

MIND+BODY+SPIRIT INTEGRATION

GUIDE TO EFFECTIVE SELF-HYPNOSIS

5 Steps to Making ANY Self-Hypnosis or Meditation More Effective

It is becoming increasingly known that mental health is critical to our overall and physical wellbeing. Stress is a killer – physically, mentally, emotionally and energetically – one effective tool against stress is using Self-Hypnosis.

Self-Hypnosis is a technique that allows you to facilitate your own mental state of relaxed awareness. Achieving this state is an effective way to manage daily stress, anxiety and overwhelm in your life. Self-hypnosis will allow you to achieve deep relaxation, maintain mental clarity throughout the day and remain emotionally calmer and stress-free longer with repeated use.

Self-Hypnosis often comes in the form of recordings for listening. However, it's not enough to just passively listen, self-hypnosis requires the state of relaxed awareness be achieved in order to be effective. This can be a difficult state to achieve when a person is continually faced with stress, anxiety and overwhelm. It becomes very difficult to relax. For some the mere thought of sitting down and relaxing causes more stress!

That's why I've made the Guide to Effective Self-Hypnosis. This guide is designed to help you achieve the self-hypnosis state of full body relaxation and relaxed awareness with ANY self-hypnosis or meditation recording – in just 5 Steps.

Here are the 5 steps to easily and effectively achieve the state of relaxed awareness self-hypnosis state when listening to a recording. Be sure to read the 5 Steps before beginning a self-hypnosis recording, as there is preparation involved.

Check out Mind Body Spirit Integration's recording, **STRESS RELIEF with SELF-HYPNOSIS**, at www.mbsintegration.com/stressreliefwithselfhypnosis

5-STEP GUIDE TO EFFECTIVE SELF-HYPNOSIS:

Prepare, Position, Breathe, Be, Notice

PREPARE

Find a location free of interruptions and distractions
Put your phone on Do Not Disturb or Airplane Mode
Loosen constricting clothing (jewellery, ties, belts, top button, etc)
Speakers are best for listening (headphones work too)
Be free of intoxicants and hangovers (alcohol, cannabis, etc.)
Plan ahead when you will do your Self-Hypnosis

POSITION

Sitting upright in a chair with a back and head rest is best (lying down works too)
Hands on top of your legs or the arms of the chair (or beside you, when lying down)
Feet flat on the floor, uncross the arms and legs
Sitting for a moment, are you comfortable?
Body is relaxed and in a sustainable position

BREATHE

Take 5 deep belly breaths
In the nose, Out the mouth
Inhale - Push your stomach out, filling belly with air over 3-4 seconds, pause
Exhale - Contract your stomach, pushing out all air over 3-4 seconds, pause
With every exhale let the tension in your body release
Drop the shoulders a little more, sink a little deeper

BE

Start the Recording
Close your eyes
You have nowhere to be but here, right now
You have set aside this time for you
Just sit back and relax
Allow the journey to unfold

NOTICE

After the recording has finished
Open your eyes, be still for a moment
Notice any sensations in your body
Notice any emotions you are feeling
Notice any thoughts occupying your mind
Notice your overall energy or vibe
Write down your observations
Notice change

TROUBLE SHOOTING

Here are some common issues encountered when learning how to use self-hypnosis:

I'm not going into Self-Hypnosis

Self-Hypnosis is a skill and much like learning a new sport or instrument, it takes practice. As you practice self-hypnosis you will learn to go into deeper states of relaxed awareness more easily, effortlessly and faster with every use.

I'm getting easily distracted

Preparing for Self-Hypnosis is as important as listening to the recording. Remove yourself from distractions and things that will take away your focus: be away from other people, turn off the TV, turn off your phone, turn off anything that beeps, have pets in another room or have them settled where you are. Eventually you will become so proficient at self-hypnosis you can do it in the middle of a busy train station or office lobby – seriously!

I can't sit still or get relaxed

While sitting upright in a chair with a headrest generally works best, if you find you feel fidgety and move around a lot, try lying down on your back on the sofa or bed with your hands and arms alongside your body. Do whatever position you feel most comfortable holding. Work your way up to sitting.

I don't think I'm in Self-Hypnosis

Is your mind calm and aware, your body relaxed and still, but you feel like or think that you're not in Self-Hypnosis? Then you ARE in self-hypnosis! It is very common when experiencing self-hypnosis for the first time to think you are not in self-hypnosis at all. There are many depths to self-hypnosis, and with practice you will go deeper, but you don't have to be deep for it to be effective.

Check out Mind Body Spirit Integration's other Programs and Services



BREAKTHROUGH PROGRAM

Unlock your limitless potential and take back your personal power with this customized 6-week program. Combining Biofield Tuning and Hypnosis in one-on-one sessions with Paul, break through your blocks and limiting beliefs today.



BIOFIELD TUNING SESSIONS

Biofield Tuning is a powerful and elegant sound therapy method that uses sound from tuning forks to rebalance the body's energetic systems back into a coherent state of flow.



CLINICAL HYPNOSIS SESSIONS

Hypnosis is a powerful and proven technique that allows for positive and direct suggestions for change at the unconscious level.

PAUL CHARUK

Coach, Consulting Hypnotist, Sound Therapist
Founder of Mind Body Spirit Integration

Paul is committed to helping every single client that is ready and willing to make the commitment to change. Paul uses hypnosis and sound to help others discover their potential and personal power.

"Live your life, not your story."
- Georgina Cannon



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