying attention

You can't pay conscious attention to everything that comes in through your five senses, all of the time. It would be a huge overload! You're only really consciously aware of a tiny part of it at any one time. The rest is being processed and stored *subconsciously*. At any one time, something that you are processing subconsciously could become conscious if it grabs your attention.

For example, if you were at a party, there might be lots of conversations going on around you at any one time. There's also lots of visual information. But you're only going to be consciously aware of a few select things – perhaps what you are thinking, what the person in front of you is talking about, who they remind you of, and the feeling of the glass

between your fingers. You aren't paying any attention to the feeling of your feet on the floor, the colour of the ceiling, what day of the week it is, or the emotional state of the person talking to you.

But then someone else in the room mentions your name – not you directly, but someone else with the same name. You momentarily flinch towards the other conversation, but the person talking to you doesn't notice because they are only consciously aware of what they are going to say next and perhaps also that they need the bathroom. You have been consciously drawn to the sound of your name, and have now stopped paying conscious attention to the person talking to you, and are instead focussing on another conversation, a bit like switching channels on a radio. You also now pay conscious attention to the feeling of your own nervousness at whether the person is going to notice that you aren't listening, so you start to blush slightly. You are now also not paying attention to your drink. You hold it out slightly too far, and someone knocks it – distracting at least three channels of conscious attention from both you and the person. In the confusion they now focuses their conscious attention inwards, and decide to deal with their need for the bathroom, so politely make an exit whilst you clean up your spilled drink.

This is just an example of how conscious awareness works – it truly is in a state of total flux, ever changing and wondering from one thing to another. The stimuli that compete for conscious attention are not just things on the outside, but things on the inside.

External Stimuli – everything on the outside

Vision, depth, colour, writing, facial expressions, texture, movement, identification of objects, places or people

Sound, tone, speech, words, stereo location of sound, identification of voice

Touch, texture, weight, pressure, temperature, moisture, pain

Smells, perfumes, pheromones, scents

Taste

Internal stimuli

Memories, experiences, traumas, visualisations, imaginings, anticipation

Thoughts, reasonings, predictions, wonderings, confusion, attitudes, beliefs

Emotions, anxieties, nerves, yearnings

Balance, pain, hunger, thirst.

These are really only a minority of the available stimuli, but it's just to give an idea of the vast spectrum of things that are competing for your conscious awareness at any one time. For example, the simple act of looking at a human face could easily occupy all of your conscious attention – the emotional expression, the skin tone, trying to age the person, recognising the person, remembering someone who looks like the person, remembering any experience you have previously had with the person, to name but a few.

Using your imagination, try to visualise for a moment what it would look like if whatever you were consciously attending to was like a little green light coming out of your head. Little green pools of light would be dancing around everywhere, different objects, people, sounds. If someone walked by, one of the green lights might move towards their eyes as you try to recognise them. Sometimes the lights would go to your own head as you focussed on something internally. For example, when daydreaming.

In situations you can start to become more aware of where people are, and are not, paying attention. In fact you may realise how much you do this already. Magicians are experts at it, using the attention blindspots to perform sleight of hand trickery. Politicians also use it on a bigger scale, drawing your attention to one statistical success whilst a failure is overlooked.

The distraction, and manipulation, of attention can have some interesting effects. Imagine a person trying to think of a place name. He has to follow a train of thought... remembering his holiday last year... then the first place they went to where they learned about the second place... just about to get it on the tip of the tongue – “HEY! Are those new shoes?!?” you ask. His attention is suddenly distracted – you have derailed the train of thought – and he has a hard time getting back to where he was. Similarly its likely you have had experiences in conversations where you have something you want to say – something interesting you remembered, or a good question to ask. You are holding onto it with a conscious strand of attention (a little green light somewhere in your mind). Be careful... it doesn't take much for something to compete for that strand of attention and then you find yourself saying “there was something I

wanted to say... what was it now...give me a minute". You may backtrack through the conversation, looking for those associational cues of recognition – until your subconscious repeats its initial associational thought and it pops right back into conscious awareness.

The mind has sometimes been described as an iceberg – the conscious mind sits on top, whilst the majority lingers below the surface. But it's not a useful metaphor. Icebergs are solid masses, whereas the mind is constantly changing its foci of attention.

A better analogy is to think of your mind as being like a dark room, full of stuff. The conscious mind is like a torch, being shone around the room. So most of the room is in darkness, but it could fall under the torchlight if you directed it there. Taking this one step further, its actually more like having about 7 penlights, all shining around at various things. And one step further again, those penlights could also be shining on things outside of the room, in the external world.

Why *seven* penlights? Well this is just how many conscious attention channels we have, plus or minus two. A classic example of this is in remembering phone numbers. If you try to remember a six digit number, you can probably just about do it if you keep repeating it over and over to yourself, keeping the number in your short term memory. Whilst doing this though, you're going to be pretty oblivious to everything else that is going on, paying attention only subconsciously. However, if you 'chunk' the numbers in to groups of three, then you'll free up some channels of attention. If the number is distinctive enough to chunk into 1, then it'll be much easier.

3 4 9 2 7 8
 = six channels of attention
 34 92 78 = three channels of attention
 349 278 = two channels of attention
 444444 = one channel of attention (for a memorable number)

The first example is quite unrealistic, because our brains automatically chunk down where possible. Mobile phone numbers are proving more challenging to remember, as we now don't have an area code to instantly chunk down into one.

I like to use visual analogies because the subconscious is very visual, and by visualising various metaphors you're able to learn faster. So another way of looking at your attention is by visualising an octopus, the octopus of attention. The eight legs are wailing around grabbing onto various things. Throw something interesting at the octopus and he'll drop something else to grab onto it.

Another metaphor: think of your mind as being like a business. A big blue chip company. Most of the staff are working away on the various processes to keep the company prosperous, looking after client accounts, taking care of other staff, sorting out finances, working on new developments, etc. The desk of the managing director is relatively clean – he is only working on the top priority tasks that need attention that day. If something big pops up such as some negative publicity in the media which could threaten sales, then the attention will get given to that issue. The managing director doesn't need to know everything that is going on in the company, because most of it is irrelevant. He relies upon reports from his other managers and directors to bring him up to date, relevant news. All of the details are outside of his awareness, in the subconscious of the company, *until they become important enough to warrant attention.*

With all these green lights, torches, octopuses corporate shenanigans are you getting the idea of how attention works? I hope so – and that you weren't devoting some of those octopus legs to what you're going to have for dinner! Sure, it's a lot more complicated in a neurological sense and involves far more cognitive 'ifs' 'buts' swings and roundabouts, but you get the idea, and for the purposes of *subconscious suggestion* that's all you really need to know. As far as I'm concerned, keeping it simple is the best way to learn anything.

Before we get onto how problems and tendencies can develop, I just want to explain a bit more about how the subconscious works:

Rules of the Mind

1. What is expected, tends to be realized (or...The subconscious acts towards its goals)

Sorry...

That's where the free extract ends!

If you would like to read the rest, please visit

www.WillWilliams.co.uk