

Deep Self-Hypnosis and Induction

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Imagine us having this meeting at my office in San Diego California. We would be learning together in my office and at the beach. We could expect to see dolphins, pelicans, lots of sun and small white puffy clouds. We would be feeling the warmth of the sun on our skin and the soft coolness of a light breeze flowing by us. Our session would include:

1. **Building trust and rapport** with each other as our number one goal, (like we are experiencing in the here and now with the ocean and the sky). This total trust and deep relaxation can lead us into successfully individualizing the session, the self-hypnosis approaches and meaningful results to help you in your everyday life.
2. **Experiencing trance** and suggestion that proves to you that there are significant differences between the awake state and the self-hypnosis state. New learning does evolve from education and especially from new experiences that integrate your own personal imagery. For example, when you are getting in tune with yourself (mind, body, heart and soul--as one), you may be feeling the rise and fall of each breath just as the waves are rolling in and rolling out--endlessly and effortlessly.
3. **Empowering you to go deeper** into your self-acceptance, self-change and unconscious potentials. Just as you look at the surface of the ocean, you can see beautiful waves forming, gorgeous shades of blue, green and gray, and a constantly moving flow of life back and forth. With this awareness, we also know that there is an abundance of life under the surface; colorful views, deep caves, extraordinary plant-life, big whales and small fish, old ships, and so much more. There's always more than the eye can see and usually in the depths of our oceans, we discover the most amazing understandings, perspectives, answers and wisdom that can inspire us on a daily basis.
4. **Seeding numerous post-hypnotic suggestions** so that everything you learned today starts to generalize into your everyday life. We'll focus on surface goals, like riding the everyday waves with more ease and comfort. We'll remember that in our friendships, conversations, self-acceptance, self-change, awareness, openness, freedom, music, dancing and loving; when in doubt, we'll go deeper. Perseverance, effort, and patience are a few of the post-hypnotic responses you can learn from your self-hypnosis session today.

When you are real with yourself and others, you realize most of us do not know how to utilize our individual abilities. People have problems because their conscious mind has too much control over their lives. The answer is to help them get free of the controlling conscious attitudes and move forward into their unconscious potentials for living well. Wouldn't it be fortunate if your individuality (and the people

you work with) started moving out of your unconscious and the unknown? Encourage the people you are working with to learn to use experiential rather than intellectual knowledge for self-change. Unconscious learning is a basic issue in doing genuine trance work. Most people do not trust their unconscious to do all the learning necessary.

Self-hypnosis helps people go beyond their rigid and learned limitations. The intention is to free yourself from trying to control your life with your conscious mind. You create your approach around methods that allow your conscious mind to withdraw from the goal and leave it up to your unconscious mind.

To reach this goal of freeing your unconscious potentials from the controls of the conscious mind, I will be presenting a variety of self-hypnosis techniques. These approaches are intended to open the doors for deepening trance and self-change. The purpose is to help bring you more happiness, soul and feelings of wholeness. Most people accept that we only use about 10 percent of our mind's capacity. We also accept that it would be useful to tap into the other 90 percent or at least 10 percent more than usual.

These approaches can help you get to a bridge that connects your innermost self (unconscious awareness), and your outer most self (conscious awareness). Each step closer to your own center increases your self-awareness, inner harmony, positive feelings and compassion.

Indirect approaches for utilizing such unconscious potentials will be demonstrated in this workshop. These methods have been developed over the past twenty years and originally with the guidance of Dr. Milton Erickson. All suggestions are designed and intended to bypass the person's ego and limited (conscious) belief system. Suggestions must be more creative and experiential than familiar ordinary consciousness.

Since the ego and observer function is usually more or less present in self-hypnosis trance, the person will sometimes refuse to believe he or she was in a trance, and this belief can limit further improvement. For this reason, we must demonstrate that self-hypnosis trance is in fact different from the ordinary waking state. When you are teaching self-hypnosis, have people explore all the differences in their sensory, motor, and conceptual behavior between the trance and awake state.

Indicators of Self-Hypnosis Trance Development

Comfort and relaxation	Eye changes and closure
Economy of movement	Softening of facial features
distant	Feeling good after trance
Lack of startle response	
Sensory, muscular and body changes	
Slowing pulse	
Slowing respiration	
Time distortion	
Unconsciousness and spontaneous imagery	
Unconscious expressions and responses (experienced as taking place all by themselves)	

The ingredients for successfully experiencing and teaching deep self-hypnosis are:

A. Breathing: Let's pay more attention to your own center. The relationship with yourself can get a lot clearer and you can deepen your self-hypnosis with *breath work*. Whenever you have time, close your eyes to the outside world and just forget about it. Bathe your center with all of your attention, care and love and you will quickly discover the beauty of your nature. You can know it as a kind of gardening, a kind of farming, and it brings tremendous joy because when you come to see the seeds and blossoms of your own unconscious awareness you will know that life has not been a waste, that you have not missed the opportunity, and that you are utilizing it.

Depotentiating conscious controls is a necessity for successful self-hypnosis trances and breathing is one of the doors that that will help with this. It is one of the most important things you can do. If you are not breathing fully then you cannot live fully. It's how you know if you are withholding feelings. Once breath work is flowing, everything else moves into alignment. Breathing itself is life. Even still, people ignore it, don't pay attention to it, and act like it isn't even there. They miss the fact that breathing is a very clear mirror. You can always know how open or closed you are by paying attention to your breathing. Anger can be transformed if you change your breathing. Just observe how you breathe when you are angry. Then, the next time you are angry, don't breathe the way you have always breathed whenever you got angry, and you will be pleasantly surprised. You won't be able to be angry. If you don't breathe in a certain way, the anger is not supported, so it disappears. Instead of feeling anger, you'll feel compassion. Listen to your breathing. If you can hear it, that means it's rough. When you can only feel it and you can't hear it, then you'll feel relaxed and peaceful. If you observe your breath rising and falling, you will have the experience of looking within. Through that breath, you can experience the bridge between your innermost self and your outermost self.

Relationships that are positive are most important and are also our greatest mirrors. **Acceptance**, when it is unconditional, is the highest, deepest state of self-hypnosis. Once that happens you are totally open to your unconscious potentials. You accept your life as it evolves. You are non-judgmental. Self-hypnosis means the beginning of a new kind of relationship with yourself and self-care in your life as you become attentive to your inner needs. The most important step is paying attention to the relationship you have with yourself because that is the best predictor of how your relationships are going with the people closest to you. Are you satisfied with the amount of caring, compassion and friendliness you feel towards yourself (and the people you love)? To know the answer to this question, you'll have to get in touch and listen to your inner voice.

B. Awareness without tension is also necessary. This may seem like a paradox but once you start working on it, slowly the ability is learned. There are *hundreds* of methods for reducing stress, relaxing, feeling free, letting go and growing in incredibly pleasant ways. You have to gain a deeper understanding of yourself, the best approaches for you, **your purpose** and inner motivations for learning self-hypnosis. After that you'll want to focus your **attention within** and at the same time **let go** of conscious controls. Awareness is usually the first step. You have to be very watchful of your body; each gesture, every sensation and each movement. As you become aware, a miracle starts to happen; many habits you used to have before simply disappear and your body becomes more relaxed. You feel in tune with

yourself, a deep peace starts helping you from backstage and you positively change the rhythm in your heart. The second step is becoming aware of your thoughts and feelings. Feelings are more subtle than your body and, of course, more likely to cause real difficulties. Self-hypnosis can help you let go of the **root cause** and conscious control of your issue.

You will be surprised what goes on inside of you. If you *write down* each of your thoughts or feelings going on at any moment, you are in for a great surprise. After ten minutes, read it. You will see some significant chaos in your mind which for a lot of people just goes on and on like an undercurrent in a river. It affects everything. The sum total may be your whole life. So this mad thinking has to be stopped. The miracle of awareness is that you sometimes don't have to do anything except become more aware. For the first time you achieve some balance and this helps immensely as you move to the third step: becoming more aware of your feelings, emotions, moods. A little more intense awareness is required. When all three of these are humming together, they become an orchestra. The result of this music is a big reward for those who have done all three. The committee meeting approach from the Six Steps to Freedom program will definitively assist you in creating this inner harmony.

The fourth dimension is the ultimate awareness. This is what Dr. Milton Erickson referred to as *brilliance*--when all of you feels aware at the same time. The body knows pleasure, the mind knows happiness, the heart knows joy and the spirit knows freedom. Freedom is the foundation of life and the ultimate goal as well. Self-hypnosis helps you develop the acceptance, experiences and awareness of the potential for growth.

C. **Explore** and experience new possibilities and be totally open to your **unconscious potentials**, associations and exploration--for creativity (problem solving), healing (letting go) and new learning. Be open to going deeper into the trance process with the intention of realizing change in your daily living. When you learn to deal with yourself differently, your relationships with other people and situations are positively influenced. The more variety and new experiences in deep self-hypnosis you have, the more likely you are to discover more successful and satisfying realities.

There are three different types of self-hypnosis. Practice each of these approaches for three weeks and you will know which one is right for you because it will feel right. You can go into trance through your body, your heart or your intellect. As you evolve in your practice, you will be able to integrate all three of them. We will start through the body, then move through the heart, reach the mind, and go beyond.

First for the body, we dance. We focus on catharsis, dance, music, yoga, running, inner cleaning and letting go. Almost everybody represses their emotions and as a result feels stressed. Letting go causes a bubbling up phenomenon. Then there is a new energy that is possible. You are dancing and there is energy as if a burden has been released. You feel light. You feel more easiness. You've slowed down. If the catharsis is true, you'll feel rejuvenated right afterwards. You'll feel more alive, younger and as if a big load has disappeared. You have to observe yourself so you can tell what's happening inside of you. Stop pretending you can't drop the emotional weight. Catharsis is not the goal, it's the means.

Second for the heart, feel your love for nature deep down. Fear is the absence of love. It's like darkness. You can't do anything about it directly. You can't throw it out

or bring it in. There is no way to understand darkness without bringing light in. If you want darkness, you shut off the light. You have to do something with light, not with darkness. The same thing is true about love and fear. Love is the light and fear is the darkness. People who are obsessed with fear are often unable to resolve the problem. It's like wrestling with darkness. You just get exhausted, tired and lost, and the amazing thing is that there is nothing there at all. Feeling lost is a powerful feeling. Relax in the fear. Stop fighting the fear and making a big problem out of it.

Start loving because something can be done about love right away. You are born with love and it is with you forever. Be open to it, let it flow inside of you, and allow it to happen. Everybody blocks it and holds back. People are cheap with their love like they are with their money. They believe if they give it away they'll be losing it. However, the more love you give the more you have. The less you give the less you have. The more you give the more you gain. Just by giving you are richer. Then one day you'll be surprised that the fear has disappeared. Even if you try to find it you will not be able to find it anywhere.

Third for the intellect, sit without judgment and observe the gaps with the help of *Aum*. Everybody wants to know how to find the pause button for the conscious mind (ego activity). Aum is only a formula like H₂O. When we do this together (and when you do this alone), there are sounds that we hear with our ears and at the center of your innermost being. I want you to feel (and not think) about your inner nature. You are a miniature universe. If you can understand yourself, you will be able to better understand the whole of existence

The whole story of the ocean exists in a single drop of water. You are a drop of life, of the whole, of infinity and eternity. The best way to understand life, the universe and existence is to understand yourself.

Socrates was right when he said, "Know thyself" because knowing that, you will be able to know all. This is when your unconscious becomes luminous and when negativity disappears, leading you to a positive experience in full awareness. **The result you are seeking is inner transformation.** This is possible, not by desiring it, but by relaxing into unconditional acceptance of yourself. Enjoy listening to your **intuition** as often as possible.

Learning to see with your third eye can be very helpful. Everyone who looks inward experiences a moment when the third eye opens. It is a metaphor. It describes what happens when you see the world as one undivided consciousness. This is feeling deep acceptance and relaxing into it. When you can do everyday things in a relaxed way without tension in the mind, then you are enjoying spiritual existence. This can enhance everything. You start seeing things you have never seen before. You start feeling things you've never felt. You start smelling things you've never smelled. A new world opens up. It's been there all along. Your third eye is in there and a more subtle world is there, too. They've been hiding. It's a good secret.

4. **Post-hypnotic suggestions** and lasting change are the crown jewels of deep self-hypnosis. We are interested in developing successful self-hypnosis experiences. They are the trances that change habitual attitudes and utilize other patterns of associations and potentials within yourself to integrate certain goals into your daily life.

Dr. Erickson would remind us that the most effective post-hypnotic suggestions are the ones that are associated with experiences that are inevitably going to happen

in the course of a day. For example, each time you swear (like saying the word "bullshit" or "fuck"), or hear someone else swear, you will feel lighter and remember that life can be seen as a comedy and not a tragedy. Or every time someone swears, you will remember to step back and just observe. You can wonder whether or not there may have been a more effective way for that person to communicate. This can help you to re-focus on the reality that what a person means is more important than what they say.

Discovering your unconscious potentials is the primary purpose of self-hypnosis. Whenever you are really interested in self-hypnosis you always feel grateful, to your teachers and whoever has helped you grow as a person on your journey. You feel grateful to your parents and all people who have helped you positively or negatively, in some way or other. When something positive comes from inside, it is your inner guide bubbling up with a decision. Sit down, be unworried, just allow thoughts to drop and dissolve. Just wait. Feel your belly as you get beyond your mind. Move into your intuition and out of your reasoning. When you go deep within yourself, you have arrived at the soul of the whole universe. Your inner guide is part of the divine intervention. When you follow it, you are following life. When you follow your conscious mind or ego, you are complicating things and you don't know what you are doing. You can think of your intellectualizations as very wise but they are not. Wisdom comes from the innermost depth of you and is your inner guide. **Dr. Erickson's utilization of the entrance-exit approach** is usually the most effective deepening approach in self-hypnosis.

After 6-8 hours together, (this is the typical length of a session with me), we would make arrangements for another session, follow-up meetings in person, on the phone or over the Internet.

References to help you deepen your self-hypnosis and enhance self-change:

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