

# Self Hypnosis

## “THE BETTY ERICKSON SPECIAL”

Sit in a comfortable chair with your feet flat on the floor.

Find a spot above eye level upon which to rest your eyes.

Soft focus and take in the whole room. Try to keep your eyes open for a while anyway. At some point your eyes will naturally close. Just let it happen when it does.

Complete the sentence with observations in each of the three prime modalities, Visual, Auditory and Kinesthetic (tactile sensations. e.g.: air temperature, textures, etc.)

Note: While it's optimal to observe different things, in the audio realm it is OK to repeat items if necessary – like if you are in a very quiet room and all you hear is one or two things. Remember that silence can be heard too.

1. “I am now aware that I see \_\_\_\_\_.” (Repeat 4 times, 4 different visual observations)
2. “I am now aware that I hear \_\_\_\_\_.” (Repeat with 4 different auditory observations)
3. “I am now aware that I feel \_\_\_\_\_.” (Repeat with 4 different kinesthetic observations)

1. “I am now aware that I see \_\_\_\_\_.” (Repeat 3x, visual)
2. “I am now aware that I hear \_\_\_\_\_.” (Repeat 3x, auditory)
3. “I am now aware that I feel \_\_\_\_\_.” (Repeat 3x, kinesthetic)

1. “I am now aware that I see \_\_\_\_\_.” (2x's)
2. “I am now aware that I hear \_\_\_\_\_.” (2x's)
3. “I am now aware that I feel \_\_\_\_\_.” (2x's)

1. “I am now aware that I see \_\_\_\_\_.” (1x)
2. “I am now aware that I hear \_\_\_\_\_.” (1x)
3. “I am now aware that I feel \_\_\_\_\_.” (1x)

Repeat as needed until trance is satisfactory. And, even if you don't make it through the set once, when your eyes close take yourself (in your mind's eye) to a body of water. Enjoy some R & R there until you're ready to return.

To utilize this trance you can add your own suggestions once in the trance, or you can ask your unconscious mind before you begin, that while you are in trance it can go through and retrieve all useful and constructive references and resources pertinent to your issue at hand and have them available to you when you come out of trance. Then just trust that that will happen and enjoy your time by the water.

*For further exploration, read the transcript and/or listen to the MP3 found under **transcripts**.*