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Step 1: Prepare
Yourself for Hypnosis.
Get into something
comfortable : When
you want to relax at
home, you usually do
not try to relax in tight

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jeans, a buttoned shirt, or any restrictive clothing. When you prepare yourself for self hypnosis, you should put on comfortable clothes that are not going to distract you.

~~Self Hypnosis: How to Perform Self Hypnosis in 3 Simple Steps~~

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In order to do self-hypnosis, you must be comfortable and able to relax. The best way to sit if you are just learning, is to sit on a comfortable sofa or chair with adequate back support. Sit all the way back in the chair and place your

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Self Hypnosis steps
for Induction. Begin
with your eyes open,
staring at a spot on

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the wall or ceiling.

Begin with the number 20. Eyes are open, say to yourself, “twenty.”. Close your eyes and then open them again (Like an exaggerated blink,) say “nineteen,” blink “eighteen,” closing your eyes after you say the number and then opening them, until you get down to

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Simplified - Mind To
Succeed~~

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Step 1: Know What
You Really Want.

Sense the

subconscious mind

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favors what you really want, its good to focus on it instead of what you don't want. For example, if you don't want to get ill—besides, who does—then focus on perfect health. The idea is to be positive because the mind is designed to be optimistic. Most of the hindrance to attaining

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~~Hypnosis~~ ~~Basics~~
a positive mind set is
that we are more
focus on the form
rather than the
essence.

~~Successful Self~~
~~Hypnosis in Five Easy~~
~~Steps : 5 Steps ...~~

To discover how to
get started with a self
hypnosis practice,
check out the
infographic below for

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a beginner's step-by-step guide. And to find out how self hypnosis can be used to help you reach a particular goal, experience inner healing or even reach heightened states of conscious awareness, you might be interested in our groundbreaking self-hypnosis homestudy

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—Introduction~~

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hypnosis. It is the key to changing old or unwanted behaviour patterns and creating new, positive habits. Whatever you want to do - stop smoking, lose weight, cope with stress, overcome your fear of spiders or just improve your snooker game - self-hypnosis will help you to harness your own

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