

Rules for Forming Auto-Suggestion

1. Isolate the Problem. Be as definite as possible. Be Specific. Be positive.
2. Word all suggestions to lay emphasis on the desired effect, not the symptoms you wish to remove.
3. Keep suggestions short. Normally, not more than seven or eight sentences should be involved. The key idea should be repeated several times. Language should be simple and picturesque. Suggestions work best when delivered with rhythm.
4. Use your imagination and "see" the desired effect happening.
5. Be positive. Know it has worked.
6. Never, under any conditions, give yourself a suggestion that you don't want to take effect. Avoid suggestions of a disturbing or frightening nature; these make very poor tests.
7. Allow time for the suggestions to take hold and work.
8. Condition your mind to accept the suggestions before you enter self-hypnosis by writing and then, reading your suggestions over many times...

I AM ABOUT READY TO HYPNOTIZE MYSELF

Using this card, I will drop into self-hypnosis in a minute or less...
For as I hold this card in my hand, I will find this card dropping out of my hand without conscious effort of mine...
As this card drops from my hand, I close my eyes and inhale deeply through my nose...as I exhale all the air from my body through my mouth; I count slowly from 8 to 1...
And, I drop into a deep, restful state of self-hypnosis...
Down...down...down...deeper and deeper...more and more relaxed...the card drops from my hand...