Hypnotic Solutions

Relax With Self-Hypnosis

A Beginner's Guide to Everyday Calm

FREE GUIDE | BY KENDA SUMMERS, CERTIFIED MASTER HYPNOTIST SINCE 2006

WELCOME

Take a Few Quiet Minutes for Yourself

Most of us have full, busy days. Self-hypnosis is a simple relaxation and focus practice that you can do on your own, at home, in a few quiet minutes. It uses your imagination and gentle, repeated phrases. With practice, many people find it a pleasant way to slow down.

This guide walks you through a short routine that you can try on your own. It takes some practice to get comfortable with it, so be patient with yourself and enjoy the process.

What Is Self-Hypnosis?

Hypnosis is a natural state of focused attention. It is not sleep, and you do not lose control. People generally stay aware of what is happening and can end the experience whenever they choose. Self-hypnosis simply means guiding yourself through that focused state.

It is a little like meditation, but with a different purpose. Meditation is often about quieting the mind, while self-hypnosis uses positive, present-tense phrases and imagery that you choose for yourself.

Before You Begin

Turn off your phone, computer, TV, and anything else that could distract you. Choose a comfortable, supportive chair. A light blanket is handy, because some people feel a little cool as they relax. Set an alarm if your time is limited so you can relax without watching the clock.



A note from Kenda

Think of this guide as a gentle introduction. Go at your own pace, and come back to it whenever you like.

PRACTICE ONE

The Chalkboard Relaxation

Try these five simple steps for a calm, quiet few minutes:

1. **Turn off distractions.** Silence your phone and find a quiet space.
2. **Get comfortable.** Sit in a supportive chair with your feet flat on the floor.
3. **Close your eyes** and imagine you are floating in a pool of warm, gentle water.
4. **Picture a chalkboard** floating a comfortable distance in front of you.
5. **Picture a door.** It is a handcrafted wooden door, slightly rough and warm to the touch. It opens easily to a place you find peaceful, such as a beach, a meadow by a mountain lake, or a garden.

Writing and Erasing

Imagine holding a new piece of white chalk in one hand and a clean eraser in the other. Write the number 100, then erase it and let your body feel a little more relaxed. Keep writing, erasing, and relaxing, counting down to 1. If you lose your place, return to the last number you remember and continue from there. It is normal for the mind to wander.

Your Peaceful Place

Once you step through the door, make the space your own. Add trees, birdsong, a gentle breeze, or anything else that feels pleasant. It is your imagination, so there are no wrong choices. Stay as long as you like.

PRACTICE TWO

A Simple Self-Hypnosis Routine

Once you are comfortable with the first practice, you can try this longer routine. Learning to relax and concentrate takes time, so give yourself a few weeks of regular practice.

1. **Allow time.** Self-hypnosis is a skill that develops with practice.
2. **Sit comfortably** with your feet flat on the floor. Avoid any position that might let you fall asleep, or that you cannot hold comfortably for ten minutes.
3. **Gently fix your gaze** on a point directly across from you.
4. **Relax your body.** Take a deep breath, and tell yourself you are becoming more relaxed with every breath. Let your eyes close.
5. **Give yourself positive suggestions.** Keep them in the present tense, such as "I am calm and relaxed," rather than "I am not stressed." Use three or fewer, and repeat them silently several times.
6. **Picture it.** Visualize yourself moving through your day the way you would like to.
7. **Come back.** When you are finished, tell yourself you will be fully alert at the count of three. Count up, open your eyes, and move around.
8. **Repeat** whenever you have the time. A couple of short sessions a day works well for many people.

Be Safe

Never practice self-hypnosis while driving or operating machinery. Afterward you may feel a little sleepy for a few minutes, much like waking from a short nap.

YOUR FREE AUDIO

Instructions for Your Self-Hypnosis Audio

Prefer to be guided? Use your free self-hypnosis audio, on the same page where you found this guide: **helpthroughhypnosis.com/opt-self-hypnosis**. Here is how to enjoy it.

1. **Listen when you can.** Many people enjoy it at bedtime or during a quiet moment in the day. Keep the volume low and comfortable.
2. **Find a quiet place** where you will not be disturbed, and sit or lie down comfortably. Headphones are optional.
3. **Press play, close your eyes,** and follow Kenda’s voice. If you drift off to sleep, that is perfectly fine.
4. **Keep a gentle routine.** Many people like to listen daily for a few weeks. If you miss a day, simply pick up again.
5. **Take a moment afterward.** Open your eyes, stretch, and return to your day.

> **Please remember:** never listen while driving or operating machinery. This audio is for relaxation and is not medical, psychological, or counseling advice. Experiences vary from person to person, and no results are promised.

ABOUT YOUR GUIDE

Meet Kenda Summers



Kenda Summers is a Certified Master Hypnotist based in The Villages, Florida, and has been certified since 2006. She is certified through the National Guild of Hypnotists and the Society of Neuro-Linguistic Programming, and offers private online hypnosis sessions by Zoom.

She is also the author of *Healing Solutions for Pet Loss*, available at booksellers.

Ready to Explore Hypnosis With Kenda?

Visit **helpthroughhypnosis.com** to ask about a private online session.

Important Notice

This guide is provided for general educational and relaxation purposes only. Hypnosis is a non-therapeutic, self-improvement practice. Kenda Summers is not a licensed medical doctor, psychologist, or mental health counselor, and nothing in this guide is medical, psychological, or counseling advice, or a diagnosis, treatment, or cure for any condition. Hypnosis is not a substitute for care from a licensed professional. If you have a medical or mental health concern, please consult a licensed professional. Results vary from person to person, and no outcome is promised or guaranteed.