

# Master Self-Hypnosis: A 5-Step Method for Deep and Lasting Change

*Unlock Your Unconscious Mind to Heal, Transform, and Thrive*



## Welcome!

You are ready to create meaningful change—and you’ve chosen to try something new or strengthen your hypnosis skills. That’s a powerful decision, and I want to welcome you.

Change isn’t always easy. Even when you want it deeply, it can feel out of reach because of the unconscious programming running in the background. Self-hypnosis gives you access to the unconscious mind, where you can transform old patterns, align with your goals, and create the lasting changes you’ve been seeking.

Whether you want to release anxiety, improve your sleep, support healing in the body, lose weight, or even perfect your golf swing, self-hypnosis offers a powerful and practical way forward. Once you learn this skill, you’ll have it for life—able to return to it whenever you need clarity, healing, or a shift in direction.

Remember: all hypnosis is self-hypnosis. Even when guided by a practitioner, it is your own mind that chooses to enter trance and accept suggestions. That’s why learning to do it for yourself is so empowering. With just a clear intention, a strong desire for change, and twenty minutes of your time, you can guide yourself into a relaxed trance state where transformation happens naturally.

In the pages ahead, you’ll discover a simple step-by-step process to:

- Enter hypnosis easily and safely
- Create powerful suggestions and visualizations for change
- Deepen relaxation and focus
- Use self-hypnosis as a lifelong tool for healing, growth, and success

Welcome—let’s begin.

## Table of Contents

<b>What is Self-Hypnosis?</b> .....	5
<b>Step 1: Prepare</b> .....	6
<b>A: DESIRE and Your WHY</b> .....	6
<b>B: Attitude/State</b> .....	6
<b>C: Your Environment</b> .....	6
<b>Step 2: Customize with Intention, Suggestion &amp; Visualizations</b> .....	7
<b>A: Set Your Intention</b> .....	7
<b>B: Create Autosuggestions for Change</b> .....	7
Additional Autosuggestion for Pain Reduction .....	9
Additional Autosuggestion for Childbirth .....	9
<b>C: Set Your Visualization</b> .....	10
<b>Step 3: Techniques</b> .....	11
<b>A: Set Your Instructions</b> .....	11
<b>B: Choose and Induction</b> .....	11
Number 1: PIXEL Induction .....	11
Number 2: Countdown 3-2-1 .....	12
Number 3: Breathing Through The Eyes Induction .....	13
Number 4: Autogenics Induction .....	13
Number 5: Light Switch Rapid Induction .....	14
<b>C: Choose a Deepener</b> .....	14
Stairs .....	14
Number Countdown .....	15
Out-Breath .....	15
Elevator .....	15
<b>Step 4: Determine the Experience</b> .....	15
<b>Step 5: Exiting/Emerging Out of Trance</b> .....	16
<b>Self-Hypnosis: A Sample Flow</b> .....	17
<b>The Self-Hypnosis Process Checklist &amp; Worksheet</b> .....	19
<b>Advanced Technique: Image Streaming</b> .....	21

Guided Script: Image Streaming.....	22
<b>Advanced Technique: Control Room of the Mind.....</b>	<b>24</b>
How to Practice Control Room Changes .....	24
Guided Script: Control Room .....	25
<b>Advanced Technique: Imagery Shift and Dissociation for Pain Reduction.....</b>	<b>28</b>
Using Imagery Shift .....	28
Using Dissociation.....	29
<b>Advanced Technique: The Answer Room.....</b>	<b>31</b>
Using The Answer Room .....	31
<b>The Journey Continues.....</b>	<b>33</b>

## What is Self-Hypnosis?

Self-hypnosis is a practice—much like meditation—that becomes easier and more powerful the more you do it. With regular practice, you’ll notice yourself slipping into trance more quickly, using it more confidently, and experiencing greater results. Be patient and compassionate with yourself as you build this new skill.

At its core, self-hypnosis has two steps:

1. **Inducing trance** – guiding yourself into the relaxed, focused brainwave states of alpha (light trance), theta (medium trance), or even delta (deep trance). Any level of trance can be effective, because each one sets aside the conscious mind and opens the door to change.
2. **Giving yourself suggestions** – planting clear, positive affirmations that align your thoughts, feelings, and actions at the deepest level.

Think of it like programming your inner GPS. Your conscious mind decides where you want to go, but it’s your unconscious mind that actually drives you there. If the old programming is still running, it may keep steering you back to the same patterns. Self-hypnosis allows you to reset your inner GPS with new directions—ones that take you exactly where you want to be.

It’s also important to understand that trance does not mean being unconscious or “under.” Trance is simply **selective attention**—a natural state you experience every day. When you’re driving on autopilot, absorbed in a good movie, or deeply focused on cooking, you’re in a trance state.

Self-hypnosis takes this natural ability and uses it with intention. By focusing your attention on a specific goal, visualization, or suggestion, you harness one of your most valuable skills: the ability to direct your energy where you want it to flow.

When you combine the calm focus of meditation with purposeful visualization and suggestion, you amplify your results. This is self-hypnosis with intention—and it can create change that is fast, powerful, and lasting.

There are five key ingredients for practicing self-hypnosis, deepening your mastery, and creating the change you desire. Some are simple, while others require a little thought and preparation. Together, they form the foundation for your success.

## Step 1: Prepare

### A: DESIRE and Your WHY

The most important ingredient is *desire*. Without a genuine desire to change, your results may be limited.

Ask yourself:

- *What do I want to change?*
- *Why is this important to me? What will it give me?*

Frame your goal in a **positive way**. For example, instead of “I don’t want to be in pain,” say:

- “My body is healing and growing stronger.”
- “I restore health and vitality to my body.”

Desire is the fuel in your tank. Without it, you won’t have the energy to move forward—no matter how good the map or directions are.

### B: Attitude/State

Approach your practice with curiosity and confidence. These states open the door for learning and change.

It’s like setting the mood music before a big event—you want your inner atmosphere to match the outcome you’re inviting in.

### C: Your Environment

Choose a space and time where you can relax without distractions. Support yourself by creating a simple ritual: light a candle, draw a card, write down your intention, or practice at the same time each day. Rituals help signal your unconscious that “it’s hypnosis time.”

Tips:

- Quiet space, soft lighting, gentle music or nature sounds

- Comfortable chair or recliner (semi-reclined rather than lying flat so you don't fall asleep)

Your environment is the container for your practice. Just as a plant grows better in good soil, your trance will deepen in a nurturing space.

## **Step 2: Customize with Intention, Suggestion & Visualizations**

Self-hypnosis is more than relaxation—it works because you give your unconscious clear instructions. Without intention, suggestion, and visualization, you're simply meditating. With them, you are programming change at the deepest level.

### **A: Set Your Intention**

State your intention in the positive. If you're just starting out, write it down and say it out loud so your unconscious gets a clear message.

Examples:

- “For my reading to improve.”
- “For my body to achieve deep healing.”
- “For my sleep to be deeper.”

Your intention is like setting the destination on your inner GPS. Without it, you may relax, but you won't arrive anywhere specific.

### **B: Create Autosuggestions for Change**

Autosuggestion is a form of positive affirmation that instructs the unconscious mind of the change you are seeking. When the suggestion is internalized, it allows the belief of the mind and the body to come into alignment.

A famous example comes from Emile Coué, a French pharmacist (1857–1926), who taught:

**“Every day, in every way, I am getting better and better.”**

According to Dr. Richard Nongard, eminent hypnotherapist and author, autosuggestion “hypnotizes us” by shutting off the will and creating a positive, exclusive thought—while at the same time “de-hypnotizes us” from the negative self-talk we accept from ourselves or others.

Repeating a phrase like Coué’s, even for just one or two minutes with your eyes closed, creates noticeable change. Try it and notice how you feel.

Now consider your own desires and needs. In what way, each day, do you want to be “getting better and better”?

- For health and healing: *“Day by day, in every way, my mind and body grow healthier.”*
- For weight reduction: *“Day by day, in every way, my body gets leaner and lighter.”*

Suggestions are accepted more easily when they feel believable. If you don’t truly believe “I am a millionaire,” your unconscious may resist it. Instead, create “in progress” statements that feel true:

- *“I am in the process of creating greater wealth every day.”*
- *“Every day my abundance grows.”*

Here are more sample suggestions you can adapt:

- “Each breath brings calm and peace to my body.”
- “I am safe and secure.”
- “As I scan my body, I release tension with every breath and heartbeat.”
- “I have the strength and capability to overcome challenges.”
- “I see myself thriving as I effortlessly take the steps to achieve my goals.”
- “I see myself at my ideal weight and am capable of achieving this.”
- “I am motivated and focused and make healthy choices easily.”
- “I am grateful for my body’s ability to heal and protect itself.”
- “My immune system is strong and powerful and increases my body’s health.”

- “I trust in my body’s wisdom and resilience.”
- “All is well in every cell.”

#### ***Additional Autosuggestion for Pain Reduction***

Well-meaning medical personnel, family and friends often create ‘negative suggestions’ around pain, such as ‘it will get worse over time’, or by asking ‘how much pain are you in?’ This causes you to focus in on the pain and amplify it and, most importantly, subconsciously create the beliefs that you SHOULD be in pain, and it will get worse.

I recommend using the following as a foundational suggestion as you begin your self-hypnosis journey—**“I only take in positive suggestions”**--in this way, you are in control of what you ‘take in’ from others as your belief base and focus. Other positive suggestions for reduction of pain:

- “As I relax, discomfort dissolves and comfort grows”
- “Comfortable coolness spreads into my body, creating comfort, relaxation and healing”
- “Everything in life changes and pain disappears. I choose to let go of it now.”
- “With each exhale, pain and tension fade away”
- “My body is healing and growing stronger, I restore health and vitality to the areas that need it.”
- “I turn UP comfort in my body”

#### ***Additional Autosuggestion for Childbirth***

Well-meaning medical personnel, family and friends often create ‘negative suggestions’ around childbirth by telling you their horror stories (increasing fear) and when asking ‘how much pain are you in?’ during labour. This causes you to focus on the pain which amplifies it, and, most importantly, subconsciously creates a belief that you SHOULD be in pain.

I recommend using the following as a foundational suggestion as you begin your self-hypnosis journey—**“I only take in positive suggestions”** —in this way, you are in control of what you ‘take in’ from others as your belief base and focus. Other positive suggestions for labour and delivery:

- “I have access to all that I need for a peaceful, gentle delivery.”
- “This is going to be fast and easy”
- “I am a natural at easy, gentle childbirth”
- “The wave of gentle pressure feels like seconds and the letting go feels like hours”
- “I easily lift from my body and float on the waves above all sensations”
- “I have prepared, and my mind and body know exactly what to do”

Think of suggestions as seeds. Repeated with attention and emotion, they take root in the unconscious and grow into new patterns of thought, feeling, and behavior.

## C: Set Your Visualization

Visualization magnifies suggestion by adding rich sensory imagery. In hypnosis, you can:

**Visualize your positive outcome.** For example, see yourself healthy, smiling, standing tall and confident. Or see yourself in a conflictual situation moving through it feeling and being calm and confident. Next add your suggestions that support what you are visualizing.

**Visualize a beautiful safe place** that is relaxing and healing. See yourself there taking in all the wonderful calming and healing energy. Perhaps it's a favourite vacation place that brings you joy, or a safe space you go to when you meditate. Or maybe you will create somewhere new! Next add your suggestions that support what you are visualizing.

**Visualize being wrapped in comforting, warm, healing light.** Feel your anxiety and worries dissolve. Next add your suggestions that support what you are visualizing.

**Visualize yourself achieving your goal.** Perhaps it's weight loss, or the perfect golf swing, or free of a habit. Feel how it feels to be there having achieved your goal. Next add your suggestions that support what you are visualizing.

**Visualize yourself journeying into your body for healing.** Travel to the part that needs healing, ask it for a message, send it light. Next add your suggestions that support what you are visualizing.

There is no limit to the creativity you can apply to your visualizations. If you can see it, feel it, and believe it, your unconscious mind will accept it as a new target to move toward.

## Step 3: Techniques

There are several techniques that are needed to setup the self-hypnosis process.

### A: Set Your Instructions

Decide ahead of time:

- **How long will your self-hypnosis session be?** A self-hypnosis session can be as short as one minute or as long as twenty minutes. Choose what feels right.
- **How will you feel when you come out of trance?** You will tell your unconscious mind whether you want to awaken “wide awake, refreshed, alert and ready for anything” OR “sleepy, tired and ready for deep sleep.

### B: Choose and Induction

An induction is the way you guide yourself into trance. Many people know the progressive muscle relaxation method, where you focus on a part of the body and relax it. Here are four more options:

#### *Number 1: PIXEL Induction*

With this induction, you will use your focus on breath, pixels behind the eyes and sensations in the hand to take yourself into hypnosis.

- Focus on your breath. Follow it in and out, allowing yourself to exhale into softness. As you exhale, repeat your suggestions. Do this for 5 or more breaths.
- Continue to follow the breath, and with eyes closed, see the ‘pixels’ on the inside of your eyelids. Focus on the pixels as you follow the breath in and out.
- Now place your awareness into one of your thumbs. Notice how that thumb feels. Notice the sensations.
- Expand the awareness into your index finger. Notice how that finger feels and the sensations.

- Repeat with middle finger, ring finger and baby finger, and expand awareness into your hand. All this while seeing the pixels and following your breath.
- Maintain your focus on the pixels, your breath and the sensation in the hand and you will rapidly go into hypnosis.
- Allow each breath to take you deeper, feel the sensation of going ‘down’.

***Move now to your chosen deepener.***

### ***Number 2: Countdown 3-2-1***

With this induction, you will use your focus on breath, visualization and counting down to take yourself into hypnosis.

- Focus on your breath. Take THREE deep breaths, follow it in and out, allowing yourself to exhale into softness.
- Take another deep breath in, and as you exhale, notice your heartbeat and mentally repeat and visualize the **number 3** three times.
- Feel your body relaxing deeply and on the next breath, say in your mind as you exhale, **‘three times deeper’**.
- Feel your body relaxing even deeper. Allow yourself to go deeper with each breath and every heartbeat.
- Take another deep breath in, and as you exhale, notice your heartbeat and mentally repeat and visualize the **number 2** three times.
- Feel your body relaxing deeply and on the next breath, say in your mind as you exhale, **‘three times deeper’**.
- Feel your body relaxing even deeper. Allow yourself to go deeper with each breath and every heartbeat.
- Take another deep breath in, and as you exhale, notice your heartbeat and mentally repeat and visualize the **number 1** three times.
- Feel your body relaxing deeply and on the next breath, say in your mind as you exhale, **‘three times deeper’**.

***Move now to your chosen deepener.***

### ***Number 3: Breathing Through The Eyes Induction***

With this induction, you will use your focus on breath, eye fractionation (opening and closing) to take yourself into hypnosis.

- Focus on your breath. Follow it in and out, allowing yourself to exhale into softness.
- Imagine as you breathe in, you are breathing IN through your eyes. Use your imagination here! As you breathe IN, open your eyes as WIDE as you can.
- Imagine as you breathe out, you are breathing OUT through your eyes. As you exhale, close the eyes and imagine you are doubling your relaxation and trance. You can even say in your mind as you exhale, ‘two times deeper’.
- As you do this OPEN and close eyes process, your eyes will become very heavy. Notice how hard it is to open your eyes after 8-10 breaths. Continue to breathe and just imagine your eyes are opening and closing.

***Move now to your chosen deepener.***

### ***Number 4: Autogenics Induction***

This induction directs sensations in the body to create a state of deep relaxation and calm to take you into hypnosis.

- Begin by taking a deep, relaxing breath. Imagine your muscles becoming loose, limp and relaxed.
- As you turn your attention to your ARMS, on the exhale, think to yourself: **“My arms are comfortably heavy.”** Do this three times (three exhales).
- As you turn your attention to your LEGS, on the exhale, think to yourself: **“My legs are comfortably heavy.”** Do this three times (three exhales).
- As you turn your attention to your chest and solar plexus, on the exhale, think to yourself: **“My solar plexus is warm and comfortable.”** Do this three times (three exhales).
- Focus on your heartbeat, and on the exhale, think to yourself: **“My heartbeat is calm and regular.”** Do this three times (three exhales).
- Focus on your stomach, and on the exhale, think to yourself: **“My stomach is warm and soft.”** Do this three times (three exhales).

- Bring your attention to your forehead, and on the exhale, think to yourself: “**My forehead is cool and calm.**” Do this three times (three exhales).
- Now focus on your body, and on the exhale, think to yourself: “**I am calm and comfortable.**” Do this three times (three exhales).

***Move now to your chosen deepener.***

### ***Number 5: Light Switch Rapid Induction***

The light switch induction was created by Roger Moore, hypnotherapist, as a rapid or instant induction into hypnosis. Roger teaches all his clients a one-minute Light Switch technique where they use written suggestions and go into a hypnotic trance and bring themselves back up in one minute. You can go into a rapid trance and stay as long as you like!

- When you are comfortably seated, raise your index finger and when you are ready, close your eyes, lower your finger as if you are shutting off light switch.
- Upon shutting off your light switch, imagine an endless staircase of relaxation. Imagine that as you descend these stairs, each step down takes you deeper, deeper, 100 times more deeply relaxed.
- Go to your favorite, relaxing place and experience hypnosis.

## **C: Choose a Deepener**

Choose one of these deepeners before you begin to follow your induction to take you deeper into hypnosis. Pretend the deepener is working and it will! Intention is your key.

At the end of your deepening process, you may choose to include stepping out into a safe space that you may have been to before or that you may be creating just for your session.

### ***Stairs***

Imagine a set of stairs going down, and there are ten steps to the bottom. Be at the top of the stairs, and slowly descend, with each step-down doubling your relaxation and

deepening trance. You can add counting down to this deepener as you move down on each step.

### ***Number Countdown***

In your mind, see the number 10. Let the number fall away and be replaced with the number 9. With each number down, intend to double your relaxation and deepen trance.

### ***Out-Breath***

Focus on your breath and with each breath out you double your relaxation and trance. You can add counting down to this one as well.

### ***Elevator***

Imagine getting into an elevator and going down slowly, floor by floor to the deepest level you can go.

## **Step 4: Determine the Experience**

There are two ways of experiencing hypnosis: receptively or actively.

- **Receptive hypnosis** means simply allowing whatever arises to unfold. You may notice feelings, images, or messages bubbling up. In this state, you can drift, dream, and float while your unconscious mind carries out the change work you set in motion through your intention and setup.
- **Active hypnosis** means gently guiding the process yourself. You might focus on a visualization or repeat your suggestions a few times—for example: “My body is healing and growing stronger each day” or “I sleep deeply and easily.”

Both approaches are effective. Whether you choose to drift receptively or engage more actively, you are creating change, deep relaxation, and healing in both mind and body.

💡 Tip: If you're new to self-hypnosis, experiment with both approaches. Some people find receptive hypnosis effortless, while others prefer actively guiding the experience. Over time, you may discover a natural rhythm that blends both.

### **Example — Blending Both Approaches**

Imagine you are in hypnosis and begin by actively repeating the suggestion: “Each breath brings calm and peace to my body.” After a few repetitions, you move into a visualization of yourself moving through a stressful day or event, and see yourself being calm and peaceful at your very core. Allow yourself to drift.

Images or sensations may arise—perhaps a feeling of lightness or a vision of healing light moving through your body. Without effort, your unconscious mind continues the change work you have instructed it to do, while you simply float and observe. When you're ready, you can gently return to repeating your suggestions or continue resting in the receptive state.

## **Step 5: Exiting/Emerging Out of Trance**

Plan to emerge from trance gently. You can either:

- **Let your unconscious mind guide you** — trusting it to awaken you naturally when the work is complete, according to the instructions you set, or
- **Consciously bring yourself back** — when the time you chose for your session has passed.

When you return, take a deep, refreshing breath and stretch to reorient yourself. Give yourself a few moments to fully come back before moving on with your day. Notice how good you feel—calm, clear, and renewed.

### **Sample Awakening Script (Alert Version)**

If you'd like a structured way to come out of trance, you can count yourself up from 1 to 5, giving yourself a positive suggestion with each number:

*1 — Beginning to return, energy gently rising*

*2 — Becoming more aware of my surroundings*

3 — *Taking a deep, refreshing breath*

4 — *Stretching, feeling alert and awake*

5 — *Eyes open, wide awake, refreshed, clear, and ready for the rest of my day*

### **Sample Awakening Script (Sleep Version)**

If you're using self-hypnosis at bedtime, you may prefer to drift straight into sleep. In this case, suggest to yourself:

1 — *Going deeper and deeper into rest*

2 — *Letting my body grow heavy and loose*

3 — *My mind is quiet, calm, and still*

4 — *Sinking into comfort, ready for sleep*

5 — *Drifting into deep, peaceful, healing sleep now*

This way, you can use self-hypnosis either as a tool for energy and focus—or as a bridge into deep and restorative sleep.

## **Self-Hypnosis: A Sample Flow**

With your preparation complete, it's time to step into the experience of self-hypnosis.

At the beginning, it's helpful to write down your preparation steps (see the checklist in the next section). This makes the process clear to your unconscious mind, reinforcing the jobs you're asking it to do and the outcome you desire. Speaking your preparation out loud—such as your time limit, intention, suggestions, visualization, and how you want to exit—gives your unconscious mind crystal-clear instructions to follow. Don't worry about “doing it right.” Every session strengthens your partnership with your unconscious mind. Consistency is more important than perfection.

Here's a simple flow you can use:

- **Get comfortable in your chosen environment.**  
*Make sure the space feels quiet, safe, and supportive. Adjust the lighting, play soft music if you like, and sit in a position that allows relaxation without falling asleep.*
- **Read your preparation steps out loud.**

- *State your intention clearly and positively (e.g., “My intention today in hypnosis is to align my body to heal and grow stronger”).*
  - *State your intended time limit (e.g., “I will be in hypnosis for 20 minutes, please bring me back then”).*
  - *State your awakening method (e.g., “I intent to come back gently, refreshed and wide awake after 20 minutes”).*
  - *State your chosen suggestions and visualize your outcome briefly, so your unconscious mind knows exactly what you want.*
- 
- **Take a deep breath and become present.**  
*Feel your body settle. As you exhale, release any tension or distractions, bringing your full attention to this moment.*
  
  - **Go through your chosen induction and deepener.**  
*Follow the methods you selected (e.g, Pixel induction with the Elevator deepener). Let yourself drift into trance.*
  
  - **Experience hypnosis.**  
*Allow it to unfold. You might drift receptively, letting images and feelings arise, or guide yourself actively with suggestions and visualizations. Trust the process.*
  
  - **Exit per your chosen method.**  
*Use your awakening script to return alert and refreshed—or your sleep script if you’re practicing at bedtime.*
  
  - **Journal your experience.**  
*Take a few moments afterward to write down what you noticed—images, sensations, emotions, or shifts in your body. Over time, these notes will show your progress and deepen your self-awareness.*

# The Self-Hypnosis Process Checklist & Worksheet

## 1. Prepare

My desire/outcome is framed in the positive:  
(Example: *"My body is healing and growing stronger each day"*)

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My environment is supportive (quiet, comfortable, low light, music optional).

I am in a state of curiosity and confidence.

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## 2. Customize

My Intention:  
(Example: *"For my sleep to be deeper"*)

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My Suggestion(s):  
(Examples: *"Each breath brings calm and peace to my body"* / *"I am safe and secure"*)

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My Visualization:  
(Examples: *Seeing myself standing tall, smiling, and confident* / *Wrapped in healing light* / *Walking down stairs into calmness*)

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## 3. Techniques

Instructions set:

- Session length: \_\_\_\_\_ minutes
- Exit choice:  Awaken alert (Example: *"Wide awake, refreshed and clear"*)  
 Drift into sleep (Example: *"Drifting into deep, peaceful sleep now"*)

Induction chosen:  
(Examples: *Pixel induction* / *Breathing through the eyes* / *Autogenics* / *Light Switch*)

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Deepener chosen:

(Examples: *Counting down from 10 / Walking down stairs / Out-breath / Elevator*)

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#### 4. Experience

Approach:

- Receptive (Example: *Drifting, allowing feelings or images to arise*)
- Active (Example: *Repeating: “My body is healing and growing stronger each day”*)

Notes from session:

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#### 5. Exit

Used awakening or sleep script.

Sample Awakening Script

- 1 — *Beginning to return, energy rising*
- 2 — *Becoming more aware of surroundings*
- 3 — *Taking a refreshing breath*
- 4 — *Stretching, feeling awake and clear*
- 5 — *Eyes open, wide awake, refreshed*

Sample Sleep Script

- 1 — *Going deeper into rest*
- 2 — *Body heavy and loose*
- 3 — *Mind quiet and calm*
- 4 — *Sinking into comfort*
- 5 — *Drifting into deep, peaceful sleep now*

How I feel now:

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✦ *Tip: Use this worksheet each time you practice. Revisit your notes to see what worked best and how your experience evolves over time.*

## Advanced Technique: Image Streaming

Image streaming is a powerful way to communicate with your unconscious mind to solve problems, expand self-awareness, spark creativity, and gain new perspectives. It works by combining visualization with curiosity, allowing images and impressions to flow freely without judgment.

This technique is especially useful when you feel stuck, need a fresh idea, or want guidance from your deeper intuitive self. Sessions usually last 10–20 minutes and can provide surprising insight and clarity.

### How to Practice Image Streaming

**1. Ask a question.**

Choose something you want clarity on (e.g., “What’s blocking me from moving forward?”).

**2. Enter trance.**

Close your eyes and relax into a light trance. The *Light Switch induction* works especially well here.

**3. Focus inward.**

Place your attention on the inner mind—the space behind your eyes, in the middle of your head. Thank your unconscious mind for helping and ask it to create an image in response to your question.

**4. Notice the images.**

Allow whatever comes up—shapes, colors, scenes, symbols, or flashes of memory. Describe them aloud into a recorder, jot them down afterward, or simply trust that you’ll remember.

*Tip: If using the Light Switch induction, you can briefly “switch on” to write notes, then “switch off” to continue.*

**5. Ask for meaning.**

Once an image arises, gently ask: “*What does this mean?*” or “*What message does it hold for me?*”

**6. Allow more to come.**

Images may shift, multiply, or turn into words, sensations, or simply a knowing. Accept whatever appears.

**7. Look for themes.**

Notice if the images connect into a story, repeat a symbol, or reveal a pattern. These are often clues to what's blocking you—or the answer to your original question.

**8. Integrate.**

Return to waking awareness. Take a moment to write down the images, messages, and themes, and reflect on how they apply to your question or situation.

Image streaming works best when you suspend judgment and let the images flow. Even strange or random images often carry meaning once you explore them further.

### **Guided Script: Image Streaming**

*Begin by finding a quiet, comfortable place where you won't be disturbed for 10–20 minutes.*

Take a deep breath in ... and let it go.

Close your eyes, and allow your body to relax.

You might notice your muscles softening, your breathing slowing, and your mind beginning to drift.

When you feel ready, gently ask yourself a question you'd like guidance on.

It could be simple: *“What do I need to know right now?”* or more specific: *“What is blocking me from moving forward?”*

Now, imagine flipping a switch that allows you to go inward.

Bring your awareness to the space behind your eyes, in the middle of your head.

Thank your unconscious mind for helping, and invite it to show you an image in response to your question.

Whatever arises—colors, shapes, objects, faces, memories, symbols—just notice it. Describe it out loud as if you were telling a story, or let yourself remember it clearly to write down later.

If nothing comes at first, simply wait. Trust that your unconscious mind is preparing to respond.

When an image appears, ask gently: *“What does this mean? What is the message for me here?”*

Allow new images, words, or feelings to flow.

Don’t judge them or try to make sense too quickly—just let the stream continue.

If you like, imagine flipping your inner switch ON for a moment, opening your eyes, and jotting down what you saw. Then close your eyes, flip the switch OFF, and drop back into the stream.

Continue exploring until you feel complete, or until 10–20 minutes have passed.

When you’re ready to finish, thank your unconscious mind for its guidance.

Take a deep breath in, stretch gently, and return to full awareness.

Take a few moments now to write down the images, messages, and themes that came to you. Look for patterns, connections, or a storyline that may hold insight into your original question.

## Advanced Technique: Control Room of the Mind

The **control room** of the mind is a powerful technique that can be used to decrease discomfort, increase comfort, turn off sensations or change emotional response to adjust mind and body reaction/feelings. This technique provides the experience of learning how metaphorical thoughts and imagery can shift perceptions and physiological responses, which makes it a great technique for acute or chronic pain management.

This technique is especially useful when you need to manage (reduce) pain or increase relaxation or calm. The control room is a visualization and is done in the visualization portion of your self-hypnosis session.

Initially sessions are usually 10-15 minutes, but as you practice in your control room, you will become adept at changing sensory stimuli in the body almost instantly but just imagining the adjustment in your mind (without hypnosis!).

### How to Practice Control Room Changes

#### 1. **Setup your session using the checklist.**

The control room will be the visualization.

#### 2. **Enter trance.**

Close your eyes and take yourself into trance using any of your preferred inductions.

#### 3. **Focus inward.**

As you come to the visualization component of your self-hypnosis session,

- a. Imagine you are walking through an enchanted forest.
- b. See a doorway in the forest—the doorway to your control room.
- c. Enter through the door, and notice the banks of lights, dials, levers and gauges that line the walls. One area is for physical sensations, another for emotions, and even another for hopes, dreams and wishes.
- d. Move to the area for physical sensations.
- e. Find the dial, gauge or lever that controls the sensation of what you wish to change. Notice where the setting is currently.

- f. Turn the dial, gauge or lever down (for pain or discomfort), and find the dial, gauge or lever for comfort. Adjust this to turn it up.
- g. You can play in the control room – bringing in the sensation of cooling that becomes numbness. You can spread that numbness to any other part of your body.
- h. Finish the adjustments and set to the perfect and most helpful settings for you.
- i. Leave the control room and come back to the forest.

#### **4. Exit your self-hypnosis session.**

Emerge from self-hypnosis in whatever way you had planned.

The more you ‘play’ in your control room, the easier it will be to make fast, effective sensory changes in your body.

#### **Guided Script: Control Room**

Imagine now that you are walking through a forest. This is the forest of infinite possibilities. Deep green, tall old growth trees line the path which is smooth and level under your feet. See, feel or imagine the abundant growth and lush vegetation lining the path. Feel and hear the soft sound beneath your feet of the ground, the soft earth as you move down the path on a perfect day for you, just the right temperature, just the right breeze, feeling the cool and clean forest air on your face and the stillness of nature in the forest that surrounds you.

Ahead of you see feel or imagine a door on this path. And as you open the door and your eyes adjust to the dimmer light, you notice there are five steps leading down to a room.

Counting down from five to one, going deeper within. Five ... down the stair.....four....three....two and one, bottom step and now inside the room.

You notice that the walls of this space are lined with banks of softly flashing, colored lights...instrument panels...dials, levers, gauges of types... this control room monitors and regulates everything in and about you.

One area measures, calibrates and adjusts all of your physical functions...everything about your body is controlled in this area. Another area is in charge of your emotions, your feelings. Still another section of this Control Room addresses your beliefs, your hopes and dreams.

Focus on that area that controls your physical body...your anatomy...In fact, please focus in on the controls for your left hand...You will notice that there are many ways that your left hand can be and feel. You might see some controls for the strength or the weakness of your left hand...you might see some controls for the tension or the relaxation of your left hand...perhaps there is an itch adjustment for your left hand...You will also notice that there is a temperature gauge for your left hand. Look and see what the setting is right now. It may appear to you as a digital read-out or it may be in some color spectrum or identified by specific words. The control mechanism may be a dial, or a gauge or a lever...Just notice the temperature of your left hand...right now.

Now, turn down the temperature of your left hand. Turn it way down. Just adjust that temperature control down. Turn it down so far that you soon notice a sense of cooling coming in. You may notice it first on the top of your hand, or perhaps in the fingertips or maybe in the palms. Just notice as your left hand starts to cool. Really turn that temperature down...so that in a little while, a sense of numbness begins to arrive. A sensation of no sensation...numb, like when you have your gums numbed at the dentist. Or, if you like, the feeling you might get if you put your entire hand into a snowbank...or a bucket of ice water. So cold, so numb...now. Some people even notice that it starts to feel as if there is no hand...or, that it feels like a block of wood...inanimate...totally numb. Now to make you feel better now you are ready to start to warm up that left hand...So, just turn that temperature back up...move it back up to the original degree...notice how the feeling comes drifting quickly back in...so that you are becoming, once again, aware of the feelings of your fingers, your thumbs, the palms...and the backs of your hands. You now understand that you can adjust how your left hand and how any part of your physical self is feeling, simply by coming to this Control Room and accessing the controls.

You might decide to go straight to the controls for that body part and let the relief come right in...or perhaps turning down pain or discomfort and turning UP comfort.

You will even notice that you are not limited to just one modality for your body. For example, you can certainly turn down the discomfort and turn up the comfort...or you can turn down relaxation and up energy...can't you?

You really have to hand it to your mind...you have two dials to help you – one to decrease pain and discomfort and one to increase comfort. Your mind knows how to make you feel better when you decide you are ready.

Your mind already knows how to use time to help you manage discomfort, and because your mind can turn down discomfort it can have an hour can seem like a minute.

You are the one who knows your body best...you may decide to choose a numb feeling or you may realize that a feeling of warm relaxation is more helpful. But what you have certainly learned here is that you are the Boss of You. You can choose how you feel, at any time...the more you practice and play here in this Control Room, the easier it becomes for you to elicit the feelings you want. In fact, I wonder if you even know how easy it will soon be for you to simply imagine the controls and quickly adjust them to turn down discomfort and turn up comfort. Knowing the secret to controlling your pain or discomfort or any other function of the body and mind will make your life experience richer and joyful.

## Advanced Technique: Imagery Shift and Dissociation for Pain Reduction

There are two additional powerful visualization techniques that can be used in self-hypnosis to reduce pain. Sessions usually last 10–20 minutes and can provide surprising relief and reduction of discomfort and pain.

These techniques are used in the visualization portion of your self-hypnosis session.

### Using Imagery Shift

1. **Setup your session using the checklist.**

The imagery shift will be the visualization.

2. **Enter trance.**

Close your eyes and take yourself into trance using any of your preferred inductions.

3. **Focus inward.**

As you come to the visualization component of your self-hypnosis session,

- a. Imagine you are shrinking down to an itty bitty speck of awareness and take that awareness into your body where the pain is.
- b. Imagine going inside of the pain and look out through the pain.
- c. Notice the colour, the shape, movement or any image of the pain. **Just notice, WITHOUT judgement, (like, oh, there you are!).** Be here for a little bit of time.
- d. Now shift the colour and shape. If the energy is moving, change the way it moves (for example, spin it in a different direction). Change the image. Shift to a sound. By shifting the attributes of the pain to something different, you will reduce the pain immediately. Thank the energy.
- e. Come out of the shifted energy and back up to your regular state.

4. **Exit your self-hypnosis session.**

Emerge from self-hypnosis in whatever way you had planned.

## Using Dissociation

Another powerful way of reducing pain is through dissociation, which is seeing yourself from **outside of yourself**. This is especially effective for intense pain (childbirth contractions, intense injury or chronic pain). For example, if you were in the ER having sutures put into a nasty cut, you could dissociate by imagining floating out of your body and viewing the procedure from the ceiling.

Another way to think about dissociation is to imagine that instead of being in the front car of a roller-coaster, you imagine watching yourself on that same roller coaster, but from the perspective of a park bench nearby.

The dissociation caused by the mind in hypnotic trance will separate you from the pain. The great thing about dissociation is it works for both pain and emotions.

### 1. **Setup your session using the checklist.**

The dissociation will be the visualization, and you can blend it with imagery shift.

### 2. **Enter trance.**

Close your eyes and take yourself into trance using any of your preferred inductions.

### 3. **Focus inward.**

As you come to the visualization component of your self-hypnosis session,

- a. Imagine you are stepping outside of yourself and looking at yourself in a mirror. In the case of extreme pain, allow yourself to float up above yourself and view yourself from above.
- b. Seeing yourself in the mirror or from the ceiling, in a dissociated state. You can then ‘work on’ the pain to make changes through imagery shifting.
- c. From the dissociated place, look at your body and the area that is experiencing pain.
- d. Imagine that pain has a colour and a shape. Imagine that energy colour and shape has a movement to it. Notice how it is moving (often it will be ‘spinning’ in a particular direction).
- e. Reach into the mirror (or down from the ceiling) and imagine you can pull that energy out of your body. Change the colour, size, the shape and reverse or stop the movement. By shifting the attributes of the energy to something different, you will reduce the pain immediately. You may put the shifted energy back into your body or decide to leave it out.

- f. When you feel ready, either return to your body from the ceiling, or bring your body out of the mirror and step back into it.

**4. Exit your self-hypnosis session.**

Emerge from self-hypnosis in whatever way you had planned.

## Advanced Technique: The Answer Room

The **answer room** is a powerful visualization technique that is both active and receptive and can be used to communicate with that part of you that knows the answers that you seek. The answer may be from your unconscious mind, spirit team or ANYONE you respect and admire for their intelligence, creativity and solutions focus to solve problems, or gain new perspectives.

This technique is especially useful when you feel stuck, and answers aren't coming in the usual ways. Use this technique in the visualization portion of your self-hypnosis session.

### Using The Answer Room

1. **Setup your session using the checklist.**

The Answer Room will be the visualization.

2. **Enter trance.**

Close your eyes and take yourself into trance using any of your preferred inductions.

3. **Focus Inward.**

As you come to the visualization component of your self-hypnosis session,

- a. Imagine standing in front of an doorway with a sign that reads 'Answer Room'
- b. Move through the doorway into the room and feel the wisdom and clarity in the room. You know that many wise and comfortable decisions have been made here.
- c. There is a table and two chairs. You make your way across the room and sit in one of the chairs.
- d. Notice the words on the table, 'Make a Wise Decision' and see paper and pen in front of you.
- e. Write down your question.
- f. You know a trusted person is coming to answer your question. This may be a person you know from the past, present or future, or it may be a historical figure or fictional character, a spiritual being, your Higher Self, or even an animal. What matters is this is a being you trust has the wisdom,

perspective, and insight to know exactly what's best for you and everyone involved.

- g. 3,2,1 and the being is there and feel peace, calm and confidence flood through you.
  - h. Give them the paper with your question.
  - i. Let them write the answer, or tell you the answer with their voice, or show you a symbol or vision that makes the answer clear to you.
  - j. You know the answer.
  - k. You trust the answer.
  - l. Thank your wise mentor in whatever way is best for you.
  - m. Take your paper and the answer and step out of the Answer Room.
- 4. Exit your self-hypnosis session.**  
Emerge from self-hypnosis in whatever way you had planned.

## The Journey Continues

You now have a powerful set of tools to guide yourself into self-hypnosis, create positive suggestions, and work with your unconscious mind for transformation. From setting your intention and choosing an induction, to visualizing outcomes and exploring advanced techniques like image streaming, you've learned how to shape your inner experience in ways that ripple outward into your life.

Remember:

- **Self-hypnosis is a practice.** The more you use it, the easier and more effective it becomes.
- **Your unconscious mind is always listening.** Clear, positive instructions help it support you fully.
- **You are in charge.** Whether you choose receptive drifting or active guidance, you hold the key to change.

Every time you practice, you are strengthening your ability to focus, relax, and direct your inner resources toward healing, growth, and transformation. Even five minutes a day can bring meaningful shifts.

Most of all, be gentle with yourself. Self-hypnosis is not about perfection—it's about creating space to connect with your inner wisdom, align with your intentions, and move forward with greater ease and confidence.

***Trust the process, trust yourself, and remember: the change you seek is already within you, waiting to be awakened.***

### A Personal Note:

As you close these pages, I want to remind you of something important: you already carry within you everything you need to heal, to grow, and to thrive. Self-hypnosis is simply a doorway—a way to access the deep wisdom and strength that has always been part of you.

Each time you practice, you're not just relaxing or repeating words. You are reclaiming your power. You are showing up for yourself in a way that says: *"I matter. My growth matters. My healing matters."*

There may be days when the process feels easy and magical, and others when the mind feels restless or resistant. Both are part of the journey. What matters most is that you return, again and again, with compassion for yourself and curiosity for what unfolds.

This path is not about control—it's about partnership with your deeper self. When you learn to trust that inner guidance, you will discover a well of love, creativity, and resilience that can transform every part of your life.

So take these tools, practice them often, and most importantly—use them with kindness toward yourself.

With gratitude and encouragement,

*Niki*