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[A PRACTICAL GUIDE TO SELF-HYPNOSIS - Baha'i Studies](#)

[A PRACTICAL GUIDE TO SELF-HYPNOSIS](#) , by Melvin Powers . You may pass this book onto anyone interested in this subject. Please distribute it to friends and family and anyone else you may wish.

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Self hypnosis is a lot easier to learn than you might think (it's actually very similar to meditation). Anyone can master it all it takes is some practice and dedication on your behalf. Anyone can master it all it takes is some practice and dedication on your behalf.

[Self Hypnosis: 15 Powerful Self Hypnosis Techniques You ...](#)

Self hypnosis is a technique of putting yourself in a trance state, so you can make positive suggestions to yourself. It might sound difficult to put yourself into a trance, but it is actually not as hard as it sounds.

[A brief, free guide to self hypnosis | Self Hypnosis Downloads](#)

This means that you can use all the techniques you learn in our free online hypnosis course for self hypnosis - and you go as far as to use language in the same way as you would if you were hypnotizing someone else - for example, "you can sit there and relax" rather than "I can sit here and relax".

[How to Perform Self Hypnosis \(with Pictures\) - wikiHow](#)

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 destressing from everyday life.

Free Hypnosis Sessions - YouTube

This channel provides a wide selection of free hypnosis sessions. These sessions are recorded live in order to give you the experience that you have visited

Self-hypnosis - Wikipedia

Self-hypnosis or auto-hypnosis (as distinct from hetero-hypnosis) is a form, a process, or the result of a self-induced hypnotic state. Frequently, self-hypnosis is used as a vehicle to enhance the efficacy of self-suggestion ; and, in such cases, the subject "plays the dual role of suggester and suggestee".

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How To Use Self-Hypnosis To Achieve Your Goals ...

When hypnosis is self-induced it is called autohypnosis and is often referred to as self-hypnosis. The word hypnosis comes from the Greek word hypnos which means sleep. It is an abbreviation of the term neuro-hypnotism which means sleep of the nervous system.

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Self-Hypnosis - Relaxation Techniques | SkillsYouNeed

Before you attempt self-hypnosis for the first time it is useful to have told somebody else in the nearby vicinity what you are doing. Reaching a hypnotic state is a little like sleeping and you may be more comfortable telling somebody else that you are going for a nap.