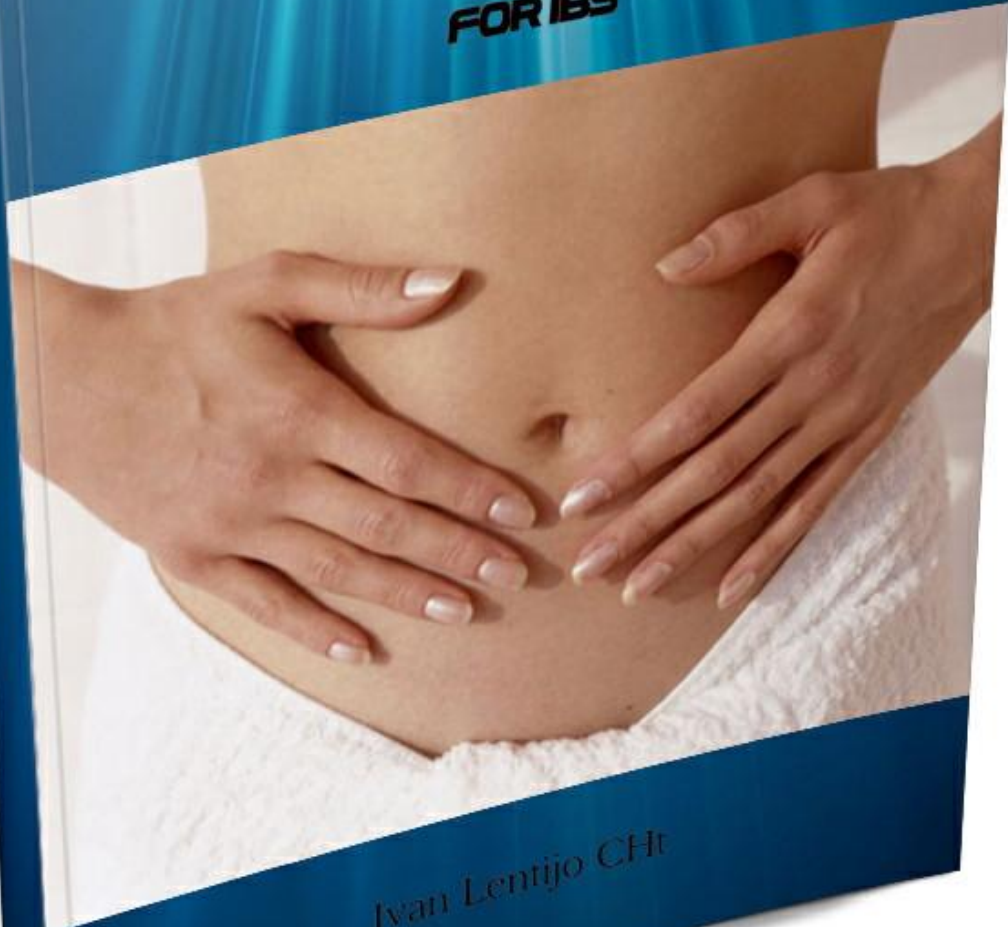


**UNLOCK THE FULL POTENTIAL OF YOUR MIND
WITH
SELF HYPNOSIS
FOR IBS**



Ivan Lentijo CHt

UNLOCK THE FULL POTENTIAL OF YOUR MIND

WITH

SELF-HYPNOSIS

(For IBS)

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A) HYPNOTHERAPY FOR IRRITABLE BOWEL SYNDROME (IBS)

People with IBS often have abdominal pain or discomfort which is associated with opening their bowels, or they experience a change in bowel habit (constipation, diarrhoea or both). They experience bloating and cramping.

These gastrointestinal symptoms affect up to 20% of the population.

Symptoms range in severity from an occasional mild episode to a debilitating, life altering disorder which prevents the IBS sufferers from working or going to public places, interfering severely in their daily life.

Stress and anxiety exacerbate the symptoms.

Diverse studies support the use of hypnosis and guided imagery to improve quality of life and symptom relief of those people who have been medically diagnosed with Irritable Bowel Syndrome.

Hypnotherapy uses hypnosis to help you relax and focus your attention. It is a very useful tool, using imagination to create positive and lasting change.

Therapeutic techniques and suggestions are delivered when you are in hypnosis to help you take control of your IBS.

With Hypnosis, you are restoring the bowel blood flow, and improving your symptoms.

It is possible that right now, you might be curious about how hypnosis and self-hypnosis can help you with your Irritable Bowel Problem.

At the end of this book and during your reading, I will give you more specific information about how hypnotherapy can help your IBS. Before, I ask you to learn a bit more about hypnosis, in order to dispel all the magic myths and misconceptions on this powerful tool.

In the next lines, you have a short and precise description on hypnosis and the power of your imagination to heal your body and your mind.

I have developed a simple programme of self-hypnosis in 5 easy steps that anyone can use to help with many different issues. Obviously, hypnosis is not a magic wand (although sometimes it looks) and it requires persistence and practice, in order to become a skilful hypnosis subject.

B) INTRODUCTION

1- Ivan Lentijo - Behavioural Modification Specialist

My name is Ivan Lentijo. I am a Clinical Hypnotist and Behavioural Modification Specialist. Some people may wonder what my role involves. So I will begin by explaining what I do and how people can benefit from it.

Although I am currently happily living the life I have chosen, I must admit that it has not always been the case. My journey to becoming a Clinical Hypnosis Specialist began when I was much younger.

I was born in a working class neighbourhood in Madrid, the capital of Spain. I remember a happy childhood, playing soccer with balls made from paper, wrapped with celotape. My parents always insisted on giving my two brothers and I the highest education possible. Although they did not have the chance to go to the University, my parents always instilled in us the importance of studying in our lives. As a result I continue to engage in the learning process today and I must say that reading is now one of my favourite hobbies.

As a Clinical Hypnotherapist, I have spent a number of years training and practicing hypnosis in order to understand how the mind works. I am passionate about the power of the mind and all the wonderful things we are able to do with it. I really believe, particularly from personal experience that all potential is locked in our minds, eagerly waiting to be unleashed.

I have been fortunate to train in Hypnosis with some of the best specialists in the world. I have studied in different schools of thought in a variety of countries in order to discover the most effective tools to help people reach their full potential and achieve their goals.



These goals may be related to your desire to modify unwanted habits, overcome fears and phobias, increase self-esteem, confidence, reduce pain, manage anger, overcome insomnia, quit smoking, control eating habits, control your gut for IBS, improve relationships, change your job, find your financial independence or just simply to be happier.



It gives me great pleasure to introduce to you a very an extremely effective method which can help you with any of the above issues or to simply support your commitment to leading a happier life. This tool can be utilised by you throughout your life to achieve whatever your mind can imagine and with miraculous results. It is a technique you can then teach to other people to help them achieve their goals should you wish to do so.

If you wish to be happier and there is an area of your life that you would like to improve or change, then I invite you to continue reading and learn about what I consider to be the Conductor of your mind and body - *Your Subconscious Mind*.

By understanding and harnessing your subconscious mind, you can understand your life more clearly, allowing you to make decisions that lead you to be where you always wanted to be.

2- What is powerful about this method?

In my private practice I act as a guide to assist my clients in experiencing the change they desire. An integral part of my role involves teaching my clients self-hypnosis exercises to practice in their own time so they can reinforce what they have learned during our sessions together. This is essential to ensure speedy and sustainable results.

I also use this method to reduce my own stress levels, increase my confidence, and allow me to sleep especially when my mind is full of thoughts distracting me from experiencing a well deserved rest.

In my private practice, I regularly receive calls from people enquiring about my services. Upon further explanation of what this intervention involves and how it may meet their specific needs many individuals book an appointment but not all.

There can be many reasons why an individual does not chose to move further in the process, I sense fear is an underlying common factor. However I never judge and am always accepting of the place in which a human being finds themselves in that moment. But I cannot help but wonder if these individuals allowed themselves the gift of being open minded, how the benefits of hypnosis could enhance their lives.

This is one of the reasons why I want to offer all individuals the opportunity to experience the benefits of hypnosis in the safety of their own environment through the provision of the opportunity to learn self - hypnosis. My intention is to provide you with an easy to follow daily practice which will enable you to become your own healing catalyst.

3- I helped myself with this method and I want to help others

- Have you ever thought that you would like to change things in your life and you did not know how to do it?
- Have you tried many different methods and none of them have worked?
- Do you feel stressed in many occasions to cope with your daily responsibilities?



Let me explain how I changed my life and how I have helped many people to do so:



I consider my time to be one of the most precious things I have in life. I do not like to waste it. Sometimes this is a problem because I end up committing myself to too many things. In the past, I found myself in some stressful situations due to limited time to honour my commitments fully. I could feel my mind filling up an overload of things to do. My heart was beating fast, my hands were getting cold, I was feeling nervous, not feeling hungry for long periods of time and experiencing headaches. I needed help.

4- Why self-hypnosis?

I am a mindfulness practitioner and regularly meditate. I truly believe mind training modalities are useful to release tension and live fully in the present. I realised that hypnosis is the tool which works most effectively for me, not only in reducing my levels of anxiety and stress, but in helping me to be more self confident, increasing my self esteem and overall, being able to cope with situations I feel I would not have been able to cope with as effectively before.

Being able to imagine, visualize, feel, hear, see and notice in your mind a desired outcome, is the most powerful tool to train your brain to achieve anything you always wanted to accomplish.

I am passionate about the power of the mind and all the wonderful things we are able to create with it. I have over 300 books in my library on the topic of hypnosis so I can ensure you that my research about this method has been thorough.

I have chosen to commit myself to creating awareness of the benefits of hypnosis and to increase its accessibility to anyone who possesses the willingness and desire to change and improve determined areas in their lives.

I wish to increase the accessibility to hypnosis through teaching you an effective method of *Self Hypnosis*.

5- Excellent proven results



In my role as a Hypnotherapist, I generally see clients for a maximum of six sessions. In some cases, one or two sessions are enough in order for my client to experience improvements in their life (specially working with fears and phobias). I believe an integral part of these improvements is a result of the tools I teach them which they can use without my assistance. The purpose of these techniques is to enable my clients to take personal responsibility and self manage their life situations effectively going forward without reliance on me.

6- Latest method to connect your mind with your body

I will now teach you a step by step guide to train your brain and help you boost the connection between your mind and your body. This will help you to more easily deal with those moments when you are feeling stressed or anxious. You can utilise this tool to eliminate any bad habit or simply give yourself a mental boost.

C) STEP BY STEP METHOD OF SELF-HYPNOSIS

7- What is hypnosis?

Hypnosis works simply by focusing on a goal and entering into a relaxed state of mind (some people called it trance, although there is a wide debate about the use of this term among fellow practitioners). In this state of mind, you can allow your mind to create new ways, meanings and discoveries in your life that can help you to explore deeper within yourself and spontaneously create new behaviours, change unwanted habits, build more helpful beliefs, therefore allowing you to easily create the life you want.

Trance is like a daydreaming state of mind and you can induce this state anytime you want when practising the techniques you are going to learn in this guide. Actually, there are many moments during the day where you evoke this state: everyday you become completely absorbed in a certain level of trance when you are watching a movie, reading an interesting book, paying attention to a teacher or a speaker talking about your favourite topic, running long distance, you have entered in what is called a hypnotic trance.

As a well known Hypnotherapist would say, John Cleesattel, *“trance” is simply when the body “automatically reacts” to suggestions. It is kind of like goose bumps, you can’t make them happen, but you can notice them when they do.*

As you can see, this is a natural state of the mind, so hypnosis is a tool that everyone already possesses but few people know how to use it.



8- Celebrities also use this method

There are many people who have used hypnosis to help with specific issues and there are others who use hypnosis on a regular basis in their lives.

If you research on the internet about the use of hypnosis, you will realise that there are many celebrities that have used this intervention, on its own or in conjunction with other, to deal with different issues in their life. Here is a selection of celebrities that use it:

- Ellen Degeneres, Matt Damon, Drew Barrymore, Mark Knopfler, Ben Affleck, Samuel L. Jackson, Winona Ryder, Ashton Kutcher and Charlize Theron all stopped smoking with hypnosis.
- Kevin Costner used hypnosis to stop his sea sickness. He flew his personal hypnotist to Hawaii to overcome sea sickness.
- Martha Stewart used hypnosis to stop her nightmares of jail.
- Sarah Ferguson has used hypnosis to deal with stress.
- Tiger Woods gained a mental edge for golf using hypnosis. Tiger Woods' mental coach hypnotizes him to block out distractions and focus on the golf course.
- Orlando Bloom was so hooked on chocolate as a child, his mother called in a hypnotist to help him shape up.
- Kevin McBride, the celebrated Irish heavyweight boxing champion attends hypnotherapy sessions before every game, to get into the right frame of mind.



Other celebrities who have used hypnosis as part of their weight-loss program include:

- Lily Allen (singer)
- Sophie Dahl (model)
- Geri Halliwell (singer)

- Chuck Clausen (former coach of the Philadelphia Eagles)

Steve Hooker of Australia won the 2008 Gold Medal in Pole Vaulting after his hypnotist helped him to visualize his success.

Early in his career, Myke Tyson used self-hypnosis to improve his focus.

Singers, Dido and Adele had to undergo hypnotherapy to get rid of the fear of singing on stage.

Kate Middleton, Duchess of Cambridge, during her pregnancy went under a treatment of hypnosis to help her have a more positive relationship with nutritional food after suffering severe bouts of nausea.

Major corporations such as Anjeuser-Busch, Caterpillar, Glaxo Smith Kline, Microsoft, Scantron and Verizon Wireless, provide self-hypnosis seminars for their employees to improve motivation and performance.

Hypnosis is widely used by sport players, top business companies, celebrities and many high achievers to improve performance and accomplish their goals, whether they are personal or corporate issues.



9- What is Self-Hypnosis?

Self-hypnosis is pretty much the same as regular hypnosis. You can hypnotize yourself or use techniques of hypnosis on yourself to reach a trance level state and access the unlimited power of your subconscious mind.

In self-hypnosis, you do not use a hypnotist or hypnotherapist to guide you into a trance state. If you are working with a hypnosis specialist, you will be guided into a positive state of relaxation that will help you to unlock the potential of your subconscious mind.

When you start practising self-hypnosis, there is nobody to guide you through the process, unless you are using a recorded CD or MP3, which it is a very recommendable thing to do. The only problem that can occur is that when you activate the guiding part of your mind too

much, you could accidentally awake the critical factor, which is the “frontier” between the conscious and subconscious mind. Therefore, during hypnosis, the most important work to be done is to deviate the attention of the critical factor, so we can install the new wanted program in the mind.

The critical factor acts like the bouncer of the subconscious mind. The subconscious mind is the area of our mind where we store beliefs, experiences and values that lead us to behave in one or another way. Hypnosis is the tool to access this part of the mind by distracting the critical factor work.

Whether you are aware or not, you are doing self-hypnosis every single day. Hypnosis and self-hypnosis is a natural tendency that can help you to get what you want using inner resources which you already possess.

In self-hypnosis, our goal is to create a mind which is open to your own positive suggestions and at the same time has a block on the critical factor.

So in using this guide, you will become one of only a small number of individuals who know how to use this tool called hypnosis through the process of self-hypnosis.

10- How to induce self- hypnosis?

The most common approach is to relax to go into trance, as you do when you naturally go to sleep. Athletes use to go into trance by tensing their bodies and creating a very tough, highly focused mindset.

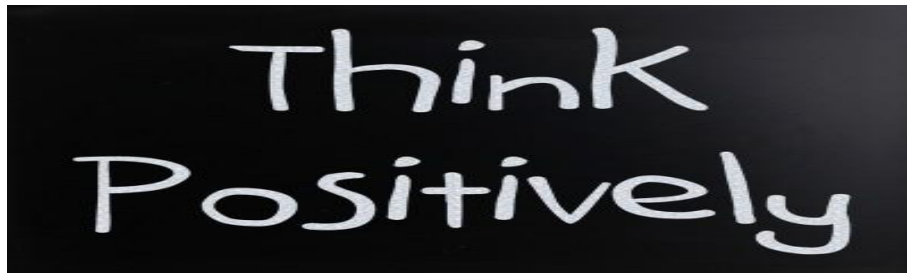
In most of cases, with the proper relaxation and focusing techniques that you are going to learn in this guide, almost anyone can enter a hypnotic state and make their own positive suggestions to the unconscious mind, bypassing the critical factor.

11- How can self-hypnosis help you?

You can use Self-Hypnosis to:

- Improve concentration, motivation and memory
- Eliminate anxiety
- Achieve a positive attitude and positive self-talk to public speaking
- Improve self-confidence and self-esteem
- Learn to relax and reduce stress
- Break habits
- Eliminate Phobias

- Reduce weight
- Control over your gut
- Reduce pain
- Stop smoking
- Sexual Performance
- Address performance issues
- IBS symptom relief
- Improve communication between the conscious and the subconscious mind



D) THE CONSCIOUS AND THE SUBCONSCIOUS MIND

Hypnosis can be considered as a bridge between the conscious and the subconscious mind. This division of the mind can be compared to an iceberg. The portion of the iceberg above the surface is the conscious part and the one underneath is the subconscious area. The conscious area consists of about 10% of our thinking ability or mind power and the subconscious consists of about 90%.

So if we see that comparison we can become aware of the potential of the mind that is underestimated. It is available to us at anytime if we know how to unlock it.



12- Conscious Mind

- It is the reasoning mind.
- It is analytical, logical and makes decisions so it has the capacity to choose.
- Temporary memory and will power resides in the conscious mind.

13- Subconscious Mind

- It is independent of conscious control.
- It regulates heart, digestion, circulation and body functions.
- It does not know the difference between reality and fiction.
- It is not concerned with logic
- It contains our permanent memory, emotions, habits, automatic responses, feelings, instincts and impressions.

“I think that cognitive scientists would support the view that our visual system does not directly represent what is out there in the world and that our brain constructs a lot of the imagery that we believe we are seeing” Galen Rowel

Therefore, by practising self-hypnosis you begin to install and construct a new perspective and visual image in your mind about the potential you can achieve and the resources you already own. This will help you to release negative and limiting beliefs.

14- Basic pre-requisites to be hypnotized

Although hypnosis is a tool that can be used by anyone, there are some pre-requisites that you must meet in order to make it effective:

- You must want to be hypnotized
- You must believe you can be hypnotized
- You must feel comfortable and relaxed
- You must avoid any fear related to the use of hypnosis.

15- Is self-hypnosis safe?

As a hypnosis specialist, I find every day people talking about hypnosis as something mysterious, magic or even as a dangerous ritual.

In my understanding, this misconception about hypnosis that has been instilled in society comes from the history of hypnosis because it has always been surrounded by mystique and misrepresentation. In particular TV shows have built a bad reputation about hypnosis as a malign weapon that can be used to control someone's mind if it is in the wrong hands.

Believe it or not, education in determined schools and universities have contributed to creating a misleading image of hypnosis, mainly because due to lack of awareness, research and study carried out by their lecturers.

Likewise, the use of hypnosis can help to reduce the intake of tablets and drugs in treatments to reduce pain, insomnia, asthma and more. Therefore, I would believe that the pharmaceutical industry is not interested in spreading the word on the benefits of this natural resource that nearly everyone possesses.

However, the reality is that hypnosis is a wonderful tool to strengthen the connection between your mind and your body so you can unleash your full potential and eliminate bad habits with the practice and use of hypnosis.

Hypnosis can help you to enhance your imagination so you can create biological changes in your body, using the power of your mind.

16- Personal Safety and Confidentiality

I feel it is important to emphasise that under hypnosis you will never reveal any secret against your will. Hypnosis is not a way of possession or exorcism and you will never cluck like a chicken (unless you enjoy entertaining people).

YOU ARE ALWAYS IN CONTROL WHEN HYPNOTISED AND NOBODY CAN MAKE YOU DO ANYTHING AGAINST YOUR WILL. YOU WILL HEAR AND REMEMBER IN MOST CASES WHAT THE THERAPIST IS SAYING TO YOU OR YOUR OWN SUGGESTIONS IF PRACTISING SELF-HYPNOSIS AND YOU WILL COME OUT OF TRANCE WHEN YOU DECIDE TO. YOU WILL NEVER BE ASLEEP.

As you can see, you are the only one who has the control of the situation and you decide which suggestions to follow.



When working with a hypnotherapist or practising self-hypnosis, it is highly recommended to accept and follow the positive suggestions you are receiving because they have been designed for your own benefit.

It is similar to attending the doctor and refusing to do what the doctor is telling you. Obviously you can do something different to what the doctor is advising; however there is always a good reason to believe that his suggestions are beneficial for you.

17- The power of your imagination

Sometimes you may suffer an injury that you are not aware of. If you are an athlete and sport player, you may be able to postpone the sensation of pain or even stop bleeding until the end of a race or match. This usually happens because you are so focused on what you are doing that you do not recognise the pain.

In some cases, you might have seen a bruise on your skin and wondered how you got that black mark on your skin. Probably, you hit yourself in a moment when your mind was focusing on something important and did not even feel the pain. You might start feeling the pain when you stop what you were doing.

Or sometimes you are too focused on duties at work or paying your full attention on an exam to realise that it is only when you complete these tasks when the fatigue hit you. You might even forget you are hungry because you need to finish a project which is due the next day.

In all these instances, your mind was focusing on specific priorities and erased needs that otherwise would be impossible to delete. In these examples, your mind ignores pain or other discomfort when it focuses its attention elsewhere. You are unconsciously using hypnosis to complete your prioritised activities at that moment.

In the same way, we can use our mind to heal the body and gain emotional and psychological control over the way you feel about and respond to a specific illness.

18- Preparation before practising self-hypnosis:

The environment you select to practice self-hypnosis in is very important. It is recommended you take the following recommendations into consideration for better results:

- Find a quiet place free of all sound and make sure you will not be disturbed.
- Turn off your mobile phone, computers or any device that could sound during your practice of self-hypnosis.
- Select a chair that is comfortable and has a back to support your head or allow you to sit upright. Have both feet on the floor and uncross legs and arms.
- Remove or loosen any tight clothes
- If you lie down, make sure you do not fall asleep. If you are practising before going to sleep, you can naturally fall asleep.
- Go to the toilet before starting.
- Tell yourself how long you are going to practice for. 5-15 minutes a day should be enough. If you are listening to a hypnosis recording, you might want to finish it.
- If you are worried or in a hurry, just set up the alarm to make sure you hear it and are not constantly thinking throughout about when you should finish.

E) 5 STEPS TO LEARN SELF-HYPNOSIS

In this guide, you are going to learn some exercises to use self-hypnosis in 5 easy steps. You will be able to create great changes in your life by using this technique for 5-15 minutes per day. You may witness results and experience positive changes even from the first day you practice self-hypnosis. Especially, to reduce stress, it is recommended to practice it every day. By incorporate this exercise into your daily routine, you will begin training your mind to get the life you want.

There are **5 important steps** that you must follow when practising Self-Hypnosis:

- 1- Setting goals
- 2- Relaxation
- 3- Entering trance and induction

4- Repetition of positive talk and hypnotic suggestions with visualizations

5- Awakening State

STEP 1 - Setting your goal

It is important to know what you really want to achieve with self-hypnosis. You need to clarify your goals and when setting them, you must say what you want, not what you don't want. If you focus on the negative, you might be telling your mind to get the negative.

For instance, if you say I do not want to be stressed, you are probably picturing in your mind the image of a stressful situation. Instead of saying what you do not want, you have to say what you do want: For example *"I want to feel calm and relaxed when a manager asks me to help him with some duties"* or *"I want to look confident when I approach a client"*. It is essential to know what you want to form a goal focusing what you want instead of what you do not want.

In the same way, when you see the menu in a restaurant; you don't say to the waiter *"I do not want the soup of the day..."* *"I do not want the beef steak..."* but you say *"I want calamari with chilli sauce..."*



The goals you set must always be **SMART**:

Specific: Summarize your goal in just one clear sentence: *"I want to be more confident ..."*

Measurable: In the example before, *"to be more confident"* is a pretty wide concept, so you must narrow it down by saying in which situations you want to feel more confident: *"I want to feel more confident when talking to my boss and when contacting my clients by phone"*

Achievable: If you are 45 years old and you want to become a professional football player, probably you can imagine it, however the chances of it becoming real are almost none. If you say you want to lose 1 stone in the next 2 months it might be a more achievable goal.

Realistic: Think about how realistic your goal is. *"Can I feel confident always when I talk to my clients or my boss?"* If your answer is yes, then that is an achievable goal. On the other

hand, if I want to be the most confident person in my office, it might not be a realistic goal for a person who is lacking confidence to turn into the most confident person of the office from one day to another (but you might be the second most confident if you practice!!)

Timing: When do you want to achieve your goal? How long would you need to achieve it if you are realistic? When do you want to start?

Always write down your goals before you begin your hypnosis exercise or visit a Hypnotherapist.

STEP 2- Relaxation

Relaxation of mind and body is very important. The most popular exercise is Progressive Muscle Relaxation and it involves relaxing the body one muscle group at a time. As the body relaxes, the mind automatically relaxes.

Breathe gently through your nose. Deep breathing from the abdomen is the ideal way to relax your body.

Close your eyes and take 5 slow, deep, relaxing breaths as you prepare for self-hypnosis and practice progressive muscle relaxation from the top of your head to your toes, mentally scanning your body and releasing any tension you might feel when breathing out.

Begin counting down slowly from 10 to 0. Each count from 10 to 0 and when breathing out you mentally says “*relax...*” 10..”*relax...*”, 9 *relax..*, 8 *relax...*

As you count, continue to breathe slowly and relax your body

Although you will feel deeply relaxed you will know that you can open your eyes and come out of the exercise anytime you want. Event though, coming out of hypnosis is not the aim of practising hypnosis!

STEP 3- Entering trance

After you are relaxed, the next step is to enter the hypnotic induction phase. In this step you will enter into a state of trance. The more you practice hypnosis, the deeper states of trance you will reach. However, even if you only manage to achieve a light state of trance, your suggestions and communications with the subconscious mind are effective if you practice repetition and follow the steps of this self-hypnosis guide.

There are many methods to enter trance state, staring at a spot on the wall in front of you, staring at a shiny object, visualising a relaxing scene behind the wall in front of you and some others that we are going to see now. The intention behind using these methods is to distract the critical factor by focusing the attention of your mind in order to eliminate the functioning of the conscious part during which time you will practise your self-hypnosis. This is called *Dissociation*.

Eye fixation induction:

- 1- Sit comfortably in a chair, look upwards and find a spot to stare at on the ceiling
- 2- Stare at that spot for one minute and notice your breathing is slowing down.
- 3- Keep your body still and relax.
- 4- Be aware of the discomfort from staring upward.
- 5- Hold on to this feeling of discomfort. Take a slow, deep breath and release the discomfort as you close your eyes and let your head slowly move towards your chest.
- 6- Take a deep breath in, hold it for 2 seconds and breathe out slowly. As you exhale, give yourself the suggestion that your body is more relaxed
- 7- At this stage you will have induced a light trance state. You can start giving yourself the positive talk with the goals and visualizations that you have created prior starting the self-hypnosis exercise.

There are many ways to induct a trance state and it will depend on what feels more comfortable and is more effective to you. Initially, you can practice the eye fixation induction. I will give you more exercises in future publications. Regularly check your email and visit www.hypnotherapyforibssymptoms.ie or www.coaching-hypnosis-centre.com if you want to learn additional induction techniques.

IMP: Do not give up if you do not know if you are hypnotised or not because you probably are. It would be a pity if you do not take advantage of this powerful tool. It just requires some practice to start noticing the changes you have decided to implement in your life.

Deepener: The Staircase

If you want to get a deeper level of trance, do the following exercise after the 6th step of the Eye Fixation Induction

- 1- Visualize, picture or imagine yourself on top of a safe 10 steps staircase
- 2- Count mentally from 10 to 1. After each number say “ *relax..*” and imagine you going down the stairs step by step while counting down.
- 3- When you are at the bottom of the staircase, you can begin your positive suggestions or positive talk.



There are many inductions that can help you to enter trance state but I wish to keep it simple for the easy application of your own practice.

STEP 4- Positive talk and hypnotic suggestions

You will create positive statements that will be aligned with your goals.

A suggestion in hypnosis can be a thought, idea, sensation or action induced to modify an unwanted pattern of behaviour or increase performance of a receptive person that is installed without any resistance.

Examples:

“In a moment I will ask you to close your eyes and you will experience a sensation of warmth and heaviness in your legs”. If you follow this suggestion, you will close your eyes when I tell you and you will feel your legs heavy and warm if you do not try to resist the instruction or suggestion.

Likewise, you can create your own suggestions that you will be able to repeat during your trance state after the relaxation and induction phase.

Suggestions are more effective through repetition, the more you hear them and receive them the more they work.

Suggestions should always be very simple and easy to understand. The suggestion should be repeated for 10 seconds in your mind and you should feel the sensation or have a vivid image in your mind.

Suggestions should always be positive. Always imagining the behaviour that you want to have instead of what you do not want. Never do the practice of imagining what you do not want because you will be picturing in your mind the negative outcome and your subconscious mind will receive then that message.

You might say something like “ *I am very confident when approaching my clients and I help them to improve their businesses with my communication skills*” or “ *I love my body and my personality and I feel loved by people around me*”.

Suggestions should be believable and realistic in the same way you are stating your goals.

Suggestions are baby steps in the accomplishment of your goals. When you start achieving your goals your confidence will grow and you will want to work on bigger goals and self-hypnosis will be a tool that you will use even with your eyes open.

The 3 basic rules to apply when using suggestions are:

- Keep them in the first person.
- Keep them in the present tense.
- Keep them positive.

Example: “*I am confident*”

Another type of suggestion: Visualizations

When you are creating your SMART goals, you have somehow to create images in your mind of those goals or a kind of mental movie where you can see or imagine yourself being the person you want to be.

To improve the power of visualizations, you can imagine the picture of yourself doing, acting, behaving, feeling and seeing the people you want to create in your real life. By doing this, you are sending messages to your mind about what you want to achieve and as you know already, the subconscious mind does not know the difference between your imaginary or real world.

To use visualization you must picture, feel, smell, hear, taste, and imagine the desired outcome as if it was real.

STEP 5 - Returning to awakening state

As you now already know, hypnosis is not like sleep so returning to your awakening state is not like waking from a nap. It is simply returning to a normal state of awareness and functioning that will help you to cope more effectively with your daily responsibilities and will prepare your mind to behave in the requested way.

Time distortion is one of the effects of hypnosis so I would recommend you set an alarm when starting to practice. After some practice, you will discover that you no longer need the alarm and you will automatically emerge from hypnosis whenever you decide to before starting the practice.

This is a very curious phenomena and it occurs when you give orders to your brain to warn you after a period of time, your brain will send you a signal that you will recognise. This is difficult to describe and the best method to discover it is to explore and experience this magic sensation. It is called the biological watch.

If you set your alarm and you feel you want to emerge and end the self-hypnosis exercise, you can visualize again the 10 steps staircase and in this case you can count from 1 to 10, bringing yourself back. Just allow yourself to notice where your legs and arms are, be aware of the chair you are sitting down on, the clothes you are wearing, start stretching your muscles and give yourself positive suggestions to have and enjoy a wonderful day or night of sleep.

19- What does it feel like to be hypnotised?

This is a question that most people ask when they first experiment with hypnosis or self-hypnosis. How to know you are in trance? So below you have some of the symptoms you will experience when practising self-hypnosis or if you are hypnotized by a professional hypnotist:

- Breathing slows.
- Time distortion.
- REM (Rapid Eye Movement) underneath your eyelids
- Pleasant tiredness because you are not awake neither sleeping.
- Your heart rate slows down.

- Your mind goes blank.
- Vivid images in your mind that you can see, hear and smell as if they were real.
- Heaviness of your muscles
- Contraction of muscles
- Floating sensation
- You might think you have fallen asleep

Trance is a very variable experience that depends on the person so do not be surprised if you feel any of these symptoms and do not be disappointed if that is not what you expected from being hypnotised because as I said before, the history of hypnosis and TV movies, have created a misleading image of this beautiful and useful tool of change.

F) OVERCOMING PROBLEMS AND IMPROVING YOUR LIFE WITH SELF-HYPNOSIS:

a. Reduce or Eliminate Panic, Anxiety, Phobias and Fear

Hypnosis can be a useful tool to reduce your levels of stress and anxiety because the key to cope with these issues is through relaxation techniques.

b. Increase Self-Esteem and Confidence

There is a great potential for self-hypnosis to be your tool and improve your life to increase your confidence and self-esteem. There are several self-hypnosis techniques that you can use to do that.

c. Reduce physical pain

First of all, you should visit the doctor before approaching a hypnotherapist or using self-hypnosis techniques. In the case, your doctor cannot reduce your pain or cannot help you, there are many studies that support the use of hypnosis as an effective tool to reduce or even eliminate physical pain or discomfort.

d. Anger

Hypnosis can help you to explore your anger and what strategies you can use to manage your feelings when they become an obstacle in your life. You can also learn how to express your anger more appropriately and constructively.

e. Cope with Insomnia

You might be surprised about how hypnosis can help you to have a great night of sleep, alone or in conjunction with medication. It can help you to reduce the amount of sleeping pills needed to have a pleasant night of sleep.

f. Quit Smoking

Hypnosis is a great way to help you quit smoking. There might be emotional issues related to your resistance to quit smoking so in this case I would recommend you to see a professional hypnotherapist in order to help you first with the emotional issues and after help you to change that bad habit.

However, it is very possible to quit smoking through a program of self-hypnosis from the comfort of your own home. Besides, it is easier than you think if you really want to stop this unhealthy habit and be a healthier and happier person.

g. Weight Management

Usually, bad eating habits are associated with an issue of self-esteem, stress, confidence, anger, depression. A combination of medical advice and emotional help might be needed to adopt healthier habits of eating.

h. Healthy Relationships

With an intervention called ego-strengthening technique, you can feel more confident, optimistic and better about yourself. It can boost your mood and make you a more sociable person helping your relationship with yourself, with your partner and with others around you

i. IBS relief

Various goals can be met by using suggestions under hypnosis. In the case of IBS, some of the benefits can be expected are: reduce abdominal pain, gain greater control over your bowel activity, increase your physical wellbeing, pay less attention to intestinal discomfort and break stress/IBS cycle.

At the end of this guide, there is a chapter that focuses completely on the use and benefits of Hypnosis for IBS.

20- The most common mistakes when practising self-hypnosis

- Believing that you are not hypnotised when practising self-hypnosis is not effective for you.

Truth: You will not be sleeping when in hypnosis, actually if you fall asleep you will not be able to do self-hypnosis so check how you feel when hypnotised.

- Disgusted of your inability to reach a deep level of trance.

Truth: This thinking pattern will only lead to frustration and failure. Even with light levels of hypnosis, your subconscious mind can produce the required change to improve your life or eliminate an unwanted habit.

- Not seeing any progress or improvements.

Truth: Some people might see changes in just one day and others might need more time because each individual's reality is completely different.

- I cannot focus on my goals.

Truth: Even if your mind wanders away while doing self-hypnosis, your subconscious mind can be processing the information that yourself or a Hypnotherapist is communicating.

- I will not come out of hypnosis.

Truth: You will come out just by opening your eyes anytime you wish to end the session of self-hypnosis or by following the instructions of a Hypnotherapist. As hypnosis is a nice relaxing state, you might want to stay longer in that "peaceful world".

- I do not remember my suggestions when doing a self-hypnosis exercise.

Truth: You should create in advance and know what the steps to go into hypnosis are as well as positive suggestions and goals you want to give to yourself to avoid interrupting the hypnotic process. Recorded CDs and MP3s are effective tools of self-help.

21- When not to do self-hypnosis

Self-hypnosis can be an amazing tool to enhance the quality of an individual's personal life. It has been shown to be an effective way of changing unwanted patterns of behaviour, reducing stress levels and eliminating fears and phobias.

It can also be used to enhance creativity, self-esteem, confidence, motivation, as well as improve sport performance.

It should be noted, however, that hypnosis is not a cure-all and human responses vary widely. In order for lasting change to occur, the subconscious must truly want to change.

Depending on individual histories and motivations to change, one person may have overnight success while another may take weeks, while a third person may have no results at all.

Remember, no two people will likely respond the same way to the same suggestions

22- Precautions

Self-hypnosis should not be used without a doctor's consent in cases of severe emotional disturbances such as thoughts of suicide, nervous breakdown, or extreme depression. If you fall into any of these categories seek professional help at once.

Always go to see your doctor before trying hypnosis or self-hypnosis for treatment. Never take away pain without a doctor's approval. Pain tells us when the body is in distress, and by removing the symptoms it is possible to hide the organic problem, hence delaying proper medical treatment. Any severe or reoccurring pain or illness should be treated by a medical professional immediately.

23- A final Word

I congratulate you for reading this self-hypnosis guide and really hope you are aware of the powerful discovery you have just made by reading this guide.

While practising self-hypnosis, you might want to record your own CDs or MP3s with positive suggestions and description of your goals. I will be sending you more useful information about how you can create your own self-hypnosis programs. This will enable you to unleash

the full potential of your subconscious mind, eliminate bad habits and create the life you want from your own home.

I have seen dramatic changes in many people and truly wish to create more awareness about this powerful tool to create positive and lasting changes that you can access at your fingertips.

If you are interested in learning more about the programs that I have personally created after years of research, I will be emailing you some of the latest information related to hypnosis and the power of suggestions so you can easily achieve your goals.

In the meantime, if you wish to enquire about any specific issue of concern to you, I would be delighted to answer your questions.

24- A final essential thought

Now you know the secret to unleash the full potential of your mind and how to eliminate bad habits, reduce your stress or relieve your IBS symptoms, so you can get the life you want.

If you are interested in learning more about hypnosis and self-hypnosis I will be posting regular valuable information on the latest research in this area of the mind.

Finally please remember if you want to experience the desired changes in your life, you must practice self-hypnosis regularly. It is advisable to practice 5 minutes every day rather than 1 hour here and there with no regular continuity. I recommend you choose a time of day to practice self-hypnosis. The ideal situation would be to pick the same time, place and environment each day to help your subconscious mind get into the habit of this ritual. Usually, when you get up in the morning or before going to sleep are the best moments of the days to get into hypnosis because your mind is more suggestible.

I hope you enjoy your journey of change. Contact me if I can be of assistance to you, your friends or family members.

Likewise, you can help them by sharing this eBook with your circle of loved ones so they can benefit from this fascinating secret tool of positive and lasting change. They will thank you for your thoughtful gesture and know you are thinking of them.



“Your subconscious mind is the director of the orchestra of your body”

25- Your first action to take

Now you have all the information you need to start practising self-hypnosis and the first step you have to take is thinking and writing down which goal you want to achieve with self-hypnosis.

To help you clarify your goal, you can answer these questions:

I want to use self-hypnosis to

I will achieve my goal by

How will your life be when you achieve your goal

G) Cope with your fear or phobia self-hypnosis exercise:

1. Sit comfortable
2. Induce self-hypnosis with “Eye fixation induction”.
3. Use progressive muscle relaxation from head to toe.
4. Visualize staircase and count from 10 to 0 while imagining you going downstairs. Each number you say the word “*relax...*”
5. When reaching the bottom, visualize a beautiful landscape.
6. Visualize and imagine a door. Open that door and imagine a cinema room with a big screen with a clip of you in black and white.
7. Take a seat in front of the screen.
8. Imagine getting out of your body and flowing into the projection room at the back of the cinema.
9. Imagine the projection room with many film cases around and a control panel to play, stop, record, re-wind or forward the movie.
10. There is a window in the projection room from which you can see yourself sitting in the cinema and the big screen in front of you with a clip of you in black and white. This clip is a moment in which you are just before facing an event that cause you fear or phobia.
11. Play the movie of the first time you felt the fear or phobia from the moment when you were feeling calm, passing along the moment when you are feeling the fear, panic or phobic response, and stopping the movie in the moment when you felt completely safe again after the event. Play this movie in black and white
12. Repeat the step 11 and play the movie at least 5-6 times until the moment you are feeling the feeling of fear is manageable or has been decreased.
13. Now imagine flowing out of the projection room, and seat in front of the cinema room.
14. Jump from your seat and into the screen in the moment when you were feeling safe again after passing the fear or phobic event. Imagine you are the actor of the movie now and visualize it as if you were living that moment as if it was real.
15. Now play the movie backward very fast in just 2 seconds, with colour, sounds, seeing the people who are around you moving backwards. While doing that, you can play in your head the funniest song you can imagine (f.i. Benny Hill tune). You can laugh of the funny situation of seeing yourself and everything around you moving backwards with a funny melody.

16. Repeat the step 15 about 5-6 times until you perceive the feeling of fear to that event has been considerably reduced. Repeat this step as many times as you need it. When completed this step:
17. Visualize the staircase you went down at the beginning of this self-hypnosis exercise and count mentally from 1 to 10 while going upstairs. With each number, repeat positive suggestions about the outcome you have just achieved. (f.i., "I feel calm and relax watching a little spider in the ceiling of my living room" if your issue was a fear of spiders)
18. When reaching number 10, open your eyes and feel how your fear or phobia has been decreased.

NB: Repeat this exercise if you need to reinforce the new programme of your mind. I recommend you caution when facing again your fear and phobia and check how you are feeling and the changes you are having compared to before practising this self-hypnosis exercise.

There are more techniques to eliminate or reduce your fear or phobia and this is just an effective one in many cases if it is done properly.

H) Hypnotherapy for IBS

Hypnotherapy has demonstrated in published research to normalise and help control a dysfunctional bowel (You can check www.hypnotherapyforibssymptoms.ie for further information on these research studies). Hypnosis helps in IBS – D, decreasing the hyperactivity of the bowel and in IBS – C, increasing sensitivity.

One of the most extended methods to work with hypnotherapy is Gut Orientated Hypnotherapy which was first described by the Manchester Group in 1984 in a randomized controlled trial carried out by Dr. Whorwell.

The North Carolina Protocol, developed in the US by Dr. Olaffur S. Palsson is probably the second most extended protocol of hypnotherapy for IBS.

Although there are more methods and protocols to work with hypnosis in order to relieve IBS symptoms, most of them utilise a lot of gut-focused direct and indirect verbal suggestions combined with metaphors, imagery, rehearsal of situations, hand warmth on the abdomen, progressive muscle relaxation, creation of imagery peaceful place and stress/anxiety management techniques.

Usually, a daily mental practice and rehearsal out of the session is highly recommended, in the form of audio recording or mental exercises to practice on your own time.

26- Gut Orientated Hypnotherapy

Usually, a gut-orientated session involves hypnotic induction and deepening as usual. It has been explained in this guide how a “deepening” can be done with self-hypnosis.

This is typically followed by these suggestions:

- Ability to control your gut: “imagine a surge of control from your mind over your gut”
- Hand warmth on abdomen: The client is asked to move one hand onto the abdomen and induce a feeling of warmth and comfort. This warmth is to be expected, since relaxation will promote hand warmth and this sensation will increase as the hand remains on the abdomen and hypnotic suggestions of warmth are given.
- An image of a normal gut: The client is asked to let the mind create an image, symbol or object that represents the gut working normally.
- River metaphor: The river metaphor is very popular in the hypnotherapy protocols for IBS. The gut might be imagined of as a river, which, for diarrhoea, would be rushing and fast-flowing, for constipation, sluggish and stagnant.
- Mental rehearsal: The client imagines him or herself in any previously avoided situations (for many IBS sufferers, exposure in public places can trigger their symptoms due to uncertainty to find a bathroom), but now with the gut working normally.
- Stress management techniques: Stress and anxiety exacerbates the symptoms so self-care techniques are taught in order to reduce levels of stress or eliminate anxiety.

27 – Self-Hypnosis for IBS

There are people claiming the effectiveness of self-hypnosis programmes for relieving and controlling IBS symptoms. There is still not a wide variety of scientific research on the benefits of using self-hypnosis of audios, although there is great potential in the utilisation of this self-help tool too.

You, reader of this self-hypnosis guide, have already acquired a good knowledge about hypnosis and self-hypnosis so you may give it a try.

I would recommend everyone reading this guide who is interested in using hypnosis to relieve IBS symptoms, that audio recording can work well, but probably a trained hypnotherapist can guide you more easily with suggestions tailored to your personal case.

Another option is to ask your hypnotherapist to create a programme of Audio recordings of Gut Orientated tailored to your history, and it would be a way of saving you some Euros. Besides, you can do the programme completely from home with the support of the hypnotherapist from the office.

My intention with this guide is to educate potential clients on the benefits of the use of hypnosis for helping with many issues, dispel the myths about hypnosis, offer a natural alternative to IBS traditional treatments, and encourage society to use natural ways to heal, so you might reduce or eliminate the intake of drugs, and make more effective the traditional medicine treatments or other alternative therapies.

Remember to visit my web www.hypnotherapyforibssymptoms.ie and ask me your questions about hypnotherapy for IBS.

Alternatively, you can visit www.coaching-hypnosis-centre.com to enquire on some other behavioural issues.

Thank you for reading and happy hypnosis.

3,2,1..."deep sleep"

Ivan