

Instant Self- Hypnosis

Hypnotize Yourself
as You Read!

YOU CAN:

- Fly without fear
- End fingernail biting
- Lose weight
- Have great sex
- Make more money
- Eliminate allergies
- Stop smoking

How to
Hypnotize Yourself
with
Your Eyes Open

FORBES ROBBINS BLAIR

Instant Self- Hypnosis

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with
Your Eyes Open

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SOURCEBOOKS, INC.
NAPERVILLE, ILLINOIS

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Published by Sourcebooks, Inc.
P.O. Box 4410, Naperville, Illinois 60567-4410
(630) 961-3900
FAX: (630) 961-2168
www.sourcebooks.com

Library of Congress Cataloging-in-Publication Data

Blair, Forbes Robbins.
Instant self-hypnosis : how to hypnotize yourself with your eyes open /
Forbes Robbins Blair.

p. cm. ISBN-13: 978-1-4022-2959-6
ISBN-10: 1-4022-2959-3

I. Autogenic training. I. Title.
RC499.A8B56 2004
615.8'5122—dc22

2003027757

Printed and bound in the United States of America
VP 10 9 8 7 6 5 4 3 2

Acknowledgments

Grateful acknowledgement is made to the following people and organizations:

Deb Werksman, editor, and the staff of Sourcebooks—for the vision to take on this project. Carole Abel, literary agent—for helping me navigate unfamiliar territory. Deb Leopold, President of First Class, Inc.—for allowing me to teach and refine the techniques of Instant Self-Hypnosis. Robert Morrison, best friend—for his constant assistance, technical expertise, and support. Luann Fulbright, friend and fellow seeker, for her help and enthusiasm. Dr. Christopher Morrison and the American Institute of Hypnotherapy—for introducing hypnotherapy to me and changing the course of my professional life. Kristin Blair Cooper, sister and attorney—for her legal counsel and her manifestation abilities. My mother, Hilma R. Blair, who encouraged my interest in hypnosis when I was a boy by taking me to the library so I could learn more about it.

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Preface

If you are like many people, you've heard how hypnosis has helped others achieve their goals. You've even thought about different ways you might use hypnosis to change your own life for the better.

Maybe you'd like to be hypnotized to improve your physical body to get lean and trim, stay motivated to exercise, or to stop smoking once and for all.

Or maybe you're feeling stress in your life. You'd like to be hypnotized to let go of that tension and to feel more relaxed? Who wouldn't?

Perhaps you'd improve your mental abilities through hypnosis. Have you imagined how your life might change if you possessed Zen-like focus and concentration? Have you wished for a sharper memory? To ace that test coming up? Or maybe just to remember the names of people you meet?

Perhaps you've wondered if hypnosis could help you be more loving toward your mate or to spruce up your sex life?

So Why Aren't You Going to a Professional Hypnotist?

Again, if you are like many people, thinking about ways hypnotherapy might help you is as far as you've gone. Or you've gone once or twice to a hypnotist but you just didn't continue. The reasons people don't go to a hypnotist are often these:

- You don't have the time to go to the hypnotist's office.
- You don't have—or don't want—to spend the money.

- You're too timid. Is hypnosis safe? Are your issues just too personal to discuss with a hypnotist...or anyone?

Now You Don't Need to Go to a Professional

The good news is, now that you have this book, you don't need to go to a professional hypnotist. Just sit right there and read! Instant Self-Hypnosis enables you to hypnotize yourself to accomplish virtually any goals without ever putting down the book. The book does the work for you!

Even more startling, you will learn to hypnotize yourself with your eyes open! Unlike other forms of hypnosis, with Instant Self-Hypnosis there's no reason to close your eyes throughout the entire procedure.

The best part of all is that the can't-fail methods of Instant Self-Hypnosis are so easy to use. You'll succeed the very first time you try them. The procedures are so efficient, applying them to a goal takes as little as fifteen minutes.

Please do not confuse Instant Self-Hypnosis with any other books or audio programs about hypnosis or self-hypnosis. It's unlike anything you've read, heard about, or tried. It's a revolutionary book offering you an extraordinary technique with distinct advantages over traditional methods of self-help hypnosis. This user-friendly book can change your life in practical ways, and you'll be able to put it to work for you in just minutes...if you keep reading.

Get ready to learn about an innovative discovery in self-improvement—Instant Self-Hypnosis.

Introduction

A Breakthrough in Self-Help

This book is about a breakthrough discovery in hypnosis and self-improvement. In 1997 I discovered an unusual method for inducing hypnosis. As a professional hypnotherapist, I've been teaching, testing, and refining it ever since. I call the technique Instant Self-Hypnosis. It involves the reading and writing of hypnosis scripts as a means of entering a state of hypnosis. This method of hypnosis may be used for a wide range of therapeutic purposes: removing bad habits, confidence building, goal attainment, and so much more. This can't-fail technique requires no experience or knowledge of hypnosis whatsoever. Plus, it's so simple that you may marvel that no one previously thought of it...or if they did think of it, why they never published the discovery. Or if they did publish it, how come no one knows about it?

Instant Self-Hypnosis is ingenious in its efficacy and simplicity. I call Instant Self-Hypnosis a discovery rather than an invention because the method has been "hidden in plain sight" perhaps for as long as hypnotherapy has been in existence. What I've done is recognize its potential value and develop it in such a way any intelligent person can put to good use.

Why is *Instant Self-Hypnosis* not your average self-improvement book? This publication does something that most self-help books cannot do. Most self-help authors give advice or enumerate steps to be followed after you've read their books. That is, only when you put those books down can you begin to put their advice into practice. But with *Instant Self-Hypnosis*, there is no delay.

You benefit fully from this book without ever putting it aside. It's designed to change you as you read it! With this innovation in self-improvement, there are no words of wisdom to remember. There are no skills to practice. There are no traits or steps of "highly perfect people" to emulate! This book and its techniques are self-contained. The help is immediate. The results materialize automatically.

This book is for anyone who wants—or needs—a potent, valuable tool for positive personal change. If you are new to hypnosis or self-help media, Instant Self-Hypnosis gives you a fast and easy means for improving the quality of your life in many areas. If you are an avid consumer of do-it-yourself material, you will find Instant Self-Hypnosis a friendly alternative to some of the other techniques you might have tried. If you are a professional hypnotherapist or a psychologist, you will be intrigued by the powerful simplicity of Instant Self-Hypnosis. Its operative principles have many implications and applications for the fields of hypnotherapy, psychology, and psychoimmunology.

The Things You Will Learn

The heart of this book revolves around the hands-on learning of Instant Self-Hypnosis. The book takes you through a fun exercise that not only introduces you to the concepts of Instant Self-Hypnosis but actually hypnotizes you as you perform it! The exercise acts as a proactive primer to ensure success with all subsequent endeavors with Instant Self-Hypnosis. After that, you'll apply the method to your goals, using the appropriate scripts.

As mentioned, you don't have to know a thing about hypnosis to put Instant Self-Hypnosis to work for you. But some basic knowledge is certainly a good thing to possess in any endeavor you undertake. Part One of the book tells you what you need to know about the power of your subconscious mind and how it relates to hypnosis. You'll also learn about these things:

- what hypnosis and self-hypnosis are and whether you are hypnotizable;
- the misconceptions and ill-founded fears some people have about hypnosis and how safe it truly is;
- how hypnosis and traditional self-hypnosis work and the problems associated with conventional methods;
- my discovery: what it is, how it works, and how it automatically avoids the troubling pitfalls associated with traditional techniques; and
- a powerful hypnotic primer, which lets you experience its power and simplicity firsthand!

In Part Two, you'll be shown how to put the technique to work for thirty-five common hypnosis goals, using professionally prepared hypnosis scripts. In Part Three, you'll learn another aspect of Instant Self-Hypnosis that shows you how to customize the technique for virtually any self-improvement goal, no matter how unique it may be. I have taught this customization process for several years in a course called "How to Hypnotize Yourself with Your Eyes Open," and students have found it easy to master.

The book wraps up with some important tips to ensure success with Instant Self-Hypnosis. Additionally, it clarifies answers to some frequently asked questions regarding the techniques and their proper application. And don't forget to check out the Bonus sections toward the end of the book. For instance, you may want to take the Instant Self-Hypnosis Stress-Buster Challenge.

This publication is written in a conversational style. I have tried neither to wow you with flowery prose nor impress you with the sometimes excessive jargon of my profession. I also refuse to waste your time telling you about "Case study #73: How Ethel Jones benefited from my method." What a snooze! If you're anything like me, you want to get to the good stuff as fast as possible. So I'll tell you only what you really need to now to put Instant Self-Hypnosis directly to work for you—as soon as possible.

When you apply Instant Self-Hypnosis techniques to your desires and see the way your life improves quickly and easily, you won't need hyped-up anecdotes to convince you of its power. You will know because of your success—the wonderful tool you now have at your fingertips.

Part One

1

It's All in Your Mind

This chapter reviews the function and relationship between the conscious and subconscious aspects of the mind. I'll also discuss why changing your thoughts and behaviors, even with a good plan, can be challenging. And you'll discover why hypnosis is such an effective tool for promoting self-change.

Two Minds in One

Have you wondered why it can be so difficult to change your unwanted behaviors or attitudes? For instance, why can't you just decide with one emphatic decision to stop smoking, to put the donuts aside, or to just relax more and have a more enjoyable life experience? Here is a quick explanation. Part of you says, "Yes, I will change." Another part of you is saying, "No way. I'm not changing!" It's almost like there are two minds inhabiting each of us, disagreeing on what should change and what shouldn't.

Obviously your mind is very complex. In fact, you should make a beeline away from anyone who claims to totally understand it. But there are some things about the mind that seem evident.

You have one mind with (at least) two different aspects. We'll refer to these as your conscious mind and your subconscious mind. The conscious mind, also called the objective mind, includes your current field of awareness. It's the part of you that has decided to read this book right now. It's the part of you that makes the decisions, like what you eat for breakfast, whom to call on the telephone, or where to go after work. Your subconscious is the part of your mind that functions

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below the surface of your awareness. It's the part of you that is deciphering the symbols on this page right now—symbols you painstakingly learned when you were younger, which you now automatically recognize as words.

Your subconscious mind also runs the functions of your body. It knows exactly how fast to make your heart beat, how to digest your breakfast, and a lot of other tasks about which you've probably never given much conscious thought. Some of the tasks it knows how to do are built in from birth, like your bodily functions. Other tasks, like reading, are taught to it through the conscious mind. The subconscious has access to all of your memories. It holds all of your values and beliefs intact and efficiently recalls frequently used behavior patterns.

The conscious mind and the subconscious mind communicate with each other whether you are aware of it or not. The conscious mind, for instance, sends messages to the subconscious mind that you want to use your arm and hand muscles to turn the page of a book. Since it has long learned the exact muscles, movements, and coordination required for the task, it complies easily and quickly. The subconscious doesn't work against the conscious mind, but sometimes it can appear that way, for the subconscious is resistant to sudden change. This is especially true when you attempt to change a longstanding behavior, belief, or attitude...mainly because of your "programming."

Programs of the Mind

There's an old saying among computer programmers—"Garbage in, garbage out." It means that if you put bad data into a computer, you can expect the output to be less than great.

The mind is like a very complex computer in some ways. Your thought patterns and behavioral sequences are like installed programs in a computer. Some of them were installed by you. For example, maybe the first time you ever ate chocolate, you enjoyed the taste and texture and you began to eat it often, and to this day you have formed a pattern of eating chocolate on a regular basis. Other programs were

installed by your parents or teachers. For instance, they might have encouraged or exposed you to classical and neoclassical art, and now as an adult you deeply appreciate and collect classic artwork.

Likewise, your peers (from childhood on) may have contributed to your mental programming. Let's say your friends invited you to smoke a cigarette. It was uncomfortable and hardly pleasurable for you—at first. Then you began to associate a feeling of relaxation and acceptance with it. Thirty years later, you're still smoking and subconsciously associating that activity with feelings of relaxation because that program was etched in your mind and becomes activated whenever you feel stressed. Just as the programs of a computer may be activated with the right commands, the programs of your mind are ready and waiting in your subconscious mind to activate whenever a certain sequence of thoughts, words, or events take place. This is the very essence of learning and usually works to your advantage. Sometimes, however, you come to the realization that you no longer want or need a certain set of thoughts or behaviors. Maybe you want to get rid of some garbage that you put in your mind long ago. Perhaps you simply want to add a program, a new attitude or behavior that appeals to you. You desire to change the programming.

Change the Programming

Changing, installing, or uninstalling a computer program is a relatively easy task. But it isn't so easy to alter the programs of your mind. And that's actually a good thing.

Your mind comes complete with a filter, a protector that acts like a built-in security system. This filter screens new thoughts and behaviors, making sure you really want what you say you want. It weighs new ideas and information against current knowledge and beliefs. It's very slow to accept sudden changes that are inconsistent with the old programs, the old way of thinking and doing things.

This works to your benefit to keep your beliefs, personality, and your sense of reality consistent, for your subconscious mind is, in and

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of itself, nondiscriminatory. Any idea or suggestion allowed past the mental filter is accepted as true. So the security system keeps you from changing your mind constantly and from accepting every suggestion that comes your way. If it didn't, you'd end up in a state of confusion. Imagine, for instance, what kind of chaos would result if your mind didn't screen the hundreds of advertisements you see every day. But this can certainly be troublesome when you want to alter something in your life. The security system of the mind can often reject ideas for change that you intend for your own good, even suggestions coming from your own conscious thoughts. It can prevent those good ideas from becoming a part of your inner programming, from becoming a part of your daily life. It does this because it bases its evaluation of all new ideas, even good ones, on previously accepted beliefs and interpretations of experience. For instance, a lot of smokers have a difficult time quitting because they have accepted a belief that it is hard to stop smoking. This belief sabotages their effort and will power.

There are several ways to deal with the security system of the mind, but some are more expedient than others. Some people, for instance, by sheer force of will, repeat a new behavior until it becomes automatic. This method is often beset with setbacks and frustrations. But with perseverance, these iron-willed souls sometimes succeed in changing themselves because performing an activity over and over can override the mind's security system. The inner mind eventually accepts the new way of doing things, and it forms a new habit pattern.

Another way to handle the mind's security system is by using affirmations. Through repetition of positive statements, it's possible to make desired changes. Over a period of days, weeks, or months, the mind gets to a point of saturation. It gradually begins to accept the affirmations as true, bringing about the intended outcome. Results are often slow in coming, however, often leading to doubt and frustration.

Many people neither possess the iron-willed resolve to strong-arm their minds into accepting a new set of beliefs and behaviors nor the patience and faith needed to effectively apply daily affirmations.

Fortunately, there is an easier method for dealing with the security system of the mind.

Disarming the Mind's Security System with Hypnosis

Hypnosis offers an expedient method for that change. It disarms or bypasses the security system of the mind just long enough to communicate directly with the inner mind. And with the security system in a stand-by mode, the mind instantly begins accepting suggestions at face value—whether it's to stop smoking, to stay faithful to your new diet, or any other concept you want your inner mind to absorb. Your suggestions are like a new program, and hypnosis allows you to install the program without the usual interference of doubts and questions that bombard the mind. This makes change faster and easier than the aforementioned methods. This is what makes hypnosis such a powerful and preferable tool for change.

Getting Past the Doorman (a.k.a. the Bouncer)

For those of you who can't relate to a computer analogy, an exclusive nightclub offers another way to understand hypnosis and the security system of the mind. If you've ever tried to get into a popular nightclub, the kind where only certain types of people are let in and others are kept out, you may have had to deal with the doorman (a.k.a. the bouncer) who makes these decisions. Usually the doorman is big, muscular, and intimidating. You might say that your mind has its own doorman—a gatekeeper, so to speak. The nightclub is like your subconscious—the place where everything is happening, the place you want to get into. And what happens when you approach a strong doorman to get inside the club is very similar to what happens when you attempt to change some longstanding behavior or attitude. The doorman looks you over to determine whether he thinks you are someone who belongs in the club. He bases his decision on what kind of people are already inside, what kind of club it is, and what the management has told him. In a similar manner, when a new idea for

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change or improvement comes up to the doorman of your inner mind, the idea is weighed to decide if it “fits in” to previously established ideas and behaviors. If it doesn’t meet that criteria, the idea is rejected; the doorman turns you away.

There are several ways to deal with a doorman. You can try to fight him to get into the club. But unless you’re bigger and stronger, this is likely to get you into the emergency room instead. This method is used by those people I mentioned who strong-arm their minds into accepting a new behavior. Again, it can be done, but it is a daunting task...and you might get a bit banged up even if you succeed. Another way to deal with the doorman is to stay at the door hour after hour nagging him to let you into the club. This is akin to using affirmations to get your inner mind to change. If you do it enough, you might succeed eventually—but there’s no guarantee of that, of course. There might be another way to deal with the doorman, though. What if you could get a pretty woman to talk to him in a low, sultry voice and distract his attention away from the door just long enough for you to slip by him? Yeah, that would work. And this very similar to what hypnosis does. It calms, quiets, and distracts the doorman of your mind so that you can get inside, make some changes, then leave again. With hypnosis, there’s no need to strong-arm or annoy the gatekeeper. Instead, the process is smooth and calming. And the great thing is that this trick works every time. The doorman can always be sweet-talked and lulled to distraction. In fact, the doorman may enjoy the experience so much that he looks forward to it in the future. Likewise, hypnosis is so pleasant it becomes easier and easier every time. It is something your mind enjoys and looks forward to.