



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

151- Blocking the Hypnotherapist

This is only for the hypnotherapist. Do not instruct your clients in self-hypnosis if you are having sessions with them. Self-hypnosis does not take the place of individual sessions.

It is best not to use self-hypnosis for fears or phobias or other serious issues. Your subconscious mind hears every word you say and knows every thought you think. It knows the issues you are going to give yourself suggestions for and therefore resistance may set in. It is best to let another professional hypnotherapist work with you.

You can use self-hypnosis to block yourself, but the same things that happen to a client when you instruct them in the art of self-hypnosis happens to you. It is difficult to maintain an awareness level where you are able to focus on the suggestions you wish to give yourself. There is the tendency to drift off.

Be sure to always give yourself constructive and positive options before entering the hypnotic state. Only practice self-hypnosis when you are in a positive state of mind.

Give yourself a certain time you wish to wake up.

Make yourself two recordings.

- Recording 1 - Use this recording for a few weeks as you condition yourself to enter the state of hypnosis by using your personal formula. Your personal formula is your physical key, your emotional key, and deep hypnotic sleep.
- Use this recording as you go to sleep and, at the end of the recording, tell yourself that your subconscious mind draws you from the hypnotic state into a deep natural, peaceful sleep for the night and the entire overload from the day will leave your mind.
- This recording should only be used when you are ready to go to sleep. Make sure it plays only one time and then turns off.



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- Recording 2 – You will use the same procedure to enter the hypnotic state and give yourself the suggestions you would like.

Get into a comfortable position and give yourself these suggestions

1. *I will now enter the hypnotic state for the purpose of giving myself suggestions and I will remember the suggestions I wish to give myself.*
2. *I always speak to myself in the first person when doing self-hypnosis.*
3. *I use my personal formula (Your formula must consist of three words you find emotionally and physically relaxing and calming. The third word is always Deep Hypnotic Sleep.*
4. *I only relate to the words “Deep Hypnotic Sleep” when working with myself.*
5. *Whenever I suggest deep sleep to my clients I become even wider awake, enthusiastic, moving easily in my thoughts.*
6. *The more clients I see in a day, the more awake and clear minded I become.*
7. *Then give yourself the blocking suggestions you need.*

Send ANHI a copy of the suggestions you are going to give yourself.