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# Introduction

“Miracle” is a word often associated with hypnosis. You might hear someone say: “I quit smoking in one session and never missed it. It’s a miracle!” Or: “Fear of flying used to totally paralyze me, and it’s totally gone. What a miracle!” In fact, one of the finest books ever written on therapeutic hypnosis is Charles Tebbetts’ *Miracles on Demand*. During my years of practice, I have been present when many seemingly miraculous changes have occurred in my clients’ lives. Some of those miracles have been relatively small. Consider the nurse who passed her licensing exam after failing three times. She passed easily after doing a single session with me. Others have been profound. One client outlived her prognosis, of three months to live with stage-four lung cancer, by more than five years. We did weekly sessions for much of that time.

Many of the “miracles” were so common that they seemed almost routine. There are well over 1,000 former smokers who left smoking in the past after doing one hypnosis session with me. Tens of children suffering from irritable bowel syndrome left their symptoms behind after only two or three sessions. When they happen so frequently, these results seem routine. But ask ex-smokers how hard it was to quit on their own. Or ask any child with recurrent tummy aches how devastating the condition is and ask their doctors how long chronic tummy aches can persist. These are tough problems that resolved in uncommon fashion.

When you think about it, hypnosis does seem miraculous in many ways. One person brings a problem into an office. He or she sits back in a comfortable chair and relaxes. The other person simply talks. Incredible changes happen. It can be more complex than that... there may be soft music playing or subtly flashing lights. There may be various procedures called hypnotic inductions that involve words like, “deeper and deeper” or “calm and peaceful.” Hypnosis sometimes involves visualization to increase relaxation and focused awareness. But all that is just the

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background. The real essence is that one person brings in a problem; the other person talks; and the problem disappears. That certainly can appear miraculous!

This book is about creating self-help miracles in your life. Here is a secret... There is only one ingredient necessary to create miracles in your own life. That one necessary ingredient is your desire to make a positive change. Sometimes a person called a hypnotist can help by keeping your mind focused on the change you want. But the hypnotist is not a required ingredient, only an occasionally useful one. The miracle always comes from inside you. I am a very good hypnotist... many people even describe me as a master hypnotist. Despite my skill, unless a client brings a desire to make a change with them into my office, there is very little I can do. I can talk until I am literally blue in the face, and use every tool in my mental toolbox, but unless a client actually wants to quit smoking, reduce weight, or relieve pain; nothing is going to change. And when a client has the desire to make a change, often enough, the change gets made before the client ever needs my help.

So what kind of miracles do you want in your life? Perhaps you want to be a non-smoker, permanently and effortlessly. Perhaps you would like to reduce your weight and gain health, slenderness and wellbeing. Perhaps you are troubled by a stress-related medical problem such as irritable bowel syndrome and you want to add relaxation and healing imagery to your medical treatment. Or perhaps you experience chronic pain and would like to use your mind to moderate and control it as a complement to regular health care. Perhaps you would like to overcome a fear of flying or some other troublesome fear. Perhaps you simply want to relax, reduce stress and spend some time each day in a calm and peaceful state, letting your mental, physical and emotional batteries recharge.

Self-hypnosis can help you accomplish all these things and more. Literally millions of people worldwide have used the techniques of focused, relaxed

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attention... that is, self-hypnosis... to achieve these and thousands of other improvements in their lives. The first step to creating miracles of change in your life is to learn about hypnosis and self-hypnosis. The second step is to apply what you learn to help you create the miracles.

This book is designed to help harness the incredible power of your mind and create self-help miracles. It introduces you to your amazing and wonderful subconscious mind where your deepest thoughts, feeling and behaviors have their roots. It teaches you to talk to your subconscious mind in language that it understands. Using a computer analogy, this book teaches you the programming language of your subconscious mind... and how to change your inner programming so that your life becomes fuller and richer in every way. It teaches you about that natural and normal state of mind called hypnosis, which allows you to enter your own subconscious to make changes within.

The book shows you how to write powerful suggestions for positive change in your feelings, thoughts and actions automatically and effortlessly. Finally, this book presents you with 17 self-hypnosis scripts that can be used as is; or that can be easily modified to improve your life thousands of ways – including a self-hypnosis master script that can be applied to anything you want to work on. The book even teaches you to create your own powerful and effective scripts to work on almost anything.

One of the most effective ways to create change in the subconscious mind is with hypnosis. Hypnosis is a natural state of mind that we all use. It is nature's way to open communication between our conscious and subconscious minds so that new information can enter the subconscious. Contrary to popular myths, hypnosis is not mind control. It is simply very deep, focused attention and thinking that lets the conscious mind communicate clearly with the subconscious mind. We all use hypnosis on a daily basis. Every time we are in a daydream, or reverie, we are in a

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spontaneous state of self-hypnosis. Meditation, guided imagery, and contemplative prayer are all names for states of hypnosis that many people cultivate deliberately to help themselves heal or become more spiritually aware. Watching television, or for a younger generation, playing video games, creates a state of natural hypnosis. The difference between these natural states and what gets called hypnosis is that there is someone guiding the process and keeping your mind focused on the changes you want to make. In self-hypnosis, you are your own guide.

The very easiest way to guide yourself in self-hypnosis is to record your own voice and listen to the recording in a quiet, safe place where you can relax deeply. That is the essence of what this book is about... how to create powerful self-hypnosis recordings to help you create miraculous, positive change in your life.

There is one basic difficulty that must be overcome when changing your life with self-hypnosis. That is that if your conscious mind has to focus on the suggestions you are giving yourself, it takes you out of a receptive hypnotic state and back into your conscious state of mind. This book offers three ways to get around the problem. They all involve recording your own voice giving yourself suggestions, and then letting the recording guide you into a deep state of hypnotic focus.

The first and simplest method is when one of the scripts in part two, exactly matches the miracle you wish to create. Then you simply record that script along with an induction and an awakening, and listen to it once a day for two to three weeks, and watch the miracles happen. If you have a challenge or problem that is similar to one that I have written a script for, you can easily modify the script by substituting your problem for the one I have written about.

The second method is to use the script titled Self-Hypnosis Master Script. To use it, you will write a page of suggestions for the change you want following the instructions in the book for writing effective suggestions.

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Then you create a key word that stands for the whole page of suggestions. Next you record the Self-Hypnosis Master Script with an induction and awakening. You read your page of suggestions and your key word several times before going into hypnosis. Then you listen to your recording daily for three weeks and watch the miracle unfold. The Self-Hypnosis script relaxes you, and asks you to repeat your key word several times.

The script tells you that every time you repeat your key word, it causes the entire page of suggestions to lock into your subconscious mind and take effect. This is a technique invented by the late, great master hypnotist Charles Tebbetts. I have added to it by developing the recorded Self-Hypnosis script so that you don't even have to work at going into hypnosis.

The third method is to record your own complete self-hypnosis session. This book teaches you how to write powerful and effective suggestions. You can combine suggestions that you write for yourself with a hypnotic induction, and with an awakening, taken from the book to create a complete self-hypnotic recording. Again, you record it all, and listen to it daily for two to three weeks and watch the miracles appear in your life.

There is an art and science to hypnosis that makes it easier to create miraculous changes in your life. The subconscious mind, that vast 99% of our minds that is under the surface, has different ways of perceiving and understanding than the conscious mind. So learning how to speak to the subconscious mind can speed up the process of change. For example, the subconscious learns by repetition. The subconscious also learns by linking new truths to ideas that it already accepts as true. A good hypnotist learns to talk to the subconscious mind in its own language by repeating to the point of boredom for the conscious mind; and by linking new ideas to things the mind knows are true.

The subconscious mind may have a deeper or more literal understanding of words than the conscious mind. For example, I never talk to a client

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about “losing” weight because our inner (that is –subconscious) minds have been trained to keep track of things, and not to lose things. The subconscious is also programmed to win, not to lose. Good hypnotists will talk about “reducing” weight and gaining slenderness, strength and wellbeing. But these things are tools that anyone can learn to use when they talk to their own minds. As you will discover in this book, most of what you need to talk to your inner mind is easy to learn.

This book teaches you the basics of creating effective self-suggestions. It teaches you to access your inner mind by speaking its language. It teaches you things that your high school English teacher would be horrified by. For example, the subconscious mind actually likes run-on sentences and double meanings, and responds to them.

The subconscious mind learns as effectively from metaphors and stories as it does from straightforward presentation of new ideas. Being artfully vague, and letting the subconscious fill in the blanks can be even more effective than spelling everything out in detail. Conversely, there are times when the subconscious responds to a level of detail that seems overdone. We all learned in writing classes to make our arguments logical, emotionally neutral and strictly factual. The subconscious mind absolutely responds to emotionalized, dramatic presentations. It adores and responds to hyperbole and exaggeration. Being timeless, it responds best to statements made in the present tense. These are all things that anyone can learn effortlessly.

Part two of this book is made up of good hypnosis scripts, most of them mine, some of them modified from other masters of the art. These are scripts that you can record to make your own self-suggestion recordings. There are also examples of scripts that you can modify to fit other circumstances in your life by following the directions in this book.

Some of the scripts have grown out of requests from my hypnosis students that I write down the specific language that they have heard me use

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in sessions. Others of the scripts were developed as reinforcements for individual sessions with clients. A stop smoking client might get a CD with *Stop Smoking Now* on it. It took me a long time to decide to honor my students' request that I write these scripts down, because I am acutely conscious that every one of them could be improved.

In fact, when I record them myself, I often make small ad lib changes to the text during recording. I have also always believed that if I am doing my job as a teacher, my students will be able to write their own scripts; and they will be superior to mine. For those reasons I have always resisted putting together a script book.

Three things changed my mind. My students pointed out that reinventing the wheel is a useless waste of time, and that the fastest way to produce a superior product is to start with a good one and improve on it. Since I often look at what other skilled hypnotists have done when I encounter a situation I am not familiar with, it made sense to me that my students could use my scripts as starting points, and make them better. That was the first reason to start writing down some of the things I said to people in hypnosis and creating a book of scripts.

The second mind changer came from my dear friend, and publisher, Erika Ginnis. Erika is the author of *Essential Mysteries: A User's Guide for the 21st Century Mystic*, a wonderful book of meditation techniques for creating an abundant life. Erika recognized that hypnosis and meditation are a similar state of mind. So she suggested I could add instructions so that non-hypnotists could use the scripts to create miracles in their own lives. "Well, Duh!" As they say. Of course these scripts and directions for creating new ones could help others create their own self-help miracles!

I have always believed that people have incredible abilities to positively change their own lives. Erika was right on target. Here was an opportunity to empower others, and give them the tools to work with their own minds and behaviors. Thus this work, that started life as a modest aid to

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my students, has evolved into a book to help anyone access the miracle worker we all have inside.

Third, it is so easy to use the Self-Hypnosis Master Script, and its key word method to create self-hypnotic changes, that I have come to believe that it should be accessible to anyone who wants it. As a society, we have forgotten that we are powerfully capable of improving and shaping our own lives. My work with clients is about empowering them to create positive change. Writing this book is an extension of my work that allows me to help people on a broader scale to empower, rediscover and recover their personal power to create lives that are richer and fuller.

You will find 12 scripts for common difficulties here. More than that, you will find scripts that can be modified easily to fit thousands of situations. The *Self-Hypnosis Master Script* can be applied to anything you can imagine. These scripts can help you create the life of rich and abundant experiences that are your birthright. They can help you free yourself of fears and limitation that have taken joy from your life. And they can open the door to amazing and delightful change in your personal experience.

A word of caution here: Some of these scripts touch on areas of physical health and healing. Hypnosis and self-hypnosis are complements and companions of good healthcare. They are never replacements for, or alternatives to, appropriate healthcare by licensed professionals. The cancer patient mentioned above was also receiving the best medical care available. The children with irritable bowel syndrome and functional tummy pain were referred to me by physicians, with whom I worked closely. I have worked with people suffering from addictions and substance abuse, but only when I was certain they were also taking part in other recovery modalities. Dr. Dean Ornish has found that meditation, which is a close relative of hypnosis, is part of a successful program of reversing heart disease. Many fine hypnotists have verified Dr. Ornish's findings. Not a one of those hypnotists would ever tell a heart patient that hypnosis cures

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heart disease. It is part of a solution, but not the only part. I have worked with numerous women who used hypnosis to take the fear and pain out of childbirth, but I would never claim that using hypnosis means one can skip prenatal appointments and give birth at home without attendants. In fact, I insist that if a woman wants to see me for childbirth hypnosis, she must have a doctor or midwife, and plan to give birth in a well-equipped birthing center. Miracles happen with hypnosis... I encourage people to expect miracles, but not to leave common sense behind. If you have a health problem, by all means see your doctor or other licensed healthcare provider. Use self-hypnosis in addition to regular health care, and let you and the doctor both be surprised when you do far better than expected. Never, ever, use the methods and scripts in place of skilled health care.

Some people might think the last paragraph is nothing more than a *pro forma* disclaimer, but they would be wrong. I believe that modern health care, in all its varieties, is a blessing of living in these times. I include physicians, chiropractors, naturopaths, psychologists, counselors, nurses and body workers among my clients. I have referred to them. I have used their services myself. And they have referred clients to me.

Hypnosis, even self-hypnosis, works best in context with all the other means at our disposal for dealing with difficulties and challenges. Health problems are multi-level... with physical, mental, emotional and even spiritual components. Real healing and resolution requires attention to every level. Yes, the mind is very powerful and can effect incredible changes, but it is not omnipotent. Let me give you an example. I firmly believe that the mind has the power to heal bacterial infections. However, I also believe that bacteria can multiply quickly enough to kill us faster than our mind can organize our immune systems to fight them off. If one has a case of pneumonia, I believe it could be healed by the mind, but I, personally, will be listening to my Inner Healer script after I start taking the antibiotics my doctor prescribes. If I get better faster than expected,

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or if I experience fewer infections than previously, well, I am willing to give the hypnosis some of the credit along with the medicine. If I were to have severe tummy pain, even though I am an expert in helping children and adults heal stress-caused tummy pain, I would not be listening to my own Pain Management and Library for Stress recordings until after my doctor confirmed that it really was a stress-related problem, and not a life-threatening problem like a burst appendix. So, please, use the techniques in this book, and any other self-hypnosis scripts or techniques, to complement regular health care, not to replace it.

The structure of the book is first to explore the subconscious mind and to define hypnosis. From there, we will explore how to use hypnosis to effectively communicate with the subconscious to change. There is a short chapter on how to use the scripts to record your own self-hypnosis CDs. The book finishes with the scripts for inducing hypnosis and creating change in your life.

This book is designed to be used. I want you to use the scripts as starting points, which you are welcome to improve upon. You have explicit permission to record these scripts for your own personal use, and to make back-up copies for your use.

Unless you are a trained and certified hypnosis practitioner, please *do not* record these scripts for other people. Professional hypnosis is a discipline like any other. It requires training and practice before you are competent to work with others. You are most welcome to create miracles of healing or change in your own life using these tools. If you want to help another person, give them a copy of the book and let them make their own recordings. Only a trained and certified hypnotist should work with others.

As you use this book, remember, above all, that self-hypnosis is an adventure. You are becoming an intrepid explorer in the amazing frontier of your own mind. You will find that hypnosis is incredibly refreshing and

reinvigorating. Just listening to your self-hypnosis recordings for 20 to 25 minutes daily gives you the equivalent rest and rejuvenation of an hour-long nap. When you combine that with being able to create wonderful, positive changes in your life, it is a winning combination. Want your life to get richer and fuller and better every day, expect change and improvement... and watch it miraculously unfold.

