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To perform self hypnosis, start by settling in a comfortable chair or bed in a quiet room where you won ' t be disturbed. When you ' re ready to start, close your eyes and meditate by watching your thoughts and emotions come and go. Take slow, deep breaths to help you relax.

## How to Perform Self Hypnosis (with Pictures) - wikiHow

Self hypnosis is a lot easier to learn than you might think (it's actually very similar to meditation). Anyone can master it – all it takes is some practice and dedication on your behalf. It's a little like going to the gym – at first your muscles don't have much stamina, but as you continue to train, they get stronger and stronger, and what once seemed difficult, now you're able to accomplish with

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Rick Smith, an expert in the field of hypnotism guides the reader step by step through a series of deep relaxation techniques until the 'trance' state of total relaxation of mind and body is reached. The exercises themselves are therapeutic and each time you repeat them, the deeper the resulting trance will be.

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1) Go to a quiet room and find a comfortable chair. Although some people prefer to lie down especially when using self hypnosis to drop into deep sleep, it can be better to sit upright in a comfortable chair. Place your feet on the floor, your hands on the arm of the chair, eyes focused on a point in front of you.

How to learn self-hypnosis - Quora

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