



Science of Thought Group

This is a philosophical and psychological group. Philosophy is the study of general and fundamental problems, such as those connected with reality, existence, knowledge, values, reason, mind and even language. Our approach considers the only values which are stable and coherent, excluding all nonsense, as what we stand for must be real and proved.

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How Self-hypnosis Works

Research and study by Philippe L. De Coster, B.Th.,D.D.



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Foreword of the Author

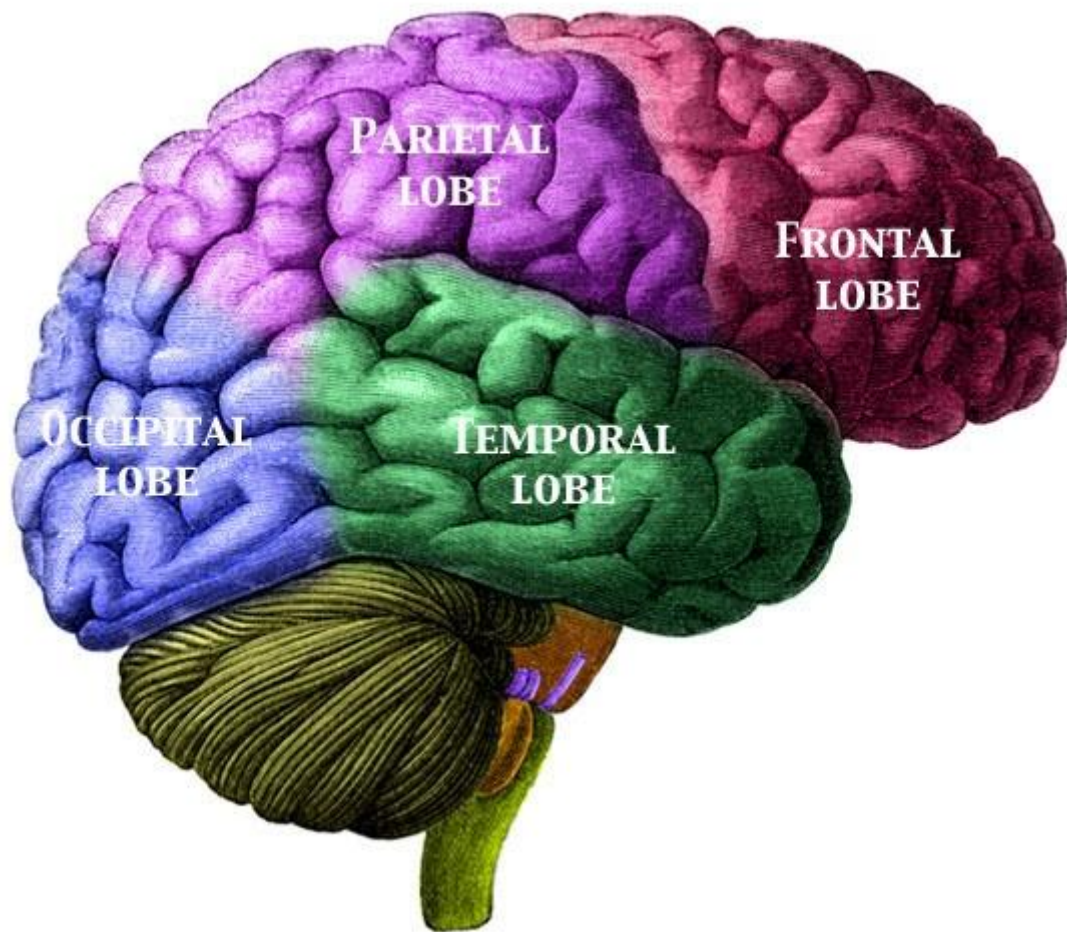
In times past philosophers and psychologists had only interpreted the World; henceforth their task is to change it; thinking is now becoming a form of praxis. It was only that philosophers and psychologists previously had preferred thought to action; the understanding of the world and the human that many had arrived at the belief that it was impossible or at least pointless, to try to change it. If philosophical reflection had led them to renounce the very idea of praxis, this seems to have been especially for those who meditated the truth of death and the nature of the human desire. With many of these philosophers and psychologists of old, their thinking about ultimate truths was conditioned by their social positioning, and to an extent which they could never know. Certainly their philosophy and psychological findings were not as disinterested as thought or pretended, either to themselves and the others or both. It is a resonant image: the cultured philosophers and psychologists; excluding religious ministers as the pope even, bishops, priests, Protestant pastors, and the immensity of sect leaders, the doom preachers no longer of our time; having renounced praxis find themselves, against their will, embroiled in violent social struggle and respond by offering the forces of law and order the use of their opera-glasses as a makeshift rifle-sight.

The writer (myself) has been deeply involved from 1974 to 2010 in Old Roman Catholicism, and definitely quit, calling himself ever since an atheist. In fact, he who says no more of me than that I have become an atheist, says and knows nothing of me. The question as to the existence or non-existence of God, the opposition between theism and atheism belongs to the sixteenth and seventeenth centuries but no longer to the twenty-first century. I fully deny (*negiere*) God, religion being totally man-made, it is brain-work nothing more. Man created religion. That means for me that I deny the negation of man. In place of the illusionary, fantastic, heavenly position of man, Paradise as said in Islam, which leads necessarily to the degradation of man, I substitute the tangible, actual and consequently also the political and social position of mankind, never the religious position and certainly not the Islamic State as to their imposing the Sharia world-wide. The question concerning the existence or non-existence of God or even Satan is for me nothing, but the question concerning the existence or non-existence of man is the only importance. As I mentioned above, all the attributes of the divine nature are, therefore, attributes of the human nature, man himself having created religion. Religion arises when man projects his being into objectivity, and then again makes himself an object to this projected image of himself thus converted into a subject.

Hypnosis or self-hypnosis is thought to work by altering our state of consciousness in such a way that the analytical left-hand side of the brain is turned off, while the non-analytical right-hand side is made more alert. The conscious control of the mind is inhibited, and the subconscious mind awoken. Since the subconscious mind is a deeper-seated, more instinctive force than the conscious mind, this is the part which has to change for the patient's behaviour and physical state to alter.

For example, a patient who consciously wants to overcome their fear of spiders may try everything they consciously can to do it, but will still fail as long as their subconscious mind retains this terror and prevents the patient from succeeding. Progress can only be made by reprogramming the subconscious so that deep-seated instincts and beliefs are abolished or altered.

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For all vertebrate animals and a majority of invertebrate animals the brain forms the centre of their nervous system.

In vertebrates, the brain is located in the head, protected by the skull and close to the main sense organs.

Brains are extremely complex and control other organ systems in our body, by activating muscles or releasing hormones. This allows us to rapidly respond to changing circumstances and the environment in which we all live.

Our brains and spinal cords are made up of numerous cells, including neurons and glial (glue) cells. Approximately 100 billion neurons in the brain send and receive electro-chemical signals. There are many more glial cells which provide support functions for the neurons. A couple of examples of the support functions glial cells provide are the digestion of dead neurons and provision of physical and nutritional support for neurons.

Neurons vary in size from 0.004mm to 0.1mm in diameter and from a fraction

of a centimeter to over 182 centimeters in length.

Neurons are nerve cells that transmit nerve signals to and from the brain at up to 200 mph/321km!

Neuroscience is the scientific study of the nervous system, with many scientists investigating diseases which you may be familiar with – brain tumours, Alzheimer's/Senile Dementia, Parkinson's and strokes.

A quick look at the brain

Much of the brain's physiological task involves receiving information from the rest of the body, interpreting that information, and then guiding the body's response to it. Types of input the brain interprets include odours, light, sounds, and pain. The brain also helps perform vital operations such as breathing, maintaining blood pressure, and releasing hormones (chemical signals that control certain cells and organs).

The brain is divided into sections. These sections include **the cerebrum, the cerebellum, the diencephalon, and the brainstem.**

Each of these parts is responsible for certain portions of the brain's overall job. The larger parts are, in turn, divided into smaller areas that handle smaller portions of the work. Different areas often share responsibility for the same task.

The **cerebrum** is the largest part of the brain. It is responsible for memory, speech, the senses, emotional response, and more. It is divided into several sections called lobes. These lobes are referred to as the frontal, temporal, parietal, and occipital; each handles a specific segment of the cerebrum's jobs.

The **cerebellum** is below and behind the cerebrum and is attached to the brain stem. It controls motor function, the body's ability to balance, and its ability to interpret information sent to the brain by the eyes, ears, and other sensory organs.

The functions the brain stem governs include respiration, blood pressure, some reflexes, and the changes that happen in the body during what is called the “fight or flight” response. The brain stem is also divided into several distinct sections: the **midbrain, pons, and medulla oblongata.**

The **diencephalon** is inside the cerebrum above the brain stem. Its tasks include sensory function, food intake control, and the body's sleep cycle. As with the other parts of the brain, it is divided into sections. These include the thalamus, hypothalamus, and epithalamus.

The brain is protected from damage by several layers of defenses. Outermost are the bones of the skull. Beneath the skull are the meninges, a series of sturdy membranes that surround the brain and spinal cord. Inside the meninges, the brain is cushioned by fluid.

Still, the brain can suffer damage, become diseased, or malfunction. These problems may include cancer, physical injuries such as skull fractures, and ruptures of blood vessels that supply the brain.

The human mind can pick out and learn from information that is not consciously observed.

Hypnosis and NLP (Neuro linguistic programming) both influence the subconscious mind. In many ways, hypnosis and NLP are opposite sides of the same coin and when they are combined they become arguably the most powerful tool for human evolution that has ever been developed.

With Hypnosis and NLP one can talk and give suggestions directly to the unconscious mind. Here, empowering suggestions are readily accepted and acted upon expanding your energy, skills and resources, and enabling changes to occur.

Self-hypnosis

Self-hypnosis is simply the ability to focus your attention on a specific goal whilst in a deeply relaxed state of mind and body. When you use the following guide and you go into a self-induced trance state, you can choose to focus your energy on a specific goal, or simply experience the benefit of hypnosis by stilling your mind and going into a deep state of mental and physical relaxation. This guide to self-hypnosis has a wide variety of therapeutic applications. In particular, it is very effective in the alleviation of stress and tension, in helping to regulate sleeping patterns and for focusing on goals.

Life is full of the unforeseen. You suddenly get asked to make a speech without preparation. You abruptly have to take over a complex process that somebody else usually deals with. You get randomly challenged by some aggressive person and have to respond. You find you must make an important complicated

decision very quickly without advice. You just get exhausted or overwhelmed and need a quick break.

Self-hypnosis is a naturally occurring state of mind which can be defined as a heightened state of focused concentration. With it, you can change your thinking, kick bad habits, and take control of the person you are—along with relaxation and distressing from everyday life. It's similar to meditation and results in a better you.

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When you hear of the term hypnosis, what is the image that immediately forms in your mind?

It is of a person sitting in front of a hypnosis therapist giving suggestive commands to that person, right?

Well now, hypnosis doesn't have to involve two people because you can perform hypnosis on yourself.

No need to go to a hypnosis therapist.

This way you can calm and manage your mind without the help of anyone or anything.

Self hypnosis techniques enable you to control your own mind at your own pace, at your own time and at your own convenience.

The art of self hypnosis is getting yourself relaxed to a point where your subconscious mind is more open so you are able to receive and act upon suggestions.

Then using repetition with those suggestions to change your thought patterns, ultimately changing your habits.

The Difference between Hypnosis and Self Hypnosis

With hypnosis, someone is usually guiding you through your session.

All hypnosis sessions are considered to be self hypnosis because you are participating in the process of getting into trance and allowing suggestions and programs into your mind. So many professionals like to convey that in fact you are doing it yourself.

Most people still prefer hypnosis because the hypnotist has spent a lot of time in school learning and perfecting the essential techniques and expanded their ability to use artistically written scripts and metaphors.

Just as most people prefer to have a lawyer represent them in court, instead of representing themselves, simply because the attorney has spent a lot more time practicing law than his client.

So give yourself a break here and take out some time to learn.

You can cheat by picking out some pre-recorded downloads on Vimeo and Youtube.

If money is a big objection for you, no worries, the free one is a steal and will give you some great ideas!

You could always check out some U Tube videos to get some hints too.

What To Expect

Some people notice that they instantly feel different, while others feel no significant difference from what they experience in day dreaming for a while.

Just remember over time it is very effective in getting you the changes you desire.

Like everything else, it takes practice.

I compare it to the gym. You have to start out lifting ten pounds, until you can lift twenty, then thirty, etc.

Your imagination is like a muscle, the more you use it the stronger it will become, which is why I like the gym analogy.

As a general rule, it is best not to watch for the state of hypnosis. It's like watching to see if you are asleep, the longer you watch, the longer you stay awake.

So, let's get started...

Creating the Correct Atmosphere and Preparing Yourself

Creating the right atmosphere

To practise self-hypnosis just like for meditation you need to go to a quiet room where you will not be disturbed, preferably a bedroom with no telephone. Dim the lights or turn them off. You may choose to light a candle or burn relaxing aromatherapy oils, such as lavender or chamomile. Use anything that helps you to create a relaxing atmosphere.

Once you become skilled at self-hypnosis you can use it in busy places where there are noises and distractions. With practise you will find it easy to block out distractions and still be able to focus your mind intently.

Preparing yourself

You can either lie down on a couch or bed or sit upright in a comfortable chair, preferably with a headrest. Make yourself as comfortable as possible and avoid crossing your legs or arms. Make sure your clothing is loose and comfortable and the temperature of the room is neither too hot, nor too cold.

Tell yourself silently or out loud that you are going to practise self-hypnosis. Then tell yourself silently or out loud how long you want to remain in the trance. Fifteen to twenty minutes is fine to begin with. However, after a little practise you may decide to make your self-hypnosis sessions last longer.

The key to using self-hypnosis successfully is the ability to focus your mind intently on a single goal even if that goal is just enjoying the experience of hypnosis by creating a deeply relaxing mental and physical state.

You don't do this by intellectualising or forcing the process, as the aim of self-hypnosis is to let go of any conscious thoughts. Think of a push and pull, ying (female) and yang (male) energy. Self-hypnosis is very much a ying energy where you let go and allow the feeling of relaxation to gently engulf you and where you also *allow* your mind to become very still and quiet.

Hypnosis and self-induced hypnosis is usually an evolving state where the depth of trance you experience will fluctuate. Even though conscious thoughts may still creep in at various times all you need to do is let them go, clear your mind

and drift deeper again. During self-hypnosis it is likely you will go through various levels of relaxation in a similar way to the sleep stages you go through at night. When you go to sleep at night you go through five stages of sleep that get progressively deeper and last for about 90 minutes. You then repeat that whole 5-stage process over and over again through the night. Hypnosis is a similar journey; so don't think it is not working if, after a while, you feel you are not in a deep enough trance state as it maybe that you have entered a lighter trance stage and self analysis will only lighten the trance even more. The key is to remain focused on your goal in spite of intellectual distractions or mental chatter; by doing this you will naturally drift deeper again and the thing you are focusing on will become stronger.

In summary, the state you are aiming to create is one of strong focus where you are deeply relaxed and your mind is calm and not actually 'thinking'. You must achieve this deep mental focus and physical relaxation through your feelings. This is similar to the experience of having a pleasant dream or daydream where you are guiding yourself in the dream without thinking about it. Using your inner feelings is an important part of self-hypnosis, especially when you focus on specific goals such as personal success or weight loss, for example.

The breathing technique

Breathing techniques are a very good way to begin self-hypnosis because by drawing more oxygen into your body and up to your brain, this will help to you release tension and relax fairly quickly.

To begin just like in meditation, close your eyes and breathe very slowly and deeply in through your nose and out through your mouth. Continue building a *very slow* and *very deep* rhythmical breathing pattern. Visualize and *feel* the new breath of air travelling into your airways and swirling around your lungs and clearing out any stale air with every slow out-breath.

Make sure you breathe from your diaphragm (lower chest area) and not from the upper chest. Watch what happens to your body as you breathe. If you are breathing properly, your stomach will go out as you breathe in and will go in as you breathe out. If you are unused to diaphragmatic breathing, this may take a little practise.

After a short while you can take this a step further if you wish. At the top of your breath, hold it for three seconds and then count to five on every out-breath. As you breathe out, imagine you are breathing away any nervous tension left in your body. Really feel any mental or physical stress disappear as you slowly breathe out. You can also say the word *relax* on every out-breath, if you wish. Use the parts of this technique that work the best for you, although breathing from your diaphragm is something you should always do.

Continue this breathing pattern ten or more times, or for as long as it takes for you to feel pleasantly relaxed.

Clearing your mind

After a little practise you may want to use this clearing your mind technique and your breathing technique at the same time. This will help you to avoid intellectualising the breathing technique and can help you to go into a pleasant light trance fairly quickly.

Don't underestimate the simplistic power of this mind clearing section, as even if you did this part on its own it can be a very good discipline for de-stressing and energising your mind. Use any one of the visualisations below that resonate with you.

Allow your mind to go completely blank. Don't worry if you still get unwanted thoughts drifting into your mind; tell yourself not to fight them, as they will soon drift away again. Every time you get an unwanted thought, imagine a large red stop sign. As soon as you see the red stop sign, imagine the thought disappearing and your mind becoming clear.

Another thought-clearing technique is to imagine a large computer screen full of data that becomes blank by hitting a keypad. Imagine that by pressing a keypad you can clear your mind. Another method is to imagine you are looking up at the sky on a pleasant summer's day. You notice a few small clouds that drift across the sky and then fade away. Eventually all of the clouds have drifted away and the sky is clear. Imagine your conscious thoughts are like clouds that fade away. Use whatever method works for you but spend time getting this part right as calming your mind is the key to achieving deeper levels of hypnosis.

Relaxing your body

Now you can place your whole focus on relaxing your body. Imagine every muscle completely relaxing, from the top of your head to the tips of your toes. Imagine your eyelids have become heavy and tired and any tension in your forehead is disappearing. All the muscles there are becoming loose and relaxed. Start at the top and systematically work your way down to your toes. Take your time to do this thoroughly. Self-hypnosis should be a journey you enjoy from start to finish with a feeling that you have all the time in the world.

Continue this pattern and imagine all the muscles relaxing in your jaw, neck, shoulders, back, arms and legs. Imagine the relaxation spreading down through your body, letting go of any tightness or tension in the muscles. You can visualise the muscles relaxing and spend extra time relaxing any part of your body that holds more tension. Allow the outside world to fade into the background and continue your journey into your inner world.

Throughout the whole process you should re-focus on clearing your mind at intervals just by breathing away any unwanted thoughts. Spend a few minutes clearing your mind after each section, then move on. Take your time when you do this and enjoy the process of letting go.

Deepening the trance state

By now you will already be in a light trance state. A good technique to guide yourself deeper into trance is to count down silently and mentally from ten to one and imagine you are drifting deeper with every number. Feel every muscle in your body relax more and more with each descending number. Leave about five seconds between each number or, if you prefer, you can count each number down on every second or third out-breath. Do what ever feels right but take your time at this point and really let go and allow yourself to drift deeper and deeper inside. Feel as though you are journeying into your inner worlds by floating down deeper and deeper with each number.

To enhance this you can also use visualisation techniques. For example, imagine you are travelling down ten flights in an elevator; or stepping down ten steps into a beautiful garden. Count down with each flight or step, going deeper with each number. Use whatever feels right for you. Don't get hung up on the feeling that you are not deep enough in trance or that nothing is happening. Being in a trance is often very subtle. The more you practise the better you will get and in

time, you will begin to know intuitively when you are in a deeper, more receptive state.

Conversely, *do not fear* going into a deep trance: self-hypnosis takes you to a powerful part of yourself (not outside yourself) where you can make lasting, positive changes. It is a popular myth that you lose control under hypnosis, when in fact you are creating a state where you are *taking back* control. All destructive habits like overeating, smoking, anxiety-related habits and phobias are as a result of losing a degree of control at some point. By using self-hypnosis you will be able to reprogram your mind and regain control of habits that you have been unable to control by conscious thought alone.

Allow yourself to go deep inside your mind and tell yourself you feel safe and secure as you do this. Someone once asked me if they could get *stuck* in the unconscious state. This cannot possibly happen. You may fall asleep in trance, but you would then wake up in your own time, as you would from a regular sleep state.

Utilising the trance state

When you reach the deeper trance stage you can either relax and drift, or you can give yourself some positive suggestions or affirmations - the wording of which must have been decided upon *before you start*. You can also use powerful imagery (see ‘**The Power of Imagery**’ below).

Word your affirmations correctly

Work on only *one goal at a time*, usually over a number of sessions. For example, don't work on releasing a fear and losing weight in the same session. You can use a number of affirmations in one session but they all must relate to your one chosen goal at this time.

Silently and mentally repeat the affirmations over and over, slowly and positively, using as few words as possible. Be very direct, as though you are giving yourself commands. Sometimes you can create a rhythm with your breathing saying the affirmation on each out breath, almost like a chant or mantra.

When deciding on the suggestions beforehand always state them as *if they are a reality and in the present*.

This is very important, as your unconscious mind believes exactly what it is told. For example:

- Do **NOT** say: *‘I want to be calm and composed under pressure.’*
- Do say: *‘I FEEL calm and composed under pressure.’*
- Do say: *‘I AM always calm and composed under pressure.’*

You must make any suggestion completely unambiguous and *Always Accentuate The Positive!*

When you repeat these affirmations, say them with conviction and believe they are a reality. The stronger the feelings you create, the more effective the affirmations will be. So really put your heart and soul into embracing these positive new affirmations so they become anchored in your unconscious mind.

I tend to use the words *‘I love to...’* to begin many of my affirmations as love is a powerful word and I have found this type of affirmation seems to have a powerful impact.

It is important to really feel the affirmations as you repeat them, draw them inside you and let every cell in your mind and body resonate with positive feeling and emotion. Imagine every part of you is repeating the affirmations with complete conviction and total belief in what you are stating. Even if it feels a bit odd at first, stay with it, as your unconscious mind believes exactly what it is told. You are creating new positive beliefs that will be accepted by your unconscious exactly as they are, without any analysis. That is why taking time and care to list your affirmations correctly is very important.

The power of imagery

Visualisation works so effectively because of a key ingredient in mind programming – the human mind doesn’t distinguish between what is real and what is imagined. So, when you create a future visualisation, your mind will accept it as a reality and you will respond to that programming. I liken this process to programming a computer; what you put in will come back out. The human mind is exactly like that. By programming your computer with positive beliefs or imagining a future situation or event in a very positive light, you will set yourself up for success.

An example of this is flying, which for most people causes anxiety. For some people the anxiety is debilitating. But when you program your mind to enjoy flying through visualisation and affirmation, that is what you will feel when you next fly for real. When you come to experience the event in reality, your unconscious mind will believe you have been there before, and you will feel composed and in control when you fly. I once hypnotized a chronically fearful flyer who overcame his fear of flying to such a degree he became a dangerous sports enthusiast revelling in skydiving and bungee jumping! He became chronically *fearless!*

Using visual imagery along with affirmations when in the trance state is a very powerful way of absorbing beliefs into your unconscious mind. It is important to be creative and make your visualisations colourful and elaborate. When you visualise, use as much detail as possible and use all of your senses to make the visualisation realistic.

When you visualise a future event run the images in your mind like a short film using as much detail as possible. If you are going for an interview see the shape and size of the room, notice the colours of the walls and carpet, feel your clothes against your skin, notice the fresh smell of the room, the softness as you sit in the chair. Make the whole picture bright and clear and use as many of your senses as you can; the more vividly you use your imagination the better. Most importantly, always see yourself in a completely positive light, expressing yourself clearly and confidently and feeling very calm and composed under any pressure.

You can use this powerful technique to prepare yourself for so many things, such as an exam, a sporting event, public speaking, or for business and social occasions. I always feel for people when they blow a big opportunity through nerves or anxiety. Learning these techniques can help absolutely anyone overcome their fears in pressure situations.

Needless to say, when you do the opposite and *worry* about a future event you are programming your mind with fear, which it will respond to at the time of the future event. I have seen highly capable, intelligent people blow big opportunities because of the anxiety that they created around an event. You often see this on TV talent shows when talented novice singers crumble when they are asked to perform under pressure. I always wish I could help them when I see this because it is really so easy to overcome stage fright.

The very best way to overcome the fear of high-pressure situations is to visualise the future event and create an entirely positive scenario using all of your senses and as much creativity as possible. This way you will set yourself up to succeed by creating a peak performance state at the time when you need it most. Positive programming is something that most top sports people use, as do many people who are successful in their careers.

We are all blessed with an ability to imagine, and when we learn how to harness the power of our imagination we can achieve practically anything.

Bringing yourself back to full consciousness

When you feel it is time to wake up from the trance, all you need to do is slowly and mentally count up from one to ten. Tell yourself you are becoming more awake with each number. When you reach the number ten, your eyes will open and you will be wide-awake with a feeling of total well-being.

If you practise before going to sleep, you do not need to count up from one to ten. Simply tell yourself before you begin that the trance will turn into a deep, natural sleep from which you will wake up in the morning feeling positive and refreshed.

Key Points

- Creating the right atmosphere.
- Preparing yourself mentally and allowing a set amount of time for self-hypnosis.
- Spending 10 minutes or more on creating a slow rhythmical diaphragmatic breathing technique and clearing your mind.
- Deepening the trance state through visualisation.
- Utilising the trance state by using affirmations and visualisations to focus on a specific goal which must have been decided upon before you begin.
- Bringing your self out of hypnosis and back to full waking consciousness.

Do note:

When you first practise hypnosis, do not worry if you don't think much happened or you could not see much in the visualisation. Just the fact that you went somewhere quiet and centred yourself by closing your eyes and relaxing will have benefited you.

You will be surprised at how effective a suggestion can be in even the lightest of trances. The power of the unconscious mind works in a very subtle way. The most important thing to remember is to enjoy the process and to have faith, because as with all things, the more you practise the better you become!

Preparing for hypnosis

First of all here follows my own translation of the Bhagavad Gita published on Internet at Scribd and Internet Archives. The portion here is from Chapter or Discourse Six, the verses 10 to 19:

DIRECTION FOR THE PRACTICE OF MEDITATION

**yogi yunjita satatam atmanam rahasi sthitah
ekaki yata-cittatma nirasir aparigraha (6.10)**

yogi – the yogi; *yunjita* – let him keep the mind steady; *satatam* -- constantly; *atmanam* – self or mind (in this context); *rahasi* -- in a solitary place; *sthitah* – remaining, being situated; *ekaki* -- alone; *yata-citta-atma* – one with mind and body under control; *nirasih* -- without free from hope (desires); *aparigraha* -- free from possessiveness.

Let the Yogi constantly concentrate his mind on yoga, remaining alone in a solitary place, with mind and body under full control, free from desires and attachment to material possessions. (6.10)

**sucau dese pratisthapyā sthīram asanam atmanah
naty-ucchritam nati-nīcam cailajina-kusottaram (6.11)**

sucau -- in a clean; *dese* -- place; *pratisthapyā* – having set himself up, having established; *sthīram* -- firm; *asanam* -- seat; *atmanah* -- his own; *na* -- not; *ati* -- too; *ucchritam* -- high; *na* – not, nor; *ati* -- too; *nicam* -- low; *caila-ajina* -- cloth and deerskin; *kusa* – and (sacred) *kusa* grass; *uttaram* – covering.

Let him for himself set up a firm seat in a clean place, neither too high nor yet too low, on the sacred kusa grass, covered with a deer-skin and over it a cloth. (6.11)

**tatraikagram manah krtva yata-cittendriya-kriyah
upavisyasane yunjyad yogam atma-visuddhaye (6.12)**

tatra -- there; *eka-agram* – one-pointed; *manah* -- mind; *krtva* -- making; *yata-citta* -- restraining the mind; *indriya* -- senses; *kriyah* – the motions, the actions; *upavisya* – sitting, fixed (on the seat); *asane* -- on the seat; *yunjyat* -- should practice; *yogam* -- yoga; *atma* -- the self; *visuddhaye* – for the purification.

There let him sit, and making the mind one-pointed, with the motions of thought and senses restrained, fixed on his seat practise yoga for the purification of the Self. (6.12)

**samam kaya-siro-grivam dharayann acalam sthirah
sampreksya nasikagram svam disas canavalokayan (6.13)**

samam – erect, straight; *kaya* -- body; *sirah* -- head; *grivam* -- and neck; *samam kaya-siro-grivam* – body, head and neck; *dharayan* -- holding; *acalam* – stil, unmoving; *sthirah* – steady, one’s own, still; *sampreksya* – fixing, gazing, looking; *nasika* -- of the nose; *agram* -- at the tip; *svam* -- own; *disah* – around, directions, on all sides; *ca* – and, also; *anavalokayan* -- not looking.

Remaining still, holding the body, head and neck erect, let him fix his gaze on the tip of his nose, without looking around. (6.13)

**prasantaatma vigata-bhir brahmacari-vrate sthitah
manah samyamya mac-citto yukta asitamat-parah (6.14)**

prasanta – serene (minded); *atma* -- mind; *vigata-bhih* -- fearless; *brahmacari-vrate* -- in the vow of Brahmacharya (celibacy); *sthitah* -- firm; *manah* -- mind; *samyamya* -- completely subduing, having controlled; *mat* -- on Me; *cittah* -- concentrating the mind, thinking; *maccittah* -- thinking on Me; *yuktah* – balanced, with intent; *asita* -- should sit; *mat* -- Me; *parah* -- the supreme goal.

Serene minded, fearless, firm in the vow of celibacy (that no longer applies if you choose to have a relation) (of the Brahmachari), the mind controlled, thinking on Me in total concentration, let him sit with intent on Me as the supreme goal. (See also 4.29, 5.27, 8.10 and 8.12) (6.14)

**yunjann evam sadatmanam yogi niyata-manasah
santim nirvana-paramam mat-samstham adhigacchati (6.15)**

yunjan -- balancing; *evam* – so, thus; *sada* – ever, always; *atmanam* – the Self; *yogi* -- yogi; *niyata-manasah* – one with controlled mind; *santim* – to the peace; *nirvana-paramam* – that which culminates in Nirvana (Moksha); *mat-samstham* – abiding in Me, subsisting in Me; *adhigacchati* -- attains.

So, the Yogi ever integrated in the Self, his mind restrained, attains to the peace which has Nirvāna (*nirvāna*...) as its end, and which subsists in Me. (...*paramām*). (6.15)

***naty-asnatas tu yogo 'sti na caikantam anasnatah
na cati-svapna-silasya jagrato naiva carjuna (6.16)***

na – not, never; *ati* -- too much; *asnatah* -- of one who eats; *tu* – however, but; *yogah* -- yoga; *asti* -- is; *na* – not, nor; *ca* – and, also; *ekantam* – at all; *anasnatah* – of one who does not eat, abstaining from eating; *na* – not, nor; *ca* – and, also; *ati* -- too much; *svapna-silasya* -- of one who sleeps; *jagratah* -- or one who stays awake too long; *na* -- not; *eva* -- even; *ca* -- and; *arjuna* -- O Arjuna.

However, O Arjuna, yoga is not for him, who eats too much, nor for him who does not eat at all; nor for him who sleeps too much, nor yet for him who stays awake too long. (6.16)

***yuktahara-viharasya yukta-cestasya karmasu
yukta-svapnavabodhasya yogo bhavati duhkha-ha (6.17)***

yukta -- regulated; *ahara* -- eating; *viharasya* -- recreation; *yukta* -- regulated; *cestasya* – the one who works for maintenance; *karmasu* -- in discharging duties; *yukta-cestasya karmasu* – is moderate in exertion in actions; *yukta* -- regulated; *svapna-avabodhasya* -- sleep and wakefulness; *yogah* -- practice of yoga; *bhavati* -- becomes; *duhkha-ha* – the destroyer of pain.

But, yoga is for him who is regulated (*yukta*) in food and recreation, who is regulated in all his deeds and gestures, who is regulated in sleeping as in walking, achieving a yoga which destroys all pain. (6.17)

***yada viniyatam cittam atmany evavatisthate
nisprah sarva-kamebhyo yukta ity ucyate tada (6.18)***

yada -- when; *viniyatam* – well-controlled; *cittam* -- the mind; *atmani* -- in the Self; *eva* -- only; *avatisthate* -- becomes situated, established; *nisprahah* – free from longing; *sarva* -- for all kinds of, after all ; *kamebhyah* –after all desirable things; *yuktah* -- yogi; *iti* -- thus; *ucyate* -- is said ; *tada* -- then.

When the well-controlled mind is established in the Self alone, free from longing after all desirable things, then it is said, that the one is at peace. (6.18)

**yatha dipo nivata-stho nengate sopama smrta
yogino yata-cittasya yunjato yogam atmanah (6.19)**

yatha -- as; *dipah* -- lamp; *nivata-sthah* -- in a windless place; *na* – not, does not; *ingate* -- flicker; *sa* -- this; *upama* – simile, be likened, comparison; *smrta* – is thought of, is considered; *yoginah* -- of the *yogi*; *yata-cittasya* -- whose mind is controlled; *yunjatah* -- constantly engaged, of the practising, of the one being absorbed; *yogam* – the yoga; *atmanah* – of the Self.

Get into comfortable clothing or even naked. It's pretty hard entering any kind of deep, relaxed state when all you can think about is the waistband of your jeans cutting off your circulation. So take this as an excuse to throw on some sweats. You want absolutely nothing distracting you.

Make sure the temperature is adequate for you too. Have a blanket or a sweater ready if you run on the chilly side. Sometimes feeling warm can be very comforting, too.

Go to a quiet room and sit in any comfortable chair, couch, or bed. Although some people prefer to lie down, you are more susceptible to sleep than when sitting up. Whether you sit or lie, ensure that you do not cross your legs or any part of your body. You may be in this position for a while and this could end up being uncomfortable.

Figure out your hypnosis goals. Are you doing it just to relax? For self-improvement? To train your brain? If you're doing it to achieve a greater end (weight loss, quitting smoking, etc.), prepare a list of affirmations. Self-hypnosis can be used just for relaxation, sure, but it can be for a number of life-enhancing things, too. Many use it to achieve their goals, change their thinking, or just as general positive reinforcement or motivation. Here are some examples of affirmations you could try:

- If you want to quit a bad habit, something to the point is the most effective. Think along the lines of, "I do not want to smoke. Cigarettes have no appeal to me."
- If you want to think more positively, aim for something like, "I am capable of whatever I set my mind to. I am in control and I am valuable."
- If you want to reach a specific goal, like weight loss, say it in the *present* tense: "I am eating healthy. I am losing weight. My clothes feel better and I feel better."
- These are statements you will be reciting to yourself when you're under. Again, it's up to you, but many find them life-affirming and effective

Entering hypnosis

Like for meditation (usually) close your eyes and work to rid your mind of any feelings of fear, stress, or anxiety. When you begin, you might find it difficult not to think. You may find that thoughts keep intruding. When this happens, don't try to force the thoughts out. Observe them impartially, and then let them slip away. See the usual technique for meditation at this point.

- Alternatively, some like to pick a point on the wall and focus on it. It could be the corner, it could be a smudge, it could be wherever you want it to be. Focus on the point, concentrating on your eyelids. Repeat to yourself that they're getting heavier and heavier and let them close when you cannot keep them open anymore.

Recognize the tension in your body. Beginning with your toes, imagine the tension slowly falling away from your body and vanishing. Imagine it freeing each body part one at a time starting with your toes and working its way up your body. Visualize each part of your body becoming lighter and lighter as the tension is removed.

- Relax your toes, then your feet. Continue with your calves, thighs, hips, stomach and so on, until you've relaxed each portion, including your face and head. Using imagery techniques of something you find comforting or soothing, such as water (feel the water rushing over your feet and ankles, cleansing them of tension) can be effective as well.

Take slow, deep breaths. When you exhale, see the tension and negativity leaving in a dark cloud. As you inhale, see the air returning as a bright force filled with life and energy.

- At this point, you can use visualization as you so choose. Think of a lemon and cut it in half in your mind. Imagine the juices oozing out and

getting over your fingers. Place it in your mouth. What's your reaction? How does it feel, taste, and smell? Then, move onto more meaningful visions. Imagine your bills blowing away in the breeze. Imagine you running off those pounds. Get as detailed as possible. Always think of your five senses.

Appreciate the fact that you are now extremely relaxed. Imagine you are at the top of a flight of 10 stairs which at the fifth step start to submerge into water. Picture every detail of this scene from the top to the bottom. Tell yourself that you are going to descend the stairs, counting each step down, starting at 10. Picture each number in your mind. Imagine that each number you count is further down and one step closer to the bottom. After each number, you will feel yourself drifting further and further into deep relaxation.

As you take each step, imagine the feel of the step under your feet. Once you are at the fifth step imagine and truly feel the refreshing coolness of the water and tell yourself that you are stepping into an oasis of purity and cleanliness. As you begin to descend the last five steps, start to feel the water getting higher and higher up your body. You should now start to feel somewhat numb and your heart will start to race a bit, but notice it and let any qualms about the situation just drift away into the water.

Feel a floating sensation. At this point at the bottom of the water you shouldn't really feel anything, just the sensation of floating freely. You may even feel like you're spinning. If you do not feel as stated above, try again, slower with a will to grasp what is happening. Once you have achieved this state you should proceed to address your problems and decide upon what it is you want from where you are.

- Now start to narrate what you are doing; speak in the present and future tense quietly to yourself, or as if you are reading it from a page.
- Start to picture three boxes under the water that you have to swim to get to.
- Once you have found the boxes, open them slowly, one at a time, and narrate to yourself what is happening when you open the box. For example, "As I open the box I feel a radiant light engulf me, I feel it becoming a part of me. This light is my new found confidence that I can never lose as it is now a part of me" and then proceed on to the next box.
- You should avoid using statements with a negative connotation, such as "I don't want to be tired and irritable." Instead, say, "I am becoming calm

and relaxed." Examples of positive statements include: "I am strong and slender," "I am successful and positive," and, if you have pain, "My back is beginning to feel wonderful." (See warning on pain.)

Repeat your statement(s) to yourself as many times as you wish. Feel free to wander about the water, visualizing yourself emptying boxes, finding treasure (in the form of self-confidence, money, etc.), or simply letting all your tensions disappear. Find areas where the water is cold, hot, or full of wildlife. Let your imagination go.

Get ready to exit your hypnotic state. With each step you take, feel the water becoming lower and lower until you have once again reached that fifth step. Once you are out of the water and are on the sixth step you may start to feel heavy or as if there is a weight on your chest. Merely wait on the step until this passes, constantly repeating your aforementioned statements.

Once it passes, continue up the stairs, visualizing each step by its number, feeling the steps underneath you. Will yourself to carry on up the stairs.

For the record, this water visualization isn't 100% hard and true. If you come up with another scenario that you prefer, use it! It's just as good, if not better, since it works for *you*.

Once you have ascended, give yourself a few moments before opening your eyes. You may want to visualize yourself opening a door to the outside world. Do this slowly and imagine the light that pours in through the doorway; this should make your eyes open naturally. If you need to, count down from ten, telling yourself that once you finish, your eyes will open.

Take your time getting up. Then tell yourself, "Wide awake, wide awake," or something you're used to to wake up. This will put your mind back in the conscious state, bringing you back to reality.

Enhancing your experience

Mean it. No self-hypnosis or mantra will manifest itself in real life if you don't actually mean it. In order for this to be effective, you have to believe in yourself and your actions. And why not? If you do mean it, it could work.

- If the first time doesn't seem effective, don't write it off automatically. Some things take time to get used to and to get good at. Come back to it in a few days and revisit the experiences. You may be surprised.

- Open your mind. You have to believe there is a possibility of this working in order for it to work. Any scepticism on your part will impede your progress.

Test yourself physically. If you need proof you're in a trance, there are exercises you can do! Anything that can be seen or felt in your body can work. Try these ideas on for size:

- Entwine your fingers together. Keep them together throughout your trance, telling yourself that they are stuck together -- almost as if they're covered in glue. Then, try to take them apart. If you find you can't...proof!
- Think of one arm getting heavier and heavier. You don't need to consciously pick one; your brain will do this for you. Imagine a book on top of it, holding it down. Then, try to lift it up. Can you?

Visualize situations. Whatever it is you're working toward -- be it confidence, weight loss, positive thinking, whatever -- visualize yourself in the situation acting as you'd like to react or being as you'd like to be. If you want to be thinner, imagine yourself sliding into your skinny jeans with ease, modeling in the mirror, smiling at your beautiful body. The endorphin rush alone will be worth it!

- Many use hypnosis to get over certain issues like shyness. You don't have to attack the shyness head on; something related will do. Simply imagining yourself going about the world with your head high, smiling, and making eye contact can be the first step toward a more **extroverted** you.

Use outside things to assist you. In other words, some people like music to help them enter hypnosis. There are a bunch of hypnosis tracks available online that are just for this purpose. If a certain scene -- water, the rainforest, etc. -- would help, you have it at your fingertips!

- Timers can be helpful, too. Some find that getting out of the trance is difficult and they lose track of time. If you don't want to accidentally spend hours hypnotized, you can use a timer. Just make sure it has a soothing tone to get you out of it.

Use it to better yourself. Find a goal of yours you'd like to achieve and concentrate on it during your relaxed state. Think of the person you'd like to be and be that person. Hypnosis is great for a deep, deep meditation, but it's better in that it can be used for a bigger, better purpose. Many people find that they emerge more positive and with a sense of purpose afterward. Take advantage of that possibility!

There is no wrong way to go about this. Whether it's kicking a bad habit, having focus in your work life, or just changing your thinking, hypnosis can help. Getting rid of the stressors in your life is an integral part of being the person you want to become and this will help. And the more you do it, the better and more natural it'll feel.

Tips

- If you can't sleep, after you count down from ten (or go down your staircase), allow your mind to remain in this pleasantly relaxed state and keep your eyes closed while you are lying down and you will sleep much easier.
- For those of you who like to meditate but can't sit still long enough, just use this as a form of meditation but insert a period of time in between counting down from ten and counting back up to ten.
- Have an idea of how you will present your suggestions to yourself before you lie down and are relaxed, otherwise it may interrupt your hypnotic state.
- Some find that imagining yourself in a peaceful natural setting will relax your mind sufficiently before counting down. For instance, you may imagine yourself wandering through a forest, smelling the trees and hearing the wind. Alternatively, you could imagine yourself walking along the ocean shore and feel the grit of the sand beneath your feet, the cool water washing against your ankles and sounds of the surf.
- Another way to relax your muscles is to physically tense and hold for ten seconds before releasing; you should feel as well as imagine the tension leaving.
- Don't force yourself or think about it and it will be much easier. Also this is a good way to get to sleep.
- Writing out your suggestions before induction can be very effective, as a visual list of what you choose to work on can sometimes be more easily remembered than even carefully assembled thoughts.

- If you are struggling, try visiting a hypnotherapist or buying a recording in order to experience hypnosis. When you have experienced it once or twice you will better know the state of mind you are aiming to achieve.
- It often helps to go to a professional, licensed hypnotherapist for a session first, to see what it feels like.

Warnings

- Be careful when rising if you've been lying down. Getting up too quickly could cause your blood pressure to plummet, and you could easily become dizzy or pass out. (This has nothing to do with hypnosis, it is orthostatic hypotension.)
- Hypnosis does not always work immediately; you may need to repeat it often (e.g. every day for a month or more) to see the benefits. You will need to "train" yourself with lots of practice.

Erotic self-hypnosis. Hypnofetishism. Hypno sex.

It has many names and one simple meaning: Using the power of hypnosis to fulfil erotic desires. Sounds simple enough? It is.

Erotic hypnosis takes many forms and can be used to fulfill countless desires but the approach tends to follow a simple formula.

1. Hypnotic Induction
2. Trance and Suggestion
3. Awakening

Are you looking for something that makes you feel more erotic?

If you are, then Erotic Hypnosis can help make you feel erotic, sensual, sexual and more lustful.

In doing this, Erotic Hypnosis can also help increase the sensations of pleasure and excitement.

Did you know that the word "erotic" come from Greek? In the old days of ancient Greece, Eros was the goddess of love.

In modern terms though, "erotic" means sensuality and sexuality in both sex and love.

Sex is something that everyone wants to experience, and yet there are often obstacles that prevent us from experiencing the pleasuring that goes with sex.

The solution to your problems and the path to feeling more erotic are though at hand. Look to the root causes and be removing these obstacles your sexual issues will be gone.

First let us look at your problems, and then look to the solutions.

How does it work?

Erotic hypnosis is essentially no different than any other type of hypnosis. The only difference is that erotic hypnosis is used to achieve sensual or sexual results.

Erotic self-hypnosis and sex problems

Hypnosis has a wide range of uses when it comes to the sex lives of the world's population.

The results of hypnosis are long lasting as they deal with your issues from the inside.

Sexual problems are nothing but the physical results of negative thoughts that are to be found deep within your mind.

These problems could be caused by stress, anxiety and agitation, all of which may be caused by sexual dissatisfaction or sexual frustration. Sometimes you may feel sexually aroused and yet are unable to perform.

When you have high levels of desire, but your partner cannot meet your needs, then this is the time when both of you can become tense and frustrated.

This is a problem that often affects women, they are unable to have an orgasm during intercourse, and so that they feel sexually used. This, and other sexual problems, can be easily overcome, and there is no need to feel impotent again.

With erotic hypnosis it is possible to have excitement and pleasure once again from sex. Your sex life will once again be fulfilling and you will enjoy sex as you have never enjoyed it before.

How Erotic Self-hypnosis Works On Your Sex Life

Hypnosis has been developed over the last 2500 years in India, this development has resulted in many successful techniques when it comes to using the powers to make changes to your body and mind.

Hypnosis works by firstly seeing exactly what the issue is; this is done by using the latest analysis tools.

From this point you then make a choice as to which relaxation methods you make use of, which scripts and suggestion sets you use, and also the background music that works for you.

We will then come up with a targeted hypnotic session that will get the best results for you. A hypnotic suggestion can simply and quickly identify the negative thoughts that are in your inner mind, and can then remove them, allowing desires to be implanted.

As an example, if you are not enjoying sex enough then there is an inner feeling responsible for this. It could be that you are feeling guilty, believing that it is a sin, or there could be some other mental block preventing your enjoyment.

Hypnosis can quickly remove the negative thoughts that are preventing you enjoying sex, and can then put a trigger into your subconscious mind. This trigger can then be used by your conscious mind to allow for sensational and satisfying sex.

All of your sexual problems can be successfully resolved through sessions of erotic hypnosis. You will find that you can enjoy your sex life without any having any fear of sex, and have sexual confidence, performance and satisfaction.

Is this possible to have an orgasm with self-hypnosis ?

You already know but, what is hypnosis ? It is a process whereby the mind enters a relative state of heightened suggestibility. In fact, we are often in state of hypnosis for example when we watch television, when we drive during long hours on the roads. The hypnotic state can be used to induce beneficial change.

Self-hypnosis allows you to become your own hypnotist, we are all hypnotizable it is just a question of skills and partly of talent. Many people have used self-hypnosis successfully for all sort of purposes. You may have heard of someone

like Marc a pastry chef who used hypnosis on himself to lose 13 pounds in a single week, he was featured on MSNBC. Now, you can reach this kind of success in the sex area too, specially if you want to have an orgasm, a big O induced through your own capacity to do self-hypnosis.

Some of the processes used in self-hypnosis for orgasm are quite refined, the process used by many given to the brain instruction to move from one level to another level of the orgasm, until you reach a big climax. The technique used will usually give a full body orgasm, all parts of your body will be penetrate by an intense and deeper pleasure. If your sex life is in the garage or if you want to add more spicy to it, think of what you can do with the simple quickly learnable skill of self-hypnosis.

Hypnosis can be used to achieve a myriad of desired effects. We will of course be focusing on the potential erotic effects which include:

Response Modifications

Files that modify the normal sexual response a physical manner, this can include changes to libido and sexual response. Examples of response modification suggestions include causing the listener to become aroused upon hearing a certain word or inhibiting erections unless given permission.

Behaviour Modifications

Files that modify behaviour and personality. These are among the most effective types of files. These types of files typically add, remove or change personal preferences including fetishes and even sexual orientation. Examples of behaviour modification suggestions include causing a listener to prefer a certain type of clothing or to create an obsession with a certain sex act such as fellatio.

Halucinations

These are among the most intense files to work with but also require the most dedication. These files can cause the listener to perceive themselves, their environment and others as different than how it actually is. Common examples of hallucination suggestions include causing the listener to believe he or she is of the opposite gender or perceiving one's genitals as being dramatically enhanced (doubled in size, etc).

Triggers

Trigger files implant what is known as a post-hypnotic trigger, the purpose of which is to cause a certain response to some external stimulus. Popular examples of trigger suggestions include falling into trance upon hearing a certain voice, performing a certain action when told to do so or having a spontaneous orgasm upon hearing a certain word.

Keep in mind that many files fall into multiple types while others are not easily classified.

Final Words

Erotic hypnosis may not be for the faint of heart. These files by their very nature require you to willingly surrender control over part of yourself. Some people may become frightened when they find that they can be made to think they are the opposite gender or can be forced to have an orgasm by anyone who knows their trigger word. Hypnosis can be difficult to walk away from once you let it in.

Be informed, be safe and most importantly have fun!

Hypnotic slave training

<http://www.slavehypnosis.net/>

There is a difference between a *submissive* man and a male *slave*.

A submissive man and his needs are taken into *some* consideration. He finds happiness in serving Me, but might expect to get some sexual release. He will work hard to please Me, give Me money, buy Me gifts, (if real time): do My chores, run My errands, rub My feet, massage My back, perhaps function as My cuckold, and generally still be thought of as a man, simply a submissive man. Often, but not with every subbie (online versus real time), I will control all of his finances. I suppose you could think of it in terms of a “house slave”. A slave with *some* rights, and who enjoys *some* privileges.

A male slave is *property*. He *lives* to serve Me, as property. A workhorse. Slave labor. A slave has no rights or opinions. A slave takes demands and commands and does so with no voice. His sexuality is a non issue. For all practical purposes he has none. He never address Me unless he is asked to do so, and never ever refuses a direct command. A slave will always have his money earned from his

day time job deposited into My account, I control his money as with every aspect of his life.

Male Submissive Behaviour Conditioning

When it comes to submissive conditioning, in general terms I employ techniques such as making the male submissive do repetitive behaviour, explore guided imagery, attach the sexual response to certain images or items or words.

When done correctly, you can train a man to become very aroused, and therefore submissive, by saying a word, or showing him an object. A man who is aroused is weak, he is submissive, and he is a willing subject in My hands.

Conditioning in combination with a mans sexual arousal is a powerful tool. A man can be trained in most any way when you employ this technique.

There is a reward and punishment system in place. If the submissive does good, I might indulge him in his favorite kink. If he is bad, I will give him *genuine* punishment. Not one that he likes. You know the old joke: How do you punish a masochist? You don't. So the punishment is a real one.

A submissive retains most of his own identity, however, I am controlling every area of his life I feel needs to be controlled. He still may have a lot of free time and personal rights.

Male Slave Training Techniques

The things that can be used to train a male slave are as varied for a submissive man. Sensory deprivation, whipping, canning, shackles, hoods, cages, long term chastity, branding, objectification.

The slave must first be willing and able to function as a slave. I see the term "slave" used very commonly, but most slaves are really submissive men with the wrong label.

A slave does what he is told without question. If he misbehaves, he is beaten, tied, shackled, deprived of sight or sound, or subjected to an overload of these things.

A slave has no opinion, so he can't ask for nor give one. His job is to be a workhorse, and do heavy labour or grunt work. He is used as a party favour by

men, or women sexually while not getting his sexual needs met. His sexual needs are denied as this helps keep a slave subdued.

Since he is property, My property, I expect him to be branded like one. He lives to serve as a true slave in the *dictionary* definition of the word, which is what a slave should be. Owned property. He may be allowed to continue working his conventional job, but best if he can work from home or the slave quarters in order to be of value.

He has highly restricted access to computers, phones, family and friends.

For Me, there is a marked difference between a *submissive man* and a *male slave*, and one should not be confused with the other. Both can serve well, and have very positive functions in My life, and both are valuable. However, the submissive has a different value than the slave. The submissive has a lot more “freedom” that the slave does not.

If you are a man who still considers yourself a *slave* after reading this, I’d be interested in hearing why you think you are, unless you have a different *definition* for the word, and, My opinion is the only one that counts, so your opinion is wrong.

Important Notification

Self-Hypnosis is thought to have many benefits but it is not a substitute for proper medical care and it is not intended to diagnose, treat, or cure any illness or disease.

Self-Hypnosis is not recommended for people with mental illness. If you suffer from mental illness or disorders, seek professional treatment by your physician or medical provider. Please consult your healthcare provider before making any health related or medical decisions.

DO NOT use self-hypnosis while operating machinery or driving a car. When listening to self hypnosis, choose an environment that is safe and quiet such as your couch, bedroom, or any other room of your home that you feel most comfortable.

Sexual-Hypnosis.com makes no guarantees about its product(s) other than “If you are not satisfied with your purchase, we will refund your purchase price less shipping costs.”

The self hypnosis sessions are intended to be for support and encouragement, instruction, and educational in nature. They are offered to the public defined as non-therapeutic self hypnosis and no health benefits are claimed.

If you are under medical or psychological care, consult with your health provider before using self hypnosis. In the event that a customer fails to obtain a medical referral prior to using, they assume all risk and responsibility for any adverse outcome that may result from using this product.

Self Hypnosis, Important Routine and Suggestions:

- 1- Pick a time, and place when you won't have any distractions.
- 2- Lie, or sit down comfortably wearing loose clothing with your hands at your sides, and your legs uncrossed.
- 3- Some people like to put on some soft music,(Baroque or ocean waves are very good, because they help tune the heart rate to about sixty beats/second).
- 4- Then you can gently close your eyes, and with your eyes closed, turn your eyes up to about the 10/11 o'clock position. At this point take one of your fingers, and lightly touch the back high center point of your head paying attention to the sensation of the touch as you replace your hand at your side.
- 5- Then take a slow deep breath, and hold it for about three seconds, and slowly let it out as you say to yourself the word "deeper", while you maintain your attention on the sensation you last felt from the touch to your head. (Repeat this step about five times, seven if you feel you need to relax further)
- 6- During your fifth, or seventh breath, tell yourself that upon the complete exhalation of your next breath you will find yourself in a special place. This special place is your place, your place of solitude, your place to relax. You might have a special place in mind, or you might just want to wait and experience what your special imaginary place is like.
- 7- Once you have had enough rest, or finished your internal work, (suggestions, visualizations, or a life challenge) which you set yourself to do, simply state to yourself that after a count of one to five, you will open your eyes fully refreshed, and feeling much better than before.

One of the best books I have found on the topic of *self hypnosis* would have to be Brian Alman's "Self-Hypnosis: A Complete Manual for Health and Self-Change". 27 chapters, and 283 pages, of easy to read and understand, yet very in

depth, and extremely explanatory information, teaching the reader about *self hypnosis*, methods of achieving it along with directions as to how to form your *post hypnotic suggestions*. Information on using guided imagery, the language of *hypnotic suggestion*, NINE varieties of self hypnosis techniques, stress management, self exploration, relief from allergies and asthma, thin meditations, solving sleep problems, maximizing sports performance, and more. Truly an amazing and masterful piece of work, and tremendously useful not only to the beginner, but also to the advanced learner of *hypnosis*.



Self hypnosis is nothing but hypnotizing yourself. The state of self hypnosis is not new, strange or even artificial. Self hypnosis is gathering widespread acclaim as an easy, inexpensive, and safe way to gently modify behaviour in order to achieve all kinds of goals. Self hypnosis is usually thought of as a person listening to an audio tape, mp3, or other mass-produced media, intended to induce a willingness to absorb suggestions centred around a specific topic such as weight loss, stop smoking, etc.

Self Hypnosis is the art of consciously directing one's subconscious to accomplish whatever you want. Self Hypnosis is the fastest, most efficient tool for direct access to personal change. Self hypnosis is a highly effective way to harness the natural resource of your creative unconscious mind for good, the possibilities are endless. As a psychological tool self hypnosis is incredible.

Imagine being able to program yourself for success. Self-hypnotism is quite

common in sports, where athletes are encouraged to visualize themselves successfully completing a difficult move, and in dieting, where would be dieters are encouraged to visualize themselves as healthier, happier individuals. All that you need in order to practice self hypnosis in order to try improving your love life is a little bit of time, a basic familiarity with hypnosis technique, and a willingness to welcome in a new era of romantic success.

By changing the subconscious programming, hypnosis often adds the vital missing component, and removes the blocks to success with other programs. With the help of self-hypnosis, however, you can successfully make those changes. You change the way your mind looks at a task or a goal in order to give yourself a better chance of success.

Everyone is an individual in the process of development. Self-hypnosis is the process of taking oneself safely into a state of deep subconscious relaxation, and accepting words or suggestions spoken or created by oneself. It is a simple process that we all use all the time. During this process your mind becomes receptive for implanting suggestions, thus allowing you to plant suggestions directly into the subconscious

This whole hypnosis process depends on the person who is being hypnotized. It is the communication between the conscious, process mind to the subconscious, creative mind, which creates desirable automatic behaviour. Three conditions must be met for a person to benefit from hypnosis: the person must agree to be hypnotized, participate in the process with their full attention and be able to use their imagination or improvise. Self-hypnosis is scientifically dependent on "auto suggestion" and is a "process by which an individual trains the subconscious mind to believe something for a given purpose".

Self hypnosis is a technique in which you focus yourself to attain desired goals or any belief by putting positive suggestions into your subconscious mind with the help of relaxation. Self Hypnosis is unlike meditation because it uses positive affirmation and suggestions of change. Self hypnosis is one of the easiest, most affordable techniques that you can use to change your life for the better.

Self Hypnosis is an incredibly powerful technique to achieve results in many different aspects of life where mere will-power and even medicine is not enough. Self Hypnosis is the art of consciously directing one's subconscious to accomplish whatever you want. Self hypnosis is great as a tool for self

improvement.



Extra – Something about Mind Control

Mind control is a little-known yet highly controversial topic today.

Mind control is the successful control of the thoughts and actions of another without his or her consent. Mind control is a general term for a number of controversial theories and/or techniques designed to subvert an individual's control of their own thinking, behaviour, emotions, or decisions. Mind Control is not about persuasion, sales, seduction or influence.

Mind Control is a much bigger picture than persuasion. Mind control is sometimes loosely defined as information control. Mind control is perceived by many as a form of brainwashing. Mind control is the shaping of a person's attitudes, beliefs, and personality without the person's knowledge or consent. Mind control is a vast subject matter involving many levels of sophisticated technologies designed to control human thought, emotion and behavior.

An essential component of mind control is that it involves controlling another person, not just putting them out of control or doing things to them over which they have no control. Mind Control is exactly what it sounds like. Is there really such a thing as "brainwashing" or "mind control. Brainwashing is often used loosely to refer to being persuaded by propaganda.

Controlling one's thoughts and actions, whether by self-discipline or with the help of others, is an interesting and important topic, but it is not the same as

brainwashing or programming people without their consent. Mind control is perceived by many as a form of brainwashing.

Brainwashing, often mistaken for a method to control minds using hypnosis, has generally been associated with so-called cults as leaders used subliminal messages in an attempt to exert control over others thinking. Some persons have claimed a "brainwashing defence" for crimes committed while purportedly under mind control. Mind control (not to be confused with "brainwashing") refers to a broad range of psychological tactics able to subvert an individual's control of his own thinking, behaviour, emotions, or decisions.

"Brainwashing" refers to the unethical use of persuasion methods with the aim of recruiting people into joining or remaining involved with a group, movement, relationship or cause.

A contemporary view of mind control sees it as an intensified and persistent use of well researched social psychology principles like compliance, conformity, persuasion, dissonance, reactance, framing or emotional manipulation. Wikipedia reports that in *Influence, Science and Practice*, "social psychology" researcher Robert Cialdini shows how mind control is possible through the covert exploitation of the unconscious rules that underlie and facilitate healthy human social interactions.

In other words it's all about making people act how you want them to, and do what you want them to, using little known psychology, NLP, and hypnosis techniques such as indirect suggestion, pattern interrupts, anchors, re-framing, waking hypnosis, language patterns, subliminal persuasion, and much, much more.

Mind control is a perennially entertaining and perplexing topic. The "science" of mind control is a well studied "art" in the secret societies and institutions of the "elite". Mind control is the term in common usage to describe covert behavior modification techniques and the use of neuro-influencing technology. Illegal mind control is obviously going on around us. One especially invasive attack method in the arena of "psycho-electronic" mind control is "voice to skull".

Today the use of mind control is an ethical problem, but it is not objectionable in all of its manifestations. Make no mistakes about it MIND CONTROL is the next big thing. Experts agree mind control is the ultimate weapon and like the atomic bomb, all countries want to develop the weapons if they can. The end result of all Mind Control is brainwashing, pure and simple.

What is Positive Thinking?

Have you ever listened to the quality of your self-talk? Do you ever tell yourself that you are afraid, that you shouldn't try, that you're not good enough, that you don't deserve something?

Do you think that self-talk is doing you any good? Is it causing you to move toward your goals and dreams, or is it keeping you stuck?

Positive thinking is extremely powerful. It's a series of commands to your subconscious where the beliefs that drive your self-talk reside. Unless the underlying beliefs are changed, your self-talk will never change; and if your self-talk doesn't change, your actions will never become aligned with your dreams.

You might think to yourself, "but I talk to myself positively all the time!" But what really matters is not the conscious self-talk but the unconscious self-talk. That's the self-talk that flies under the radar. The mental chatter that makes up the continuous monologue in your head is what you need to change if you're going to see any improvement in your life.

Think about this: what if your undercurrent of self-talk consisted of statements like, "You can do this, you deserve it, you are worthy, you are good enough, you are capable, you are blessed, you are abundant, you are strong, this is possible, this will be fun..." Not many of us have a positive monologue running in our heads, do we? Most of our self-talk is centred around fears and negativity; not that anyone would consciously choose to talk to themselves like this, but past conditioning has created a mind script that keeps us stuck.

But it doesn't have to be this way. You don't have to sit on the sidelines and watch other people live their lives with excitement and fulfillment. You can go out there and live like that too!

Techniques for Adopting A Positive Attitude

We are all taught the do's and don'ts of life, but most of us are not taught how to believe in ourselves and we don't fully comprehend the message of success. We are taught how to act and how to think, but not in a free and limitless way. Most parents encourage their children by saying, "You can be anything you want" and "You can do it!" They have their kids' best interests at heart.

However... children unconsciously pick up what their parents DON'T say as well as what they say to themselves, not just what they say to their children:

“We can’t afford to move to a bigger house,” “The economy is too bad right now to start a business,” “I’d have to go back to school to do that and how can I do that with little kids running around?”; parents may talk about dreams yet never take a single bit of action toward them. **Unconsciously, kids notice;** parents may start a project and then give up, citing all sorts of reasons for quitting; and the kids notice this too. Little by little, self-esteem, confidence and self-worth are chipped away under the ever-increasing load of beliefs that success means hard work and sacrifice, money is hard to come by, you’re “lucky” to have your health, you’d better not make waves so you don’t lose your job, etc. But how many of these beliefs are based on a limitless perspective where you can truly be, do or have whatever you desire? None! These beliefs are based on assumptions that have been passed down through the generations – often with no basis whatsoever on the current situation. Yet we all unconsciously adopt these assumptions as the gospel truth, only because someone important to us voiced them.

What if you were taught that you had no limits? What if your environment was so positive and encouraging that your self-esteem never raised its objections when it came to achieving something difficult? What if nobody ever said to you, “That’s impossible” or “You can’t do that”? How different would your life be?

Overcoming that negative past conditioning is what you will learn to do as you progress through the “Method Coué” (*I studied the Mind and its functions,*

¹ **Émile Coué de la Châtaigneraie** (French: [emil kue də la ʃatɛnɛ]; 26 February 1857 – 2 July 1926) was a French psychologist and pharmacist who introduced a popular method of psychotherapy and self-improvement based on optimistic autosuggestion. Considered at times to represent a second Nancy School, Emile Coué treated many patients in groups and free of charge. Coué’s family, from the Brittany region of France and with origins in French nobility, had only modest means. A brilliant pupil in school, he initially studied to become a chemist. However, he eventually abandoned these studies, as his father, who was a railroad worker, was in a precarious financial state. Coué then decided to become a pharmacist and graduated with a degree in pharmacology in 1876.

Working as an apothecary at Troyes from 1882 to 1910, Coué quickly discovered what later came to be known as the placebo effect. He became known for reassuring his clients by praising each remedy's efficiency and leaving a small positive notice with each given medication.

In 1901 he began to study under Ambroise-Auguste Liébeault and Hippolyte Bernheim, two leading exponents of hypnosis. In 1913, Coué and his wife founded *The Lorraine Society of Applied Psychology* (French: *La Société Lorraine de Psychologie appliquée*). His book *Self-Mastery Through Conscious Autosuggestion* was published in England (1920) and in the United States (1922). Although Coué’s teachings were, during his lifetime, more popular in Europe than in the United States, many Americans who adopted his ideas and methods, such

affirmations and denials at the Unity School of Christianity, Lee's Summit, Missouri, USA, the years 1960-70) self-mastery exercises. Positive thinking is more than words – it's also images. When you learn to visualize creatively and change your self-talk, you begin the process of reprogramming yourself to think positively.

The Mirror of the Mind

The Mirror of the Mind, Three Fingers Sleep Control, the Centering Technique and the Mental Screen are just a few of the “Method Emile Coué” exercises that teach you to master your mind. You will learn to control your thoughts and images; imprint new ideas; and focus your mind so that you make it work for you instead of against you.

Positive thinking is a holistic approach to life: it's more than just mental mastery. To really think positively, you have to feel positive both physically and emotionally as well as mentally. The synergy of positive mental, emotional and physical feelings will have you sitting on top of the world in no time. It's impossible to be happy when one of these aspects is negative. When you are ill or injured, your physical state affects your emotional and mental states – but you can learn to overcome the physical negativity and actually turn the situation around using your emotions and your thoughts. When you are depressed, your physical condition deteriorates and your mental processes don't work optimally – but again, you can learn to overcome the emotional negativity and improve your overall well-being.

The first step to adopting positive thinking is a simple decision that might surprise you.

You can literally transform your life by doing one thing: DECIDING TO FEEL GOOD.

No matter your circumstances, you can make the decision to feel good, to be positive, to be happy, to be optimistic and hopeful, and to take control of every aspect of yourself. It's not avoidance or denial. It's not sticking your head in the sand and hoping a bad situation will go away. Positive thinking is a shift in the way you perceive the world, the images and words you use, and the beliefs you

as Norman Vincent Peale, Robert H. Schuller, and W. Clement Stone, became famous in their own right by spreading his words.

create. The end result is that you feel good, and things start to go your way because positive beliefs foster positive thoughts, and **daily positive thoughts lead to daily positive actions**. Then, you can enjoy the fruits of your actions!

Here are some helpful positive thinking tips:

1. Take care of yourself: give your body the gift of excellent nutrition, daily exercise, relaxation (including meditation) and adequate sleep. Stress is the number one reason your health might not be ideal and why your sleep cycles might be disturbed. The “Method Emile Coué” will help you manage your sleep by self-programming positive sleep cycles and by teaching you to manage your thoughts and emotions using self-talk and visualization, to reduce the stress that keeps your mind racing and disrupts sleep.

We are often so busy with obligations that we forget how essential it is to take care of ourselves. Taking some “me time” is not being selfish – if you can take care of yourself, you can do a much better job of taking care of others and your obligations!

2. Surround yourself with positive people and positive energy. Avoid the downers and the drama queens, and surround yourself with people who are happy and optimistic. Negativity is contagious and very insidious. It can sneak into your life slowly until it’s so ingrained you don’t even recognize it – but it’s there, and it’s powerful if you ever hear yourself judging, complaining, blaming or condemning. Pay attention to the way you talk, to see if negativity or positivity have more sway with you! The more you think positively, the more you will naturally gravitate toward positive people and situations and the old negativity will fall away from your life.

3. Monitor yourself. Check your attitude, your moods, your emotions and your thoughts whenever you can. That’s not to say you should constantly be aware of what you’re thinking – first of all that’s impossible, and you will miss out on the life experience. Just try to notice how you’re feeling when you’re doing the things you normally do. Your feelings are huge signposts that point to your mental/emotional attitude. If you feel good, you are being positive; if you don’t feel good, you are being negative.

4. Change your perspective. Is it possible that your way of seeing a situation is not the only way of seeing it? Of course it is. We all have habitual ways of looking at things – literally, for every single person alive, there exists a different point of view. Taking yourself outside your limited perceptions means that you become open to alternatives. You might, for example, experiment and have some fun imagining you’re looking at your situation from the perspective of

someone wealthy and successful – how would a great achiever view your situation? How would your situation be handled? Looking at things from an “I can do this” standpoint is a component of positive thinking techniques. This technique also helps with conflict resolution. Everybody’s perspective is 100% valid and correct, in their point of view. Learning to accept this fact – that YOUR way is not THE way – is a hugely important personal growth step that will leave you feeling happier, more compassionate, more connected and more confident.

5. Use positive affirmations to imprint positivity. The “Method Coué” teaches you to enter the relaxed and open alpha brainwave state where you can do your best personal growth work and self-programming. This level of brain activity is less frenzied than the normal walking state. You are more attuned to intuition and less affected by negativity, which is why *positive thinking exercises* are all performed in this brainwave state. Imagine your mind as free and clear of the worried chatter, and open and willing to new, positive thought patterns. All of those positive thoughts will influence your actions for much more satisfactory results!

6. Be kind to yourself. As you take charge of your mind, you’ll come across beliefs you hold that are unpleasant to you (beliefs you would not have chosen yourself). You might start feeling bad, but avoid the temptation to be harsh with yourself. Remember that most of the beliefs you have acquired throughout your lifetime have been unconsciously adopted from other people (mostly parents, peers and teachers) – these beliefs are not yours, really, so feel free to release them. Use humour – it’s a great way to take the sting out of feeling wrong about holding a certain belief!

7. Use your imagination. The visualization exercises you learn in the Silva Method will help you create mental images of the life you want to live. Then, with consistent repetition of positive images and positive affirmations, you will reprogram your mind to align with what you want. You have the power to imagine anything, and the “Method Coué” will help you overcome the judgments that your logical mind places on your imaginings. This will help you solve problems in ways that would have otherwise never been accepted as valid or possible.

8. Meditate. It might seem counter-intuitive to sit around and “do nothing” but it’s one of the most important things you can do (or technically, not “do” but “be”). This time of introspection will give you a much better idea of how much negativity is entrenched in your mind; and you’ll develop the mastery to choose your thoughts and images, and gradually reprogram that negativity out of your

life. We are so programmed to always do, do, do, but taking the time to “be” is one of those things that, when cultivated, will make life seem more like a pleasurable experience than a series of chores.

Summary of the teaching of Emile Coué

The application of his **mantra**-like conscious autosuggestion, "Every day, in every way, I'm getting better and better" (**French**: *Tous les jours à tous points de vue je vais de mieux en mieux*) is called **Couéism** or the **Coué method**. Some American newspapers quoted it differently, "Day by day, in every way, I'm getting better and better." The Coué method centered on a routine repetition of this particular expression according to a specified ritual—preferably as much as twenty times a day, and especially at the beginning and at the end of each day. When asked whether or not he thought of himself as healer, Coué often stated that "I have never cured anyone in my life. All I do is show people how they can cure themselves." Unlike a commonly held belief that a strong conscious **will** constitutes the best path to success, Coué maintained that curing some of our troubles requires a change in our **unconscious** thought, which can be achieved only by using our **imagination**. Although stressing that he was not primarily a healer but one who taught others to heal themselves, Coué claimed to have effected organic changes through autosuggestion.

Development and origins

Coué noticed that in certain cases he could improve the efficacy of a given medicine by praising its effectiveness to the patient. He realized that those patients to whom he praised the medicine had a noticeable improvement when compared to patients to whom he said nothing. This began Coué's exploration of the use of **hypnosis** and the power of the **imagination**.

His initial method for treating patients relied on hypnosis. He discovered that subjects could not be hypnotized against their will and, more importantly, that the effects of hypnosis waned when the subjects regained consciousness. He thus eventually turned to **autosuggestion**, which he describes as

... an instrument that we possess at birth, and with which we play unconsciously all our life, as a baby plays with its rattle. It is however a dangerous instrument; it can wound or even kill you if you handle it imprudently and unconsciously. It can on the contrary save your life when you know how to employ it consciously. Emile Coué believed in the effects of medication. But he also believed that our mental state is able to affect and even amplify the action of these medications. By consciously using autosuggestion, he observed that his patients could cure

themselves more efficiently by replacing their "thought of illness" with a new "thought of cure". According to Emile Coué, repeating words or images enough times causes the subconscious to absorb them. The cures were the result of using imagination or "positive autosuggestion" to the exclusion of one's own willpower.

Underlying principles

Coué thus developed a method which relied on the principle that *any idea exclusively occupying the mind turns into reality* although only to the extent that the idea is within the realm of possibility. For instance, a person without hands will not be able to make them grow back. However, if a person firmly believes that his or her asthma is disappearing, then this may actually happen, as far as the body is actually able physically to overcome or control the illness. On the other hand, thinking negatively about the illness (ex. *"I am not feeling well"*) will encourage both mind and body to accept this thought. Likewise, when someone cannot remember a name, they will probably not be able to recall it as long as they hold onto this idea (i.e. *"I can't remember"*) in their mind. Emile Coué realised that it is better to focus on and imagine the desired, positive results (i.e. *"I feel healthy and energetic"* and *"I can remember clearly"*).

Willpower

Coué observed that the main obstacle to autosuggestion was **willpower**. For the method to work, the patient must refrain from making any independent judgment, meaning that he must not let his will impose its own views on positive ideas. Everything must thus be done to ensure that the positive "autosuggestive" idea is consciously *accepted* by the patient; otherwise, one may end up getting the opposite effect of what is desired. For example, when a student has forgotten an answer to a question in an exam, he will likely think something such as "I have forgotten the answer". The more he or she tries to think of it, the more the answer becomes blurred and obscured. However, if this negative thought is replaced with a more positive one ("No need to worry, it will come back to me"), the chances that the student will come to remember the answer will increase.

Emile Coué noted that young children always applied his method perfectly, as they lacked the willpower that remained present among adults. When he instructed a child by saying "clasp your hands and you can't open them", the child would thus immediately follow.

Self-conflict

A patient's problems are likely to increase when his willpower and imagination (or mental ideas) are opposing each other, something Coué would refer to as "self-conflict. In the student's case, the will to succeed is clearly incompatible with his thought of being incapable of remembering his answers. As the conflict intensifies, so does the problem: the more the patient tries to sleep, the more he becomes awake. The more a patient tries to stop smoking, the more he smokes. The patient must thus abandon his willpower and instead put more focus on his imaginative power in order to succeed fully with his cure.

Effectiveness

Thanks to his method, which Coué once called his "trick", patients of all sorts would come to visit him. The list of ailments included kidney problems, diabetes, memory loss, stammering, weakness, atrophy and all sorts of physical and mental illnesses. According to one of his journal entries (1916), he apparently cured a patient of a **uterus** prolapse as well as "violent pains in the head" (**migraine**). C. (Cyrus) Harry Brooks (1890–1951), author of various books on Coué, claimed the success rate of his method was around 93 % The remaining 7% of people would include those who were too skeptical of Coué's approach and those who refused to recognize it.

Medicines and autosuggestion

The use of autosuggestion is intended to complement use of medicine, but no medication of Coué's time could save a patient from depression or tension. Coué recommended that patients take medicines with the confidence that they would be completely cured very soon, and healing would be optimal. Conversely, he contended, patients who are skeptical of a medicine would find it least effective.

The Author



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all likelihood, there will be stuff not meant for them somewhere in my pages, if there already is not.

Religiously, I am not safe, but politically correct, not nice to everyone, not "open-mindedly" indiscriminate, not always polite, not sensitive, not moral, not full of intentions which everybody would consider "good."

I am (sometimes) offensive, rude, uncensored, funny, sarcastic, sardonic, mocking, immoral, cynical, cold-hearted/heartless (whichever you prefer), extremely pessimistic, discriminating, open-minded, silly, crazy, outlandishly eccentric, shocking, exacting, relentless, smart, educated, bitchy, impossible. Especially and mostly if you deserve it.

I do not love everybody; I love myself and those who are close to me. I love my work and my art. I do not respect everyone, only those who I think deserve it. I know what I want, and I will not step down from it. I know what I think, and I will not shut up just because you may dislike what I have to say. I will not have patience with badly formulated, sloppy, illogical, unintelligent, and uneducated opinions driven solely by faulty dogmatic and christian moralities and pathos. I appreciate and enjoy intelligent and educated communication. I like a sense of humour also. I have impossibly high standards for me and everybody else. I put myself entirely into my art and writing, and I do my very best with my work. If you do not like it, just leave, and go where you feel better out of my way.

Psychology, Metaphysics, Philosophy (Way of life)

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



Unity Church and Village, Lee's Summit, Missouri, USA

Since 1970, Unity School of Christianity may have changed since, the true purpose of the founders and their concept. Charles and Myrtle Fillmore were the founders, and not forgetting the contributing work of Emilie Cady.

Harriet Emilie Cady (July 12, 1848 – January 3, 1941) was an **American homeopathic** physician and author of **New Thought** spiritual writings. Her 1896 book *Lessons in Truth, A Course of Twelve Lessons in Practical Christianity* is now considered one of the core texts on **Unity Church** teachings. It is the most widely read book in that movement. It has sold over 1.6 million copies since its first publication, and has been translated into eleven languages and **braille**.

She was born on July 12, 1848 in **Dryden, New York**, to Oliver Barlow Cady and Cornelia A. Philips. Cady's first job was as a schoolteacher in a one-room schoolhouse in her hometown. In the late 1860s, she decided to pursue the field of **medicine**, and enrolled in the **Homeopathic Medical College of the State of New York**. She graduated in 1871 and became one of the first woman physicians in America.

Introduced to the teachings of **Albert Benjamin Simpson**, Cady became deeply involved in spiritual and **metaphysical** studies. She was inspired and influenced by **Biblical** teachings and the philosophy of **Ralph Waldo Emerson**. She was

taught by Emma Curtis Hopkins, the New Thought "teacher of teachers" and a student of Christian Science and Mary Baker Eddy.

Cady associated with several prominent figures in the New Thought movement of the time, including: Emma Curtis Hopkins, Divine Science minister Emmet Fox, Ernest Holmes, founder of **Religious Science**, and Charles and Myrtle Fillmore, co-founders of Unity Church. *Finding The Christ in Ourselves (the human mind)*, a pamphlet she had written and sent unsolicited to Charles and Myrtle Fillmore, was published by them in the October 1891 issue of *Thought*.

Beginning in 1892, a series of articles titled Lessons in Truth by Dr. Cady were published in *Unity* magazine. This material later was compiled into a book and was the first book Unity published.

Cady died January 3, 1941, in New York City.

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