

INSIGHT. POSITIVITY. GROWTH

Self Hypnosis

BonOva Wellness

HYPNOTHERAPY & COACHING

Self-hypnosis is an essential component in your healing process and requires 3 elements; suggestion, concentration and imagination. Remember; want it, expect it and let it happen.

- Before you begin self-hypnosis it is important to be clear about what you want. Take time to select a positive affirmation for yourself that is linked to your specific goal. This is something we can discuss in session.
- Find a quiet space and ensure that you won't be disturbed for around 20 minutes.
- You can choose to either sit or lay down but make sure your position is one you can remain in comfortably for a period of time.
- Close your eyes and take 3 slow deep breaths, feeling your chest and stomach rise as they fill with air and slowly deflate as you breathe out.
- Try to visualise a ball of golden light floating above your toes. Allow the ball of light to slowly enter your feet and as it does feel your feet become warm, comfortable and very heavy.
- *Even if you struggle to visualise you will be able to allow your feet and muscles to become warm, heavy and relaxed. Simple focus on this part of your body and say to yourself 'deeply relaxed' instead.
- Once your feet are feeling warm, heavy and relaxed move the ball of golden light (your focus) and the feeling of warmth, heaviness and relaxation up to the ankles and lower leg.
- Again give yourself time to allow the sensations to spread to this part of your body feel the warmth, the muscles become so relaxed that they feel heavy like you can't lift them.
- Continue this by moving up to your upper legs and taking the time to enjoy the feeling of warmth and relaxation.
- Before you move on to your torso take a moment to enjoy your legs feeling heavy, relaxed and completely comfortable and glowing with light. Remember to take your time and enjoy the relaxation.
- Visualise the light moving into your stomach and relaxing the muscles front and back so every muscle in your abdomen becomes heavy and relaxed.
- When you have achieved this move the light up into your chest. Really try to picture it around your heart, radiating out to soothe and relax every muscle in your upper torso.
- Move on from here to your shoulders. This can often be an area where tension can collect, so spend some time really letting your muscles melt and become really heavy, warm, and comfortable.
- From your shoulders move it down your arms. As with your legs take the top of your arms first and then move onto the lower arm before concentrating on the hands and fingers. Then move back up to the neck and head.
- Imagine every little muscle becoming relaxed so they can't even move. let your jaw relax, your forehead smooth out and even the part between your eyebrows.
- Your whole body now should be glowing with the warm golden light, feeling relaxed and all your tensions have melted away.



- Take a moment now to notice your breathing, it will now be coming from your lower abdomen slow and deep. As you focus on your breathing now with every out-breath count backwards from 10 down to 1.
- With every in-breath say to yourself deeper relaxed.
- Once you have got down to 1 you will be in a state of deep relaxation and your subconscious mind will be open and receptive. Enjoy this feeling of relaxation. You may have started to daydream or picture a favourite spot you like to relax. That is totally fine, take time to enjoy being in this space.
- When you are ready repeat your affirmation to yourself, 3 times in your head. Use tone and intonation to emphasise keywords.
- Visualise being inside the affirmation, acting out the positivity contained in the suggestion as if it is happening right now!
- Let your positive affirmation sink in and continue to enjoy this experience until you are ready to return to full consciousness.
- Once you are simple count yourself up from 1 to 5. Use a strong internal voice and know that on the number 5 you will open your eyes and feel completely refreshed and wide awake ready to continue with your day.

