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Seven Easy Steps To Change – Part 1

Change is far easier than you think; the trouble with change is that we actually think about it too much. Most of the time we are thinking about change, and whilst we are doing just that all those thought processes just float around in our head, and begin to overwhelm us. In this short e-book, I explain the 7 stages of change then offer some simple and easy exercises that will help you turn these stages in 7 Easy Steps that will help you get all those thoughts out of your head and get some focus, clarity and understanding of what it is that you really want to change, so that you can now begin to make those changes that you already know within yourself are going to make your life so much easier, happier, fulfilling and successful.

So here we go!

Have you ever wondered why change feels so challenging? This change cycle will help you understand some of your own inner challenges when you are making changes to your life, especially those big life changes such as changing career, getting married, illness or even divorce. Inner change is a cyclical process, not a linear one, which builds from each stage. You may spend more time in one stage than another and sometimes you may even go back to the beginning of the cycle before moving forward again. It is often necessary to repeat any or all of these stages, especially as our understanding and awareness of what is occurring at each of these stages expand and grows. If like many people you feel at times y feel stuck, or feel as if you are going over the same old ground, or just feel like giving up, then this cycle will help you realize that this is a natural part of process of inner change. If that's you, don't give up, maybe your unconscious mind has drawn you to this book as it knows that all you need is a little help to get you on your way again.

Stage 1 – Self-Awareness

Without self-awareness no change is possible. By becoming aware that your life and behaviour are no longer satisfying you, you begin to realize it is a time for change. When things are going wrong within your body/mind, family and even the environment around you, it is time for change. When life feels like a treadmill and you are living in a status quo, it is time for change. Often it is this self-awareness that sparks the need for changes in behaviour and lifestyle but usually we need more than this to move us out of our comfort zone and to bring about long lasting and permanent useful change.

Willingness is a vital partner of awareness, as your will plays an important part in change. Changing a habitual way of life demands commitment and a willingness to

experiment as well as an ability to recognize and use your own inner resources. It may be necessary to engage helps from outside sources, professional or otherwise to guide and support you.

Stage 2 - Challenge old habits

How we live our life, and the habits we develop over time can have an impact when we are making life changes. External circumstance such as serious illness, separation, birth or death of a close one, changing environments and career changes, will all challenge the habits we have developed throughout our life, and will in turn challenge the status quo around us. At these times in our life, your habitual ways may not want to change as they have been with you for a long time and served some important functions. It's important to remember, all these habitual ways were learned and can be unlearned when they are no longer required.

Stage 3 - Confusion and Chaos

Confusion is essential in change – for learning and growth. The word confusion has two parts 'con' meaning 'with and opposed to' and 'fusion' meaning 'joining'. Confusion becomes an important step in the changing process, for you must wrestle with your thoughts, body experiences and emotions in order to fuse them differently to bring about change. Habitual tensions in our lives are organised early on in a particular way, many of which we are completely unaware of until they are no longer supported, or brought into our awareness through our own learning and understanding. In order to dislodge and change them, you must go through a time of dis-organisation – chaos. This can be challenging, the realization that what we once thought or felt, consciously or unconsciously no longer serves us or supports us can create a vast amount of confusion and chaos, especially if we have not yet created alternative ways or structures to help support this new paradigm we are creating.

Many life habits come from early unconscious messages and conditioning that have lived with us throughout our life. One powerful way to change those messages is to distract and occupy the attention of the conscious, rational mind. In this state, you have the opportunity to experience different emotions and discover another way of being. You must be willing to leave your familiar territory, leave old beliefs behind and navigate through chaotic and confusing waters to the new land where new beliefs can be built on more insightful foundations and about who you really are.

Stage 4 – The Gap

When we are going through changes in our life, and our old ways no longer work for us and you don't have new ways of coping, there can be a sense of nothingness; I call this a gap. It's the space between where we are now and where we want to be. In this in between space, moving from one state to another, you need encouragement and support. This gap, or 'I don't know where I am' state creates anxiety for most

people, because it is unknown territory, far from the familiar, by being aware that it exists it becomes far easier to prepare for it.

This is a time to be mindful that since you have not yet practised or integrated new behaviours or skills then its perfectly natural for fears, doubts and anxieties to rise up, and emerge as something real.

The gap is a place of change in which you sometimes feels 'stuck'. It is tempting to push through this stage quickly, to deny struggles, fears and doubts. By experiencing it fully, you will be able to continue on to the next stage, not only that but it is during this stage that you will be inspired to formulate new idea's or concepts about what you want in your life and experiment or try out new identities. This is a great time for sowing the seeds of future dreams and desires, and giving them time in this gap, to be nurtured in order for them to grow to their fullest potential.

Stage 5 - Practise

Once you have made it through your gap, you are ready to use your inner resources and all the skills you have learned to practice a different way of behaving. This is an important time to have trusted allies with you, because previous behaviours or conditioning may continue to haunt you as you rehearse, face past demons and perhaps get confused again. If you go inside, communicate with your inner self and renew the feelings of safety, you will be able to sustain contact with the new you. You may have to practice this different and new sequence several times before you feel confident in your new discoveries. The more you utilize your own inner resource the stronger the new behaviours and changes will become, in leading to longer and more sustainable change in the areas of life you have chosen to make changes in.

Stage 6 - Integration

After you become aware and learn to recognise the various roles and behaviours you have internalised in your life that you wish to change, you can begin to experience relating to the outside world with new behaviours or roles. Now you are ready to integrate and assimilate all the new insights and different behaviours, finding new ways of being in the world. During this integrative phase, your body is a great barometer of the truth, for it experiences and recognises these changes before the mind does. As you begin to feel a sense of wholeness and wellbeing developing from within, you will begin to notice that world around also feels different. Any fears or doubts you held about your place in the world will begin to fade as you begin to live your life in a freer, more relaxed and more empowered way.

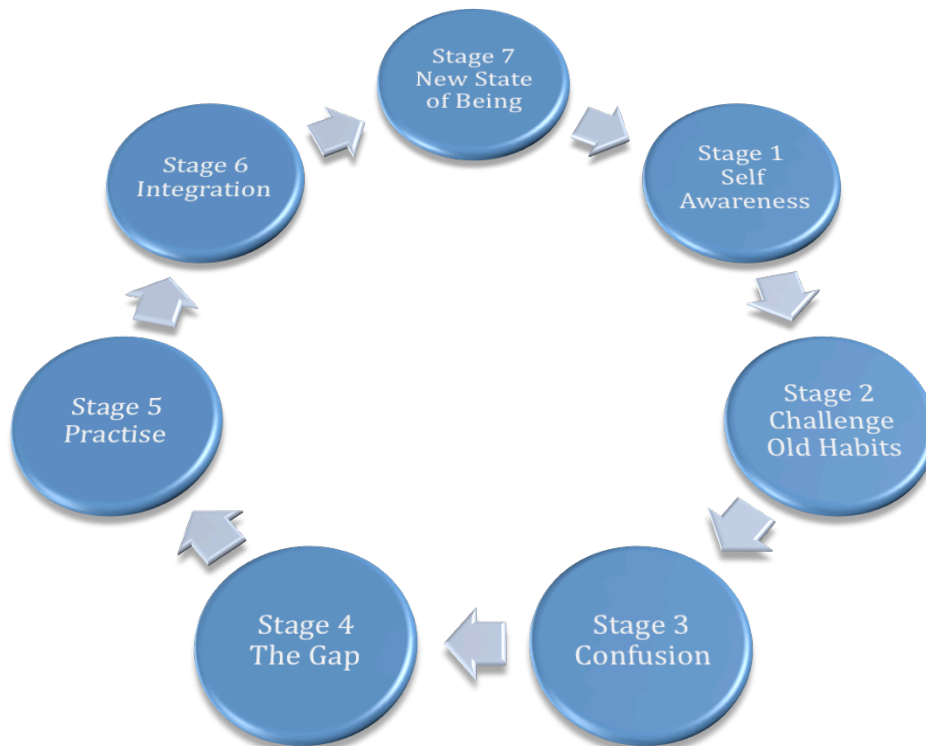
Stage 7 - New State of Being

Once you have passed through all the previous stages (and repeated some of them) your new way of being will soon feel more comfortable and familiar – and perhaps even exciting. Your change may even cause a ripple effect on your family and friends. They may fight your changes or they may feel abandoned. They may or may

not change dramatically in response. As you rebalance your life, your changes may improve your marriage, create more contact and intimacy with your friends, allow you to be more forceful in your job or even enter a new career. Without question, the changes will influence the way you live, the way you love and the way you work.

Change in Flow

7 Stages Of Change



Remember change is something that is an ongoing process; it is never stagnant, once we reach our new state of being we will in time begin to the process of change again. It is in our nature to grow and change, no matter what age or what stage we are at in life, change will always be a part of both our inner and outer life.

Seven Easy Steps To Change – Part 2

In this section there are 7 simple exercises that will help you begin the process of change. The exercises are sequential, and work in harmony with the flow of change, and they are worth repeating at different points throughout your own personal journey of change.

It may be a good idea at this point to get yourself a little journal so you can take notes, jot down ideas or feelings that you can reflect back on at a later time.

Enjoy, and have fun!

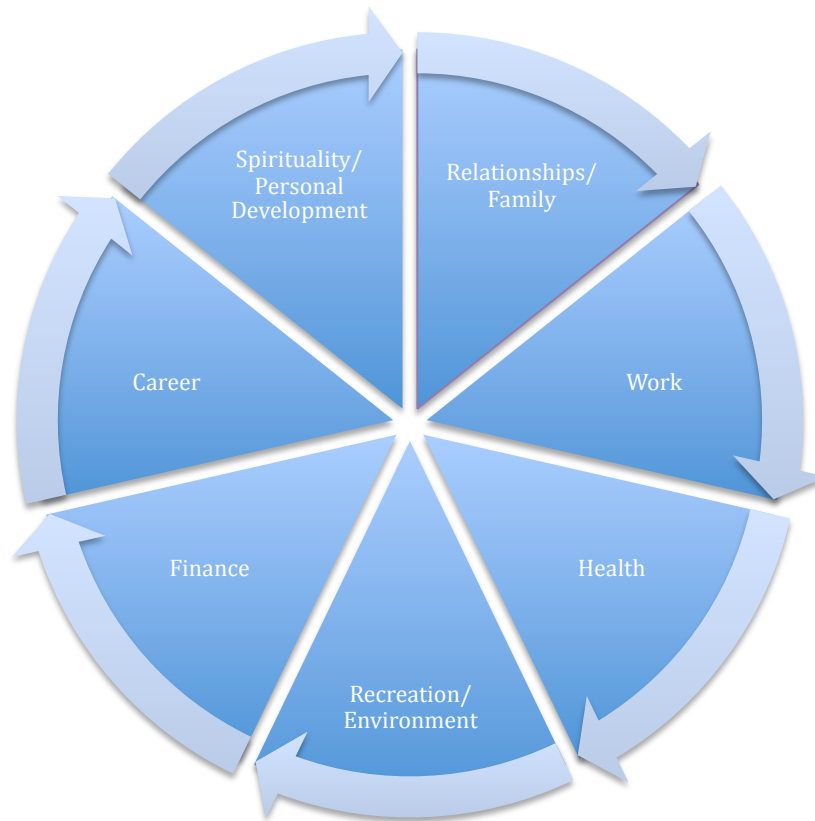
Taking Responsibility

A way not to change is to blame other factors, the environment, money, spouse, children, parents etc. Many of our habitual ways of living have contributed to us not fully taking responsibility for who we are and what we want. Your mind can become overwhelmed with fears and worries and your body may become tight and unyielding when it takes on any heavy burden and often our thinking turns to what others “should” be doing in terms of change, and not taking responsibility for the change ourselves.

If you are someone who has a tendency to blame others for your situation, once you are aware that you are blaming others you gain deeper insights and understandings of your situation and can begin to take responsibility for it, you have a chance to change. As you gain new insights, a stronger commitment and a willingness to ‘own’ your own actions and look within which is vital to the change process emerges.

Exercise 1

The Wheel of Life



Stage 1 – Self-awareness

The wheel of life is a tool that you can use to assess and consider how satisfied you are with the different areas of your life at this moment in time. It can also be used to monitor your progress as you make the changes to what it is that you desire.

Look and assess each area of your life on a scale of 0 –10 as to how satisfied you are at present within them.

The centre of the wheel is 0 and the outer edge is 10. Draw a line across each category that reflects the level of your satisfaction with this area of your life right now.

Note: ***This is a graphic representation on how your life is at this moment in time, not how you would like it to be in the future.***

How freely does your wheel turn?

With which areas are you dissatisfied?

When we feel out of control and dissatisfied in one area of our life all or other areas may become affected.

For example:

When feeling unfulfilled at work, not meeting our potential, being bullied etc we may become stressed/unhappy. We may bring this feeling home with us and let it filter into our family life or relationships. It has a knock on effect and through time it might be that a very loving relationship starts to break down – then the family life and so on.

We become so involved in our feelings and start to blame the relationship when really it is not the relationship that was originally the problem.

Looking at your life as a whole can become overpowering especially when you know something has to change. By breaking it down into categories and assessing each one you gain a better insight into which one is having the greatest effect.

The advantage of breaking areas of your life down into manageable parts also allows you to assess on a scale which ones we can begin to change right now and which ones you can plan to change.

Making Changes to your Life Balance

By simply asking yourself these questions you can heighten your self-awareness thus bringing the areas of your life you want to change into your conscious awareness.

What do I want?

Now ask yourself again – is this what I really want? (Don't be surprised if the answer differs)

What area in my life is most important to me?

What is it I want to achieve?

What changes can I make to achieve my desired outcome?

Is this what I really want?

When you realize what it is that you would like to change do not overwhelm yourself. Take one step at a time.

Ask yourself 'What is it that I can do right now to start these changes?'

It may be that you have to plan ahead.

Exercise 2

What I do well

It is equally important at this time to look at the things you feel you do well. Begin noticing and taking time to reflect on what you are good at and what you are passionate about. If you feel you have no real purpose in your life, start by thinking about the very things that you are passionate about and find ways of turning that passion into your purpose.

What is good in my life right now

This can be challenging for some people if they feel there is nothing good going on in their life, I suggest starting with the least obvious things, it doesn't need to be all about the major events going on in your life, it may just be the less obvious things such as having close friendships or taking the dogs for a walk. Build from these little things and note down the things that are good in your life right now. You may want to refine and make them even better!

Make a list below and keep it as a reminder. This can provide a great boost to your confidence and self-esteem, which can help you towards what it is that you really want.

So, you are ready to make a commitment to yourself and start creating a life that you love?

What I do well

What's good in my life right now

Exercise 3

In Your Wildest Dreams

For many years I have worked on the highly popular theory if you can dream it, you can conceive it. About 20 years ago I worked alongside some talented and creative owners of a Hair Salon in Scotland, who were building a vision for the future of their business and I helped them map out where they would like to take their vision. There was a little resistance in the beginning, but I encouraged them to take pen to paper and list all that they wanted, and repeatedly stated, "The moment you put your dreams to paper, the universe will somehow conspire to make it happen". This is what I am now encouraging you to do, take pen to paper and go for it!

Imagine now that all things are possible with no limits of time or money. Complete the sections below spending around 15 minutes on the exercise.

<u>Everything I want to do</u>	<u>Everything I want to have</u>	<u>Everything I want to be</u>

What is Important

Select from the list 6 things that you want most and write them below. Order and priority are unimportant.

No	
1	Want
	How will it improve my life?
2	Want
	How will it improve my life?
3	Want
	How will it improve my life?
4	Want
	How will it improve my life?
5	Want
	How will it improve my life?
6	Want
	How will it improve my life?

Seeing Things more clearly

From the previous page transfer all your 'wants' onto the table below and refer back to your 'wheel of life'.

Ask yourself if you did have this 'want' would it improve the individual sections of your life. For **each section** that you consider that will improve your life, give it a point in the score box. Repeat this exercise for numbers 2-6. Finally, count up the scores for each of the chosen 6 'wants'.

It may be you find that a few of the scores are the same, or that one 'want' may be above all the others. Focus your attention and effort on the highest scoring topic(s) that will have the greatest positive effect on your life as a whole.

This is an ideal place to begin making changes.

	"Wants"	Score	Total
1			
2			
3			
4			
5			
6			

Choose only one area initially to work on, creating your focus for change.

Be Smart

It is important to work towards your desired outcome ensuring that you include all the elements and that they are accurate and concise.

S – specific

M –measurable

A – achievable

R – realistic

T – tangible/timed

To achieve your desired outcome it is important to include all the above elements to help you step them out so you can progress and achieve your ultimate outcome.

Be Specific

Be specific in what it is you are setting out to achieve. Questions you must answer are:

Who: Who is involved? (It must only involve you).

What: What do I want to achieve?

Where: Where will I be?

When: When do I want it by? If it's a big outcome, break it down into manageable parts (work with timeline).

Which: Which things will help me and which will hold me back?

Why: Why do I want this? (be specific!) What will I see, hear and feel when I have achieved my desired outcome?

Example: A general outcome would be, 'get in shape' but a specific outcome would be 'lose 7lbs within 30 days and be able to run for 10 minutes at the gym'.

Exercise 4

Planning Change

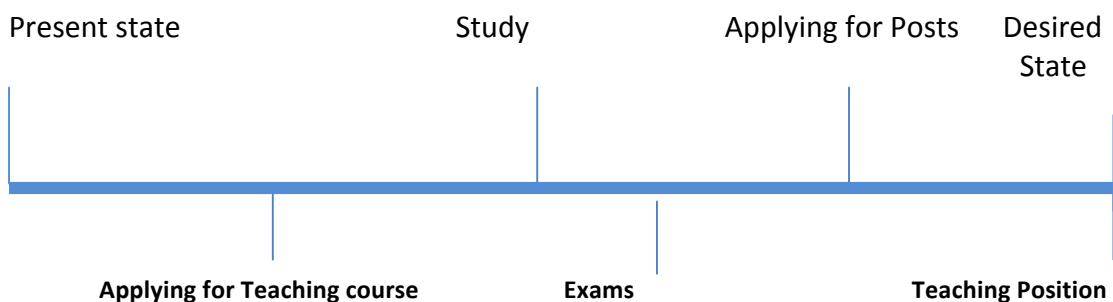
Time Lines

Using a time line gives you a tool to use to direct your vision to your final outcome, by breaking down your outcome into manageable parts.

It can be likened to wanting to cross a river, seeing yourself at the other side, but not knowing how to get there. By using stepping-stones the pathway is set out into a planned route.

For example: -

A client has a desire to become a teacher. Having already been to University and obtained a degree in engineering and design he now knows he does not want to sit in an office at a desk surrounded by paperwork. He realizes his passion is for teaching students in engineering and design. He sets his timeline out as such:



Setting your own timeline

1. Identify your outcome.
2. Identify the appropriate resources, internal and external, which you need to achieve your outcome.
3. Imagine a line representing your present state that extends out to your desired state. Map out all the appropriate steps you have to achieve in order to arrive at your desired state, knowing that you can be flexible and make any necessary adjustments.
4. Set out your timeline on the floor with markers which indicate the steps your will take. Now step out each of the stages, experiencing each one as if you were really there. Don't rush any of the steps, do each one in turn.

See it, experience it, feel it, as if it were really happening right now. Internalise each step and then move forward until you reach your desired state.

5. Now retrace your steps internalizing and externalizing (visualizing, hearing and seeing) all the appropriate resources, taking with you all the experiences of reaching your final desired state.

You may repeat this process 3 to 4 times until it is firmly planted within your being. I encourage the clients I work with to spend time visualizing their time line once they have created it; it's a great way to set up an energetic pull towards your desired state or outcome.

Measuring Your Progress

It is important to keep measuring your progress as you stay in tune with your desired outcomes. It enables you to reach your target dates and experience the satisfaction of achievement at every step.

Exercise 5

Releasing your internalized feelings

Making changes in our life, even those changes that we have initiated and deeply desire can leave us with a feeling of sadness, anxiety etc. I left my corporate life after almost 20 years of working in Learning & Development within the Financial Services Industry, and whilst this was a change I chose to make, it took me a while readjust to the loss of stability, structure, my old identity and friendships that I had nurtured throughout the years. Often you can find yourself internalizing all those feelings and through time those feelings can remain stuck within you, it's important to learn to let go of those feelings both on a physical and mental level.

Below is a great exercise that will help you focus on some of those feelings that it may be time to now let go of, so as you can create a space to experience more harmonious and uplifting feelings.

1. Sit quietly, relax your jaw, place your tongue behind your top teeth, breathe in through your nose to the count of 4 and out to the count of four.
2. Bring to mind a situation or event or feeling that you found unpleasant. Experience the feeling that it brings.
3. Locate where that feeling starts in your body, where it moves to and what direction it moves.
4. Taking your mind into that feeling, imagine that you can take it out and turn it around in the opposite direction.
5. Allow that feeling to rotate, doubling it in size, doubling it again, and now tripling it until it circulates all the way around your body.
6. Give it a colour; breathe it in, imagining that it fills every cell, every organ, and every part of your being. Breathing it out until it circulates around you.
7. Bring to mind the same situation or event. What feelings does it bring? Where does it start, how does it move and repeat the procedure again until no feeling of the situation or event is present.
8. Continue breathing in colour. Now touch a part of your body to which you wish to anchor this feeling, you could hold your index finger and thumb together, knowing that at any time you can link in to this and use it at when required.

10 Tips to Transform Your Life

by John R Barker

Beliefs and feelings create potential. Potential enables action. Actions produce results. Transformation is the process of becoming, or recognising we already are, whom you desire to be. Embodying these following ten points will transform your life and create whatever you desire.

1. Desire

Desire is greater than want. Desire is an intention. Desire is a burning need. You must be willing to surrender yourself to your passion; to become vulnerable enough to merge with your new creation as an act of love.

2. Idea

You are all an idea away from transformation. In order to transform, you must be absolutely clear what it is you desire to transform your Self into.

3. Assume the Identity

You are an actor playing the role you know best – your Self; or more accurately, who you think and feel your Self to be. You naturally assume different identities in different company, or different occasions. Create your dream role and act it out.

4. Feel Yourself Transformed

Transformation is not a thought process; it is a feeling.

5. Transformation is a Spiritual Experience

Transformation is an act of creation, which cannot be intellectualized. It is a feeling, like riding a bike or being in love which you cannot forget – or capture with words. Transformation is a feeling that is with you for the rest of your life.

6. Assume a Higher Concept of Yourself

You can be no greater than your imagination allows you to be. You are nothing more – or less – than whom you feel yourself to be.

7. Stop Spending, Start Saving

This includes not only money, but also your time and your thoughts. Every thought is an investment in your future. Invest wisely. Invest consistently.

8. Narrow your Focus

You cannot reach your destination by attempting to travel more than one road simultaneously. One road. One future. One mission.

9. Be Unreasonable

Progress occurs when you set convention aside and risk being foolish in its eyes.

10. Abandon What You Believe Yourself to Be

You must be willing to leave behind whom it is you currently think and feel yourself to be in order to become who you want to be.

Steps to Accelerate Your Learning

1. See your Big Picture first, and then chunk it down into manageable parts. Large-scale concepts are suitable for some while others prefer smaller parts, which build the bigger picture.
2. Use only Positive Feelings such as excitement, challenge, anticipation, fulfilling.
3. Relax and Focus into the desired state staying positive – mentally, physically and emotionally.
4. Use all your senses: visual, auditory and kinaesthetic. See notes on representation system in the Betty Erickson Technique.
5. Set out and visualise a clearly desired outcomes. Where I want to be in the future. How this desired state would benefit me.
6. Discard any Negative thinking. View all aspects of your desired state. Are you responding to past experiences and patterns? Focus on your desired outcomes and goals. Think Positive.

Learn

- L.** Listen – ideas and advice are all around us. Sometimes we are too busy giving advice and sharing with others to listen to what other people has to say.
- E.** Evaluate – not all advice is good advice! Decide what makes sense for you and then act on it.
- A.** Apply – Learning without application is useless. Give the things you learn a chance to make a difference by putting them into practice.
- R.** Reinforce – once you have learnt something, review it, revise it, rehearse it – anything and everything you do to reinforce your learning will be time well spent.
- N.** Now! – There is really no time like the present to decide what you are going to do to build on the learning you have already achieved and commit to promoting a love of learning in the people around you.

Exercise 6

The Basic EFT Technique

This technique will equip you with an easy to use tool for expanding your emotional freedom and releasing blockages both physically and mentally that are keeping you from moving forward.

Each stage must be performed precisely as described and introduced in the proper order.

Once memorised each round of it can be performed in a minute. ***A minute of your time for life changing experiences!***

Basic Technique consists of 4 stages – 2 of which are identical.

1. The Setup
2. The Sequence
3. The 9 Gamut Procedure
4. The Sequence.

Your energy system is a subtle set of electrical circuits and is subject to a form of electrical interference, which can block the balancing effect of these tapping procedures. When present, this interfering blockage must be removed or the technique will not work. Removing it is the job of the Setup. Technically speaking, this interfering blockage takes the form of a *polarity reversal* within your energy system.

The Setup (2parts)

- 1.You repeat an affirmation 3 times while you...
2. Rub the 'Sore Spot'.

*Even though I have this _____
I deeply and completely accept myself.*

The blank is filled in with a brief description of the problem you want to address.

Examples:

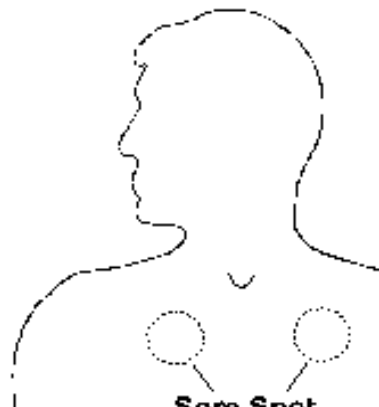
Even though I have a fear of public speaking, I deeply and completely accept myself.

Even though I have this headache, I deeply and completely accept myself.

Even though I have this craving for alcohol, I deeply and completely accept myself.

The Sore Points

Go down to the base of the throat to the U shaped notch at the top of the sternum. From the top of the notch go down 3 inches Towards your navel and 3inched left and right. You are now in the upper area of your chest. Press vigorously within the



Zinc radius and you will find your Sore Spot.
Rubbing here helps disperse congestion in
the lymphatic system.

The Sequence

The sequence is a very simple in concept. It involves tapping on the end points of the major energy meridians in the body.

Tapping Tips

You can tap with either hand but it is usually more convenient to do so with your dominant hand.

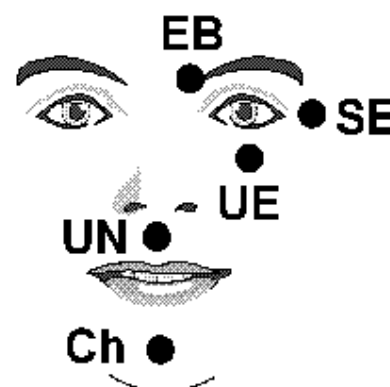
Tap with the fingertips of your index finger and middle finger. Tap solidly but never so hard as to bruise or hurt yourself.

Tap 10 times on each tapping point.

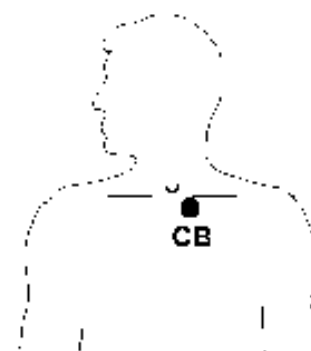
You can tap on either side of the body.

The Points

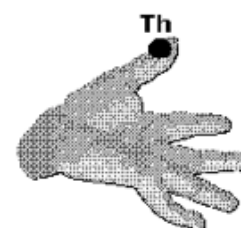
- ** At the beginning of the eyebrow, just above and to one side of the nose. **EB** for eyebrow.
- ** On the bone bordering the outside corner of the eye. **SE** for side of eye.
- ** On the bone under an eye about one inch below your pupil. **UE** for under eye.
- ** On the small area between the bottom of your nose and the top of your upper lip. **UN** for under nose.
- ** Midway between the point of your chin and the bottom of your lower lip. **Ch** for chin.



- ** The junction where the sternum (breastbone), collarbone and the first rib meet. **CB** for collarbone.



- ** On the outside edge of your thumb at a point even with the base of the thumbnail. **Th** for thumb.



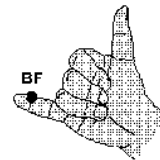
** On the side of your index finger (side facing thumb) at a point even with the base of the fingernail. **IF** for index finger.



** On the side of the middle finger at a point even with the base of the fingernail. **MF** for middle finger.



** On the inside of the baby finger at a point even with the base of the fingernail. **BF** for baby finger.



** Karate chop located in the middle of the fleshy part of the outside of the hand between the top of the wrist bone and the base of the baby finger. **KC** for karate chop.



The abbreviations for these points are summarized below in the same order as given above.

EB = Beginning of the **Eye**Brow

SE = Side of the **Eye**

UE = **U**nder the **E**ye

UN = **U**nder the **N**ose

Ch = **C**hin

CB = Beginning of the **C**ollar**B**one

UA = **U**nder the **A**rm

Th = **T**humb

IF = **I**ndex **F**inger

MF = **M**iddle **F**inger

BF = **B**aby **F**inger

KC = **K**arate **C**hop

Please notice that these tapping points proceed *down the body*. That is, each tapping point is *below* the one before it. That should make it a snap to memorize. A few trips through it and it should be yours forever.

The 9 Gamut Procedure

The 9 Gamut Procedure is, perhaps, the most bizarre process within EFT. Its purpose is to "fine tune" the brain and it does so via eye movements and some humming and

counting. Through connecting nerves, certain parts of the brain are stimulated when the eyes are moved. Likewise the right side of the brain (the creative side) is engaged when you hum a song and the left side (the digital side) is engaged when you count. The 9 Gamut Procedure is a 10 second process whereby 9 of these "brain stimulating" actions are performed while continuously tapping on one of the body's energy points.....the Gamut point. It has been found, that this routine can add efficiency to EFT and hastens your progress towards emotional freedom....especially when *sandwiched* between 2 trips through The Sequence.

The Gamut Procedure

To do the 9 Gamut Procedure, you must first locate the Gamut point. It is on the back of either

hand and is 1/2 inch behind the midpoint between the knuckles at the base of the ring finger and the little finger. If you draw an imaginary line between the knuckles at the base of the ring finger and little finger and consider that line to be the base of an equilateral triangle whose other sides converge to a point (apex) in the direction of the wrist, then the gamut point would be located at the apex of the triangle. Next, you must perform 9 different actions while tapping the Gamut point continuously.

The 9 Gamut actions are:

1. Eyes closed.
2. Eyes open.
3. Eyes hard down right while holding the head steady.
4. Eyes hard down left while holding the head steady.
5. Roll eyes in a circle as though your nose was at the centre of a clock and you were trying to see all the numbers in order.
6. Same as #5 only reverse the direction in which you roll your eyes.
7. Hum 2 seconds of a song (suggest Happy Birthday).
8. Count rapidly from 1 to 5.
9. Hum 2 seconds of a song again.

Note that these 9 actions are presented in a certain order and it is suggested that you memorize them in the order given. However, you can mix the order up if you wish so long as you do all 9 of them....**and**....you perform 7, 8 and 9 as a unit. That is, you hum 2 seconds of a song...then count...then hum the song again, in that order.

The Sequence (AGAIN)

It is an identical trip through the sequence.

Exercise 7

Betty Erickson's (Mrs Milton) Self Hypnosis Technique

As hypnotherapist and Master Trainer of Hypnosis I know all too well of the great benefits there are to be had in using self-hypnosis as a means of helping people change deep core beliefs so that they can create better outcomes in their life and bring about their desired state. This technique is one I have been using and teaching for a number of years, and I can highly recommend as a great method to help you integrate the changes you are making at a deep unconscious level.

It's easy to master and highly effective!

Some Basic Premises

This self-hypnosis is based on the following premises:

- * An "altered state" of consciousness occurs when you process information outside your primary representational system.
- * Hypnosis is a state of concentrated, focused attention.
- * Going into hypnosis involves turning your attention away from external experience and directing it internally.
- * You can trust your unconscious mind.
- * Understanding by the conscious mind is not necessary for change.

Representational Systems and Altered States

We process information (that is, *we think*) in pictures, sounds and feelings. In NLP, these sensory modalities are referred to as *representational systems*.

V – The Visual System – The external things we see and the internal images that we create. This includes remembered images (*'What does the Your House look like'*), constructed images (*'What would it look like if it were painted yellow with pink spots'*), as well as 'live' things we see about us.

A – The Auditory System – The external things we hear, the internal sound we create. This includes remembered words or sounds (*'Think of Happy Birthday to You'*), imagined words or sounds (*'Imagine Happy Birthday to you played on trumpets'*), 'Self Talk'. Etc. as well as all of the 'live' sounds around us.

K – The Kinaesthetic System – The things we feel. These can be actual physical sensations or imagined ones. *Can you imagine being on a beach and feeling sand between your toes?*

Most of us have developed greater proficiency with one or the other of our representational systems though we each use all three of them. Since this is the case, an individual who 'thinks' in images wouldn't experience an altered state of consciousness simply by visualising. However, if that same individual were to experience a preponderance of feelings or sensations, this would be unusual- an alteration of their state of consciousness. When we talk about altered states, what we are really referring to is processing information in a different manner than usual.

Focused Attention

Stereotypical images of hypnotists holding watches or other fixation devices for clients to stare at are a result of this understanding about hypnosis. If you have ever had the experience of becoming so involved in television or a piece of music or a book, you have experienced this 'naturally occurring hypnotic state'.

'Going Inside'

The experience of hypnosis is typically an inwardly focused one in which we move away from the environment around us and turn our attention inwards.

You can Trust your Unconscious Mind

Your unconscious mind is full of resources. In your lifetime of experience, it has learned a great deal and can apply that learning for you in hypnosis. Your conscious mind can only process so much information at one time. Your unconscious mind is not so limited. It can think holographically and is capable of finding better solutions for you than your conscious mind. This process is designed to take full advantage of the power and resourcefulness of your unconscious mind.

Understanding by the Conscious Mind is not Necessary for Change

In many self-hypnosis procedures, the participants enter a trance and then give themselves suggestions. If the conscious mind knew what to do about the issues self-hypnosis was being used for, then there wouldn't be a need for hypnosis in the first place. In fact, it's often the case that our conscious mind gets in the way. It is the conscious mind that says 'I can't...' or 'I don't know how to...' or 'I'm not smart enough...'. Some people are surprised to hear this, but if you hear your 'self talk' then it isn't unconscious. The process described below is designed to keep the conscious mind occupied so that it won't interfere while your unconscious mind is doing the work.

The Self-Hypnosis Technique

- 1. Find a comfortable position** – Get into a position that you will be able to maintain easily for the duration of this process. It can be sitting or lying down, though sitting is recommended to prevent you from falling asleep. Get yourself centred, just looking in front of you and breathing slowly and easily.
- 2. Time** – Determine the length of time that you intend to spend and make a statement to yourself about it such as ***'I am going into self-hypnosis for 20 minutes...'*** (or however long you want). You will be delighted to discover how well your 'internal clock' can keep track of time for you.

3. Purpose – Make a second statement to yourself about your purpose in going into self-hypnosis. In this process, we allow the unconscious mind to work on the issue rather than giving it suggestions throughout, so your purpose statement should reflect that fact. Here is how you could say it: ***‘for the purpose of allowing my unconscious mind to make the adjustments that are appropriate to assist me in _____.’***

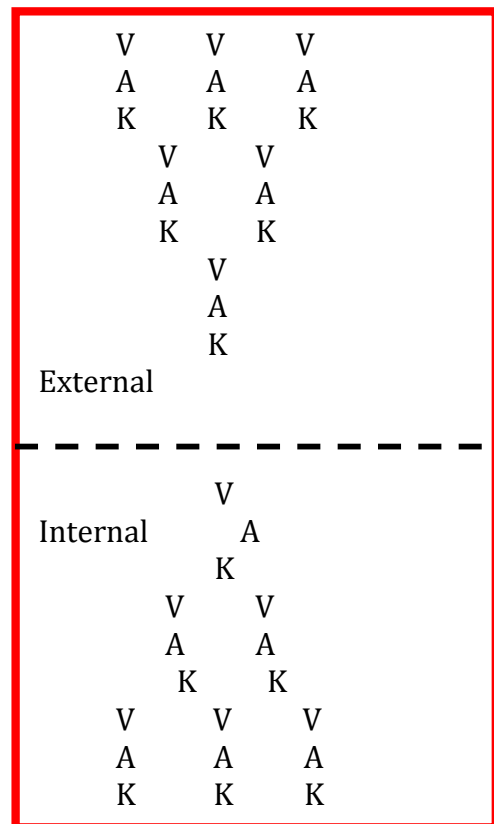
Filling in the blank with what you want to achieve such as ‘developing more confidence in social situations.’ The actual words are not nearly as important as the fact your statement acknowledges that you are turning the process over to your unconscious mind.

4. Exit State – Make a final statement to yourself about the state that you want to be in when you complete the process. Typically in hypnosis, we have heard the idea that you should come back feeling ‘wide awake, alert and refreshed’, but in the real world that may not be what you want. For example, if you are doing self-hypnosis before bedtime, you may prefer to come out of it ‘relaxed and ready for sleep’. If you’re doing it before some project you may want to come out ‘motivated and full of energy’. Simply say to yourself, ***‘...and when I’m finished, I’m going to feel _____.’***

5. The Process – The diagram to the right can assist you with this. Looking in front of you, notice three things (one at a time) that you see. Go slowly, pausing for a moment on each. It is preferable that they be small things, such as a spot on the wall, a door knob etc. Some people like to name the items as they look at them – ‘I see the hinge on the door frame’. These three visual references are represented in the diagram by the 3 V’s (visual) in the top line.

Now turn your attention to your auditory channel and notice, one by one, three things that you hear. (*You will notice that this allows you to incorporate sounds that occur in the environment rather than being distracted by them*). You can say something like ‘I hear the sound of the clock ticking’. This is represented by the three A’s (Auditory) on the diagram.

Next, attend to your feelings and notice three sensations that you can feel. Again, go slowly from one to the next. It’s useful to use sensations that normally are outside of your awareness, such as the weight of your spectacles, the feeling of your wrist watch, the texture of your shirt, etc. Again it is good to say



what you feel, such as 'I feel the texture of my shirt'. This is represented by the three K's (Kinesthetic) on the diagram.

Continue the process using two Visuals, then two Auditories and then two Kinesthetics.

In the same manner, continue (slowly) with one of each.

You have now completed the 'external' portion of the process. Now it's time to begin the 'internal' part.

Close your eyes

Bring an image into your mind. Don't work too hard on this. You can construct an image or simply take what comes. It may be a point of light; it may be a beautiful beach or a place you have visited. If something comes to you just use it. If nothing comes, feel free to 'put something there'. Name as you did above. This is the first V on the 'internal' side of the diagram.

Pause and let a sound come into your awareness or generate one and name it. Although this is technically the internal part, if you should hear a sound outside or inside the room, it's okay to use that. Remember that the idea is to incorporate things that you experience rather than being distracted by them. Typically, in the absence of environmental sounds, you could hear the sound of the waves lapping the shore. This is represented by the first A on the internal side of the diagram.

Next become aware of a feeling and name it. It's preferable to do this internally – use your imagination. (I feel the warmth of the summer sun on my body). However, as with the auditory, if you actually have a physical sensation that gets your attention, use that. This is the first K on the internal side of the diagram.

Repeat the process with two images, then two sounds, then two feelings.

Repeat the cycle once again using three images, three sounds and three feelings.

Completing the Process – It is not unusual to 'space out' or lose consciousness during the process. At first some people think that they have fallen asleep. But generally you will find yourself coming back automatically at the end of the allotted time. This is an indication that you weren't sleeping and that your unconscious mind is working for you 'in the background' while you're carrying out the process.

Regular Practice WILL Yield Better and Better Results!

Dear Reader

I hope you have enjoyed this short self help e-book and that it has given you some resources and ideas to help you bring about changes in your life and to create better outcomes for a more fulfilling life. I would love to hear how it has benefited you personally, so please feel free to email me and share your experiences as much as you feel freely able to do.

To your success!

Best wishes

Avril Gill x

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