



Exercises to Develop Your Intuition and Psychic Abilities From Meditation to Self-hypnosis

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Developing your psychic abilities is all in your brain, in your mind, and needs processing. It takes time to build confidence and trust in your ability also in Self-hypnosis. Working with tools like the Tarot or pendulums which I have done is one way to access your inner knowings, but like any other learning, it takes practice to develop strength. So, in my books ever published on Scribd and Internet Archives you'll find some excellent exercises to help you tune in and tune up. Also I recommend the following books written by Michelle Belanger even if they are addressed to psychic vampires as they call themselves.

Personally, I no longer believe in God and religion as traditionally taught, as it all started in the brain of men. Only man is the creator of any religion.

The exercises of Michelle Belanger have been tested time and again over the years and are proven effective. Learn to scan the energy within your brain (mind), work with your peripheral vision, play with remote viewing, project yourself forward into the next day, get out of your body psychically... the more you get your psychic self involved in your life, the more you will see, feel, hear and know with your inner senses. Meditation is the very start, and is certainly not religious in the first place, it belongs to psychology. Take a playful attitude to developing your abilities... have fun exploring yourself as part of the multi-dimensional world!

First step towards psychic development is meditation and visualization

Meditation is useful for clearing, centring, focusing, receiving, de-stressing, relaxing.... And it's not such a big deal... while it helps to have a quiet, peaceful room, to be sitting or lying comfortably and have some soothing music playing in the background, these aren't necessary. In fact, I've had some of my most powerful meditations while doing the dishes, washing the floors, taking a bath, driving the car, preserving peaches, sun-bathing at the beach, walking in the forest and staring at the stars.... in other words, we can drop into a meditative state just about anywhere, anytime, and most of us do, without even realizing it.

I try to withdraw for two hours every day to meditate, pray and shift gears for awhile... it is how I am able to work so late so often... So what am I doing when I say I am meditating? First I am withdrawing, taking time to notice how I feel and what's going on in my body, emotionally, physically, mentally and spiritually... I take time to listen to my heart and to generate some loving feeling... I think one of the biggest objectives of the exercise is to relax for awhile and give myself time to notice, both myself and my world.

I start the process with some deep breathing, long big deep breaths into my belly, filling my lungs, and releasing slowly. This helps me to center and ground, gets my attention focussed on what I plan to do. Then I'll take a moment to adjust my position to notice how I feel physically and settle my body into the process. As I continue breathing deeply, I'll scan my energy fields, see what's up... then I may pose a question, or do a visualization exercise, or simply just relax and breathe.... Sometimes thoughts, messages, ideas come up, sometimes I send them away and just try to centre on my core question – or on relaxing – sometimes I'll stay with the thought and see where it takes me... Sometimes nothing happens, but I now am relaxed and ready to take on the world... and sometimes the messages come later, while I'm focussed on the highway, or on the pot I'm scrubbing.... I've learned to look deeply into my world for messages and clues, meditation makes it much easier to notice what's there to be seen, felt and heard.

Psychic power is amazing

Psychic power is amazing. One day, it may very well revolutionize living and impact the three pure sciences (physics, chemistry, biology) in a never before dreamed way. I find that today, however, psychic ability remains dormant in society.

When I say “Dormant”, I don’t mean undeveloped. Some individuals are quite impressive with their powers. I mean un-used. When a psychic is bestowed a gift or (more likely) develops a gift of the mind through perseverance and determination, they have completed a magnificent feat. However, we must recall that the majority of the world is still suffering at the hands of their own egos.

What I feel we need to do is begin to use these abilities to help people, wherever there is need. I am not talking about a sort of Batman’s Adventure heroic quest to save the world, I am talking about a local level of subtle aid. I am certainly not saying to go around and brush your abilities into peoples lives unwelcomed with a cry of “you need help”. There are small things that we can all do, and those of us with gifts need to really try to make a difference in the world.

I see that meditation is becoming more popular. Though the practice does much for the physical body and mind, it by itself doesn’t help our society. Gifted members of our society, I believe, need to go all the way to seek a means of escape from suffering both for themselves and for their surrounding environment.

My message to all of you is that there is a way to escape from the grief that we all experience, and there is a way to spread that joy to our brothers and sisters, and that those of us who are spiritual aware should act now. We are the “sleeping Buddhas” in Eastern philosophy.

What follows is the road map for this task:

Take a moment and sit, comfortably, like for meditation.

Now, release all thoughts and images.

Release all understanding.

Release all knowledge.

No more light, sound, taste, nothing.

Thoughts will come, but take no heed: do not follow them.

Relax into this void. You will feel the void fill your body like water filling a buck, but all over at the same time.

Persevere through this alien feeling; it will cease with perseverance.

When this feeling stops, when you come through the other part of your brain, then you will have attained Samadhi: the highest attainment and lightenment that no drugs can provide. It is no difficult task.

You don't have to try this or believe me at all. If I am wrong then you are best off disregarding me. But if what I say is true....

The Basics of Meditation

Meditation is one of the simplest tools you can use to help you become healthier, more loving, compassionate, content, self-assured, and productive. (And to help you tune into your natural psychic ability) It requires no belief or lifestyle change, is non-religious, is not time-consuming, and can be learned by anyone regardless of age or level of education. The transformation people often experience once they learn to meditate, and make it a regular practice in their lives, is to return to their natural state of being.

Yes, this quiet little practice can in fact change your life!

It is our birthright to move gracefully through our lives. There is a boundless well of inner self-help and guidance, inspiration, and healing at our fingertips. All we need to do is open the door. When you meditate, you open this door.

Below I offer some basic instructions for meditation. There are also infinite guided meditation formats which you can use. You will find a way of meditating which works well for you. You will also find that different approaches are perfect for you at different times, and different stages of your development. Once you are comfortable getting into the state of contemplation, you can begin a self-transforming journey which can last forever.

What is Meditation?

Meditation is a process of moving from the scattered, unfocused state of our everyday consciousness to a state of consciousness that brings serenity, clarity, and bliss. Thoughts generally consume energy in the process of their formation. Constant thought-activity, especially of random nature, can tire the mind and even bring on headache. Meditation attempts to transcend this rather chaotic level of thought activity. Through regular practice we become aware that we are not our thoughts but that there is an awareness that exists independent of thought.

Meditation involves concentrating on something to take our attention beyond the scattered thought activity that is usually going on in our heads. This can involve a solid object or picture, a mantra, breath, or guided visualization.

Typical objects employed include a candle flame or a flower. Some people use pictures, such as a mandala – a highly coloured symmetric painting – or a picture of a spiritual teacher in a high meditative state. Mantras are sounds which have a flowing, meditative quality and may be repeated out loud or inwardly. The breath is also a common focal point. Finally, guided visualization is also considered by some to be a form of meditation. A guided visualization can help to bring one into a meditative state; also, visualization may be used once a meditative state has been reached to produce various results.

General Guidelines for Meditation

Put your expectations aside, and don't worry about doing it right. There are infinite possibilities and no fixed criterion for determining right meditation. There are, however, a few things you should not do:

- Trying to force something to happen.
- Over-analyzing the meditation.
- Trying to make your mind blank or chase thoughts away.
- Putting too much emphasis on doing it right.

Often we experience sensations in meditation: emotions, feelings of changing size and shape, delight, awe, fear and so on. These are different for everyone, and are part of your own path. Allow yourself to witness and learn from the experience, but do not try or expect to repeat it, or to understand the experience. Accept what is there, ask for nothing and appreciate what is happening.

Although it's best not to eat for 1/2 hour before and after meditation, it's not necessary to meditate on a completely empty stomach. If you're hungry, eat a little something.

Find a quiet, comfortable place to meditate. You can sit in a comfortable chair, on the bed, on the floor... anywhere that's comfortable.

Eliminate as much noise and as many potential distractions as possible. Don't worry about those things that you cannot control.

When you sit to meditate, sit comfortably, with your spine reasonably straight. This allows the life force energy to flow freely up the spine, which is an important aspect of meditation. Leaning against a chair back, a wall, headboard, etc. is perfectly all right. If, for physical reasons, you can't sit up, lay flat on your back.

Place your hands in any position that is comfortable.

If it does not go against your beliefs, call on a "higher source" for assistance in your meditation. This can be very helpful, but it is not absolutely necessary.

When to Meditate

While meditation is beneficial at any time, most people who meditate agree that early morning is the best time to meditate. Our bodies have cycles of receptivity for different kinds of activities, and very early morning is good for quiet contemplation and spiritual rejuvenation. Having an early morning meditation also lets us carry some of the energy and peace of the meditation into our daily activities.

Many people also meditate either before dinner or later in the evening. Others also meditate at noon. A short meditation at these times allows one to throw off some of the accumulated stress of the work-day and become rejuvenated for further activity. An important consideration is when your schedule will allow you to meditate. Having a time of the day set aside for meditation helps in maintaining regularity. However, it is better to meditate when you can, rather than not meditate at all. Don't let an erratic schedule keep you from this helpful practice.

Meditate in Moderation

More meditation is not necessarily better. Meditation taps into very powerful inner energies. These energies are very healing and uplifting, but it takes some time to become accustomed to their higher frequency, and is best done gradually.

Also, healing often includes the release of energy and emotional imbalances. This may be particularly noticeable when you are first beginning to meditate (during or outside of meditation). If this initial detoxification is accomplished gently, you will be more comfortable and enjoy the process of healing through meditation.

Generally the experiences when one begins to meditate are quite enjoyable. People often report feeling more peaceful, positive, loving and centered in daily life. Many experience new insights and greater clarity.

How do I know when my meditation time is up?

When you think that your designated time is up, open one eye and peek at the clock. This won't bring you all the way out of meditation. If there is still time left, close your eye and continue. You can also set a watch alarm or musical alarm, or place a wind-up kitchen timer under a pillow.

Living Meditation.... Is it possible to learn to live from the calm state I experience while meditating?

Yes! Once you have become comfortable reaching the meditative state, you will find yourself able to "remember" the meditative state during your normal daily activities. This practice, called "mindfulness" or "living meditation" enables us to act, react, plan, conduct our relationships, do our work, and create our lives within the calm awareness of our connectedness and harmony with all creation. This does not mean you are in a deep meditative state all the time- otherwise you could not function. Practice this "remembering" whenever you find yourself feeling tense or upset, or while doing a repetitive activity like washing the dishes or walking. Continue your regular meditation practice as usual.

During this time you will continue to deepen your inner balance and feeling of connection with all of life, and engage in higher learning and healing. By having dozens of techniques to draw upon, no matter what situation you face in life, you will have a technique available to you to handle any situation which arises.

There are specific meditation techniques for emotional, intellectual, physical, and spiritual activity and reactivity, all of which bring a deep feeling of harmony. No matter what you are doing at any given time, you will be able to maintain a calm self-control that lets you avoid the emotional distress, mental confusion, and physical helplessness that not being in a meditative state can bring.

Beginning Meditation Technique

Observation of the Breath

The breath bring us life. It brings oxygen on the physical level, it brings life force on the energetic level, and it brings inspiration on the mental, emotional and spiritual levels. When our breath is full and open, we are vibrantly alive.

Focusing on the breath is a wonderful way to revitalize ourselves on many levels. It is also a simple technique for calming and focusing the awareness. For beginners, it is a simple practice which can be done at any time, and is for this reason a great place to start in learning to meditate.

- Sit in a comfortable, quiet place with your spine relatively straight to allow the free flow of life force through your breath.
- Close your eyes, or if you prefer, sit with your eyes slightly open and gazing downward. If you wish, place the tip of your tongue on the roof of your mouth, just behind the teeth.
- Take a few moments to allow your breath to become calm and regular, but do not force it- allow it to take its natural pace in and out of your body.
- Place your hand, palm facing downwards on your tummy. Gently breathe in and feel your hand being pushed outwards as your intake of air fills your diaphragm – to a gentle slow count of 1.. 2.. 3.. 4..As you breathe in, feel it rising up the front of your body, reaching the top of your head as your lungs fill completely...
- Hold your breath – without straining – to a gentle slow count of 1.. 2.. 3.. 4..
- Exhale slowly to the same count of 1.. 2.. 3.. 4..as you exhale, feel the breath cascading down the back of your body, reaching your toes as you release the last of your breath..
- And finally hold again for 1.. 2.. 3.. 4...
- Continue to breathe in and out with awareness of your breath in this manner for as long as you are able. If a thought intrudes, gently guide the attention back to your breath. Do not try to push the thought away, but simply return attention to your breath.

Enjoy the experience of your own breath. With each breath, you experience the Divine Life within you.

NOTE: You should NOT feel dizzy, out of breath, or any ill effects from this “Circular Breath”. If you do, change the count until it feels comfortable for you. We all breathe at a different rate. There is no right or wrong way.

Meditation is a Life Skill not a Way of Life

I have to agree that it is time for you to change instructors.. first of all, unless you have dedicated yourself to some spiritual or psychic community and a life of contemplation, from the sounds of it, you are spending too much time daily in meditation... life is meant to be lived, not contemplated and while living is a spiritual experience, I don't think, especially now, that it is wise to attempt to spiritualize one's entire life – without also being in complete balance emotionally, mentally and physically...

The fact is that we are all stuck here in the Earth/astral plane and we do not have the right to “live” – even in our minds – in other dimensions, until we have balanced ourselves and learned to live in harmony both within ourselves and with ourselves... This means learning to integrate a psychic way of being in our daily lives – mopping the floor and doing the dishes are powerful forms of meditation, as are gardening, and painting, taking out the garbage... even golf, baseball, a steam-bath, swimming.... all can be spiritual experiences, opportunities to meditate and contemplate....

We must learn to live with the intent of being another God, not just go there once or twice a day... Every man is another God, beside man there is no God.

It is not what happens during the meditation that is so important – in those moments it is simply a task of connecting with your Higher Self Within and being there with the One Within, often referred to the Christ Mind Within (nothing to do with religion)... sometimes a message or a vision will happen, sometimes it doesn't... it doesn't matter... all that matters is that for a few minutes of every day you are at peace with yourself and conscious of how you feel, connected with the One Within... the “content” or news, or information, messages that we connect with during those moments will enter our lives as and when we need them.. .

By learning to live as a psychic being in a physical vehicle as taught in Psychic Vampirism (read my Ebooks), you will be attuned to receiving the necessary intuition, whenever and wherever they come...

Meditation and Telepathy

Meditation is very useful for helping to develop your telepathic skills... I find trying to empty my mind, asking for a picture or a phrase to come and then focusing on a point of light or a leaf... whatever, and holding my focus there.

The thought should spring into your mind on its own. Try not to think. The biggest problem in ESP is an active mind getting in the way.

Those who practice will notice a difference in tone, use of language and so on as ways of identifying “who” is speaking in their minds... but again, thoughts are transmitted in many ways... words are just one way... we can transmit thoughts in images, sensations, sounds, smells and so on... so, when words come, one of the ways to affirm whether they are yours or not is to notice what other signals are coming along to affirm...

I strongly recommend that you begin to practice regular meditation and keep a journal of what you see, sense and “receive”... learning to mediate will help you learn to keep your energy – and your mind – clear, and thus gain trust in what you receive telepathically. Meditation will also help you open to other senses, to test your insights on your emotional and physical bodies and in your heart... the more you learn to notice and listen inwardly, the more cues and validation you’ll find for the telepathic messages...

Lots of Ways to Trigger a Meditative State

Over the past few months I have been looking into meditation and trying to enter a trance state through self-hypnosis as developed in my Ebook published yesterday. No matter how hard I try, thoughts always enter my mind and I open my eyes and I have to start over .. I have never reached complete relaxation because of a overwhelming amount of thoughts in my mind. One should not worry about this, as it is your effort that counts, and every effort is rewarded.

You may also find that chanting, or meditating to some of the wonderful records that are on the market today helps you to relax and go deeper into the meditative state... and there are some technologies available, machines, bio-feedback and hemisync in shops that can help you go deeper...

That said, those thoughts come up for a good reason, so take a moment to register them and then actively let them go... keep focusing on your breathing, and keep practicing... sometimes the value is in what comes later, not necessarily what goes on during the actual meditation... regardless of whether I was able to get all the way into a trance state, or whether I just sort of floated on the surface, I find that every experience is worthwhile, helps me to calm and center, and insights invariably come, either then or later... so just keep at it, don’t be discouraged...

Summary on Self-hypnosis (read my Ebooks)

Self-hypnosis can be a very powerful way for you to connect with your subconscious thoughts, gain self confidence, relax, or deal with an issue in your life, such as quitting smoking or losing weight. Self-hypnosis is a popular way to meditate while getting results through a variety of hypnotic scripts and inductions. If you want to make a positive change in your life, or simply want assistance with relaxing, sleeping or meditating, then self-hypnosis might be for you.

Self-hypnosis works by allowing the mind to enter into a trance-like state. To do this, you'll first need a relaxing and comfortable place where you can allow your body and mind to be undisturbed and still. Once you are in a state of total relaxation, your mind will be more susceptible to picking up suggestions and creating positive and reinforcing thoughts. To fully relax, it often helps people to concentrate on something very simple, like your breathing or a certain spot on the wall. Rid your mind of any other thoughts than the simple thing you are focusing on. This will help you get the most out of your self-hypnosis session.

A truly self-guided self-hypnosis session will begin with the relaxation techniques and then move slowly towards a more concentrated effort on whatever issues you are dealing with. Your own voice and thoughts will allow you to get to a place where you are open to thinking freely and creatively about your life and your situation.

For example, if you want to be successful, a self-guided hypnosis session in which you repeat "I will be successful" is a good way to put yourself in the mind frame that you will be successful. After you verbally recite what it is you want to be, or don't want to be, you can then begin imagining yourself as that ideal person. If you want to lose weight, imagine yourself with the weight already shed. If you want to be more confident, imagine a person you know who is very confident and try to think of yourself being identical to that person. Let your imagination place you in situations where you are at your ideal state. After a few sessions of self-hypnosis, you will start to feel and behave in a manner that is working towards that ideal version of yourself.

Self-hypnosis is not an instant cure to any problems and you should allow some time before you expect to see any results. After one self-hypnosis session, you will not instantly lose weight or stop smoking. Self-hypnosis is a tool that can help you get to where you want to be in life, but you truly have to believe in the hypnosis, in your subconscious thoughts during hypnosis, in the feelings you have that come from self-hypnosis, and the results that begin to happen. If you

make a commitment to continue self-hypnosis, you will notice positive changes happening in your life.

By visualizing and imaging what you want to happen, along with verbal cues and suggestions, your mind will begin to believe in whatever issue you are dealing with using self-hypnosis. If you put the effort and work into self-hypnosis, it can be a very effective self-help tool.

Making your own self-hypnosis program

1. Select some relaxing music, however not a must.
2. Write your script – keep it short and to the point. Repeat key phrases numerous times to reinforce the suggestion hoped to be accomplished.
3. Find a place where you will not be disturbed to record. (If you dislike the sound of your own voice, find someone else to record your program.)
4. When recording talk in a slow monotonous voice, creating a kind of rhythm.
5. Utilize the program for 21-30 days.

From Meditation to Self-hypnosis

1. Sit in a comfortable chair with your legs and feet uncrossed.

Avoid eating a large meal just before so you don't feel bloated or uncomfortable. Unless you wish to nod off, sit in a chair, as lying down on a bed will likely induce sleep. You may also wish to loosen tight clothing and take off your shoes. If you wear contact lenses, it is advisable to remove them. Keep your legs and feet uncrossed.

2. Look up at the ceiling and take in a deep breath.

Without straining your neck or tilting your head to far back pick a point on the ceiling and fix your gaze on that point. While you keep your eyes fixed on that point take in a deep breath and hold it for a moment and then breathe out. Silently repeat the suggestion "*My eyes are tired and heavy and I want to SLEEP NOW*". Repeat this process to yourself another couple of times and, if your eyes have not already done so, let them close and relax in a normal closed position. It is important when saying the suggestion that you say it to yourself as if you mean it, for example in a gentle, soothing but convincing manner.

3. Let your body relax.

Allow your body to become loose and limp in the chair just like a rag doll. Then slowly and with intention count down silently from five to zero. Tell yourself that with each and every count you're becoming more and more relaxed. Stay in this relaxed state for a number of minutes while focusing on your breathing. Notice the rising and falling of your diaphragm and chest. Be aware how relaxed your body is becoming without you even having to *try* and relax it. In fact, the less you try, the more relaxed you become.

4. When ready, come back to the room by counting up from one to five.

Tell yourself that you are becoming aware of your surroundings and at the count of five you will open your eyes. Count up from one to five in a lively, energetic manner. At the count of five, open your eyes and stretch your arms and legs.

Repeat this technique three or four times and notice how each time you reach a deeper level of relaxation. However, if you find you do not relax as much as you would like, do not force it. There is a learning curve involved so resolve to practice self-hypnosis on a regular basis.

Sometimes people will feel a little spaced out or drowsy after they come out of the hypnosis. This is similar to awaking from an afternoon nap, is harmless and passes after a few moments. However, do not drive or operate machinery until you feel fully awake.

Difficulties Learning Self-Hypnosis

Have you ever experienced the frustration of having a name on the tip of your tongue? The harder you try to remember the name, the harder it is to recall. Then when you relax the name comes back to you. Sometimes, when we try too hard, we block ourselves from achieving our goals. The attitude you take towards self-hypnosis will determine how easily you learn it. Don't try too hard or set unrealistic goals. Relax and take your time. Accept the pace at which you achieve results, however small they may at first seem. Believe in yourself and you will go on to achieve the success you desire.

Post-Hypnotic Suggestions and Their Rules

As previously mentioned, hypnosis is a state of heightened suggestibility. Giving yourself suggestions when in hypnosis will enable an action or other response to take place after the hypnotic experience has occurred. These forms of suggestion are called post-hypnotic suggestions and will help you to achieve

your goals. Over the years, hypnotherapists have developed rules of suggestion. These are guidelines that will enable you to achieve maximum success with the suggestions you give yourself. What follows is a summary of these rules.

1. Say it as if you mean it.

Have you ever seen an actor mumbling his lines on stage, speaking in a quiet meek voice? The result is a performance that's not very convincing. Unlike acting, hypnotic suggestions are repeated silently. However, you need to repeat the suggestions as though you mean what you say. Be reassuring, positive and confident.

2. Suggestions need to be phrased positively and in the present tense.

Most of us will react more favourably to a positively worded suggestion than a negative one.

Which request would you rather hear: "Do not leave that lying on the floor" or "Would you mind picking that up?"

Suggestions are far more effective when you mention what you wish to move towards, rather than what you are moving away from. For example: "I am calm" is better than "I am not anxious". "I stop smoking with ease" is better than "I will try to stop smoking" as the word *try* implies difficulty and struggle.

Your suggestions are best phrased in the present tense, as though they are happening at this moment in time.

So, "I am relaxed on the aircraft" is better than "I will be relaxed when I am on the aircraft". Or, "I am becoming more confident" is better than "I will try to be confident".

3. Make your suggestions specific and realistic.

Your suggestions are going to be more effective if they are specific and realistic. If you wish to improve your swimming performance, it would be unrealistic to give yourself the suggestion "I am a world-class swimmer", unless of course you are, or are about to become, a world champion. Instead, ask yourself what specifically it is about your swimming that you wish to improve. So if you wished to improve your breaststroke, you would give yourself a realistic suggestion tailored to that specific aspect of your swimming. Structure your suggestions on changes you wish to see in yourself rather than things that are out of your control, such as external events and other people. Do not give yourself

suggestions for two or three issues all at the same time. For instance, the suggestion “I am confident that I can lose weight and stop smoking” is probably not effective. Instead, work on one goal at a time, repeating suggestions associated with that goal. When you see some results, move on to your next goal.

4. Repetition of suggestions

Advertisers know the value of suggestion, which is why they repeat television and radio commercials on a regular basis. One of the most important rules when practising self-hypnosis is repetition of your suggestions. That way you drive the point home and are far more likely to effect positive change.

Imagery in Hypnosis

While giving yourself hypnotic suggestions, visualise the situation, the action and the feeling that you desire. As well as picturing a desired outcome, you can utilise your sense of touch, hearing and even smell. You can create new images as well as using images from your memories and experiences. People sometimes believe they have to see a crystal clear image of their goal, as though watching a movie. However, a positive attitude and a belief that you are “in the role” is more important than clear imagery.

The following exercise will illustrate how effective suggestion and imagery can be. Do not use it if you have an aversion to lemons.

The lemon example

- Sit down in a comfortable chair and close your eyes.
- Picture an ordinary lemon.
- Imagine you are cutting this lemon in half.
- Observe the juices running down each piece of the lemon.
- Pick up a piece of the lemon. Bring it up to your mouth and bite into it.

Even if your image of the lemon wasn't clear, you might still have grimaced, even found your mouth watering.

- You may also use a self-hypnosis spiral, it works very well.

Adding Hypnotic Suggestion and Visualisation to Self-Hypnosis

Rehearsing positive outcomes

Mandy experiences stage fright. She is due to take part in a play and is anxious that her performance will not be up to the standard of which she is capable. Mandy wants to learn self-hypnosis to help her feel more confident. I teach Mandy self-hypnosis and then teach her results imagery. In this technique, the person visualises herself performing and reacting in the way she desires while repeating post-hypnotic suggestions to help achieve a goal. After putting herself into hypnosis, Mandy pictures herself on stage performing with confidence and ease. While visualising this for 30 seconds she repeats three times the post-hypnotic suggestion *“I am performing with ease and confidence”*. While still in hypnosis she repeats this process two more times.

This is how the technique is done:

1. Sit in a comfortable place with legs and feet uncrossed.
2. Without tilting your head or straining your neck, pick a point on the ceiling and fix your gaze on that point. While you keep your eyes fixed on that point, take in a deep breath and hold it for as long as is comfortable. Then, as you breathe out, repeat the suggestion *“My eyes are tired and heavy and I want to SLEEP NOW.”* Repeat this process to yourself another couple of times and, if your eyes have not already done so, let them close and relax in a normal closed position.
3. Allow your body to become loose and limp in the chair just like a rag doll. Then, slowly and with intention, count down silently from five to zero. Tell yourself that with each and every count you’re becoming more and more relaxed.
4. Picture an image that represents a situation you wish to master and see yourself achieving your goal.
5. Repeat to yourself three times a positive suggestion such as:

“I am confident, calm and relaxed.”

Say it with conviction while picturing the image for about 30 seconds.

Repeat this three times and between times stay in hypnosis and focus on your body’s relaxation.

6. Come back to the room by counting up from one to five and opening your eyes.

How to Set Your Self-Hypnosis Goals

1. Give achieving your goals a high priority. Plan to use self-hypnosis on a daily basis and you will start to see results.

2. Write your goals down on paper. Clarify what you want to work on and be specific. Make sure you set goals that are achievable. If they are long-term goals, it may be helpful to break them down into manageable steps.

3. Formulate your hypnotic suggestions and write them down. Write out a number of suggestions for the goal you are working on. Follow the rules of post-hypnotic suggestions. You may even want to write your own script (see the example further down).

4. Decide on the imagery you plan to use. If your aim is to relax, picture a pleasant scene like a beach or a park on a warm summer's day. You may wish to use results imagery like Mandy did.

5. If you fail to achieve a goal, do not give yourself a hard time. Remember, failing to achieve a goal does not mean you are a failure. It may be that you need to approach the goal in a different way or perhaps you need to be persistent.

A Self-Hypnosis Script To Help You Relax And Reduce Anxiety

Below is a sample script designed to help you relax and cope with anxiety. Feel free to alter the imagery to fit your particular needs. For instance, instead of picturing yourself on a beach, you may prefer to imagine that you are in a park on a warm summer's day. You may also wish to change the symbolism used to address an issue you wish to work on. Feel free to record the text and play it back, or have someone read it to you.

First take yourself into hypnosis as before by:

1. Sitting in a comfortable place with legs and feet uncrossed

2. Without tilting your head or straining your neck, pick a point on the ceiling and fix your gaze on that point. While you keep your eyes fixed on that point, take in a deep breath and hold it for as long as is comfortable. Then, as you breathe out, repeat the suggestion "*My eyes are tired and heavy and I want to SLEEP NOW.*" Repeat this process to yourself another couple of times and, if

your eyes have not already done so, let them close and relax in a normal closed position.

3. Repeat the following script to yourself silently and with conviction:

“I am now allowing my body to become loose and limp in the chair just like a rag doll. As I continue to relax I am noticing where the comfort is in my body. Perhaps I notice a warming comfortable feeling in my hands and fingers or maybe the comfort is noticeable in another part of my body. With every breath I take and every sound I hear, the comfort deepens. I now count down from five to zero. With each and every count my relaxation deepens. It may even double. Five – deeper – four – calmer – three – more relaxed – two – one – zero.”

“I now picture myself on a golden sandy beach. I can feel the warmth of the sand under my feet and the warmth of the sun on my body. I can imagine that I am alone on the beach or that others are there as my relaxation continues. I listen to the sound of the sea, the waves lapping against the shore. I feel so calm, secure and relaxed that I can stay on the beach for as long as I choose. After a while, I picture myself in a field on a warm summer’s day. There is not a cloud in the sky. In the middle of this field is a hot air balloon and attached to the balloon is a basket which is weighed down on the ground with sandbags. The hot air balloon hangs effortlessly in the sky. I now imagine that I am placing any worries, fear or anxieties into the basket. The more I offload my worries into the basket, the more relief I feel. I now feel as if a great weight has been lifted from my shoulders.”

“I release the sandbags and watch as the balloon, along with its basket, rises into the air. As I watch the balloon rising into the air, I feel relief. The higher the balloon rises, the more relief I feel. The more distant the balloon becomes, the more insignificant my worries appear to be. As I watch this balloon getting smaller in the distance, I repeat to myself three times:

“I am letting go of my worries, fear and anxiety.”


“When ready, I come back to the room by counting up from one to five and opening my eyes.”

When you practise self-hypnosis the imagery you use and the suggestions you give yourself are only limited by your imagination.

Main Points

- Hypnosis is a serious therapeutic tool that can help people overcome many psychological, emotional and even some physical problems. It is not mind-control, brain-washing, sleep, unconsciousness or a peculiar, altered or mystical state. When in hypnosis a person is aware, in control and can come out of hypnosis when s/he wishes to. It is a natural and harmless state.
 - Self-hypnosis can modify behaviour, emotions and attitudes. It can be used to increase confidence and develop new skills. It can help to reduce stress and anxiety, and can even help people overcome habits such as smoking and overeating. Self-hypnosis is also used by sportspeople to enhance their athletic performance. If you are experiencing any medical or psychological problems, however, it is essential to seek the advice of a doctor or competent therapist before using self-hypnosis.
 - Avoid eating a large meal just before practicing self-hypnosis so you don't feel bloated or uncomfortable. Unless you wish to doze, sit in a chair, as lying down on a bed will likely induce sleep. You may also wish to loosen tight clothing and take off your shoes. If you wear contact lenses, it is advisable to remove them. Keep your legs and feet uncrossed.
 - Remember, failing to achieve a goal does not mean you are a failure. It may be that you need to approach the goal in a different way or perhaps you need to be persistent.
 - Practise self-hypnosis on a regular basis. Relax and take your time. Accept the pace at which you achieve results, however small they may seem at first. Believe in yourself and you will go on to achieve the success you desire.
-
- **Post-Hypnotic Suggestions**
 - Here are some post-hypnotic suggestions you can use in your self-hypnosis. Feel free to alter them to fit your particular needs.
 - *Each and every day I am calm, secure and relaxed.*
 - *I am becoming more assertive and confident when I speak to colleagues.*
 - *Each and every day I accept myself as I am.*
 - *Each and every time I enter hypnosis I relax more deeply.*
 - *I find it easy to stop smoking.*
 - *I eat three healthy meals a day.*

About the Author:



I am an Atheist
For this reason are you imprison me, or even beheading me as it is done today?

**I'm not an atheist because it's cool.
I'm not an atheist because of religious
extremism or oppression in some
depraved corners of the world, as the
Islamic State today.**

**I'm not an atheist because I don't think
evil can exist in a world with a god.**

**I'm not an atheist because I think science
can disprove god.**

I'm an atheist because of one simple fact:

**THE BURDEN OF PROOF
LIES ON RELIGION.**

**Unless you propose the existence of
something you must follow the scientific
method in your defense of its existence.
Otherwise, I have no reason to listen to
you. And no longer will listen.**

Philippe L. De Coster, B.Th., D.D. joined Sundial House, Tunbridge Wells, Kent, UK team in 1971: Michael Eastcott and Nancy Magor. He represented together with Tilla Grenier (Brussels) the two French sections of the Meditation Group for the New Age, and Creative Meditation Group, also called the French Section. When Tilla Grenier died the two groups moved to Ghent, and was assisted by François Geldof for the distribution of the booklets of both groups. In 1970 De Coster was awarded with a certificate of Unity School of Christianity, Lee's Summit, Missouri for his knowledge, the course being of a metaphysical character covering the fundamental principles of the teachings of Unity and their applications in redeeming the mind and healing the body. As the studies were "extra muros" it lasted almost ten years.

Unity School of Christianity

(Incorporated)

Lee's Summit, Missouri

Correspondence School Department

To whom it may concern Greeting:

The Unity School of Christianity hereby certifies that

Philippe De Coster

has completed the course of instruction required by the Unity School of Christianity in its Correspondence School Department and has passed all tests.

This course of study has been of a spiritual character. It covers fundamental principles in the teachings of Unity and their application in redeeming the mind and healing the body. We are satisfied that this student has an understanding of the Unity teaching.

In witness whereof we have hereunto set our hands and the seal of said School this 15th day of May A.D. 19 70

Unity School of Christianity

Lowell Fillman President

Vera Dawson Tait Director

One of the Credit Awards as to the study of the mind

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