

# The 10 Keys to Real Self-Hypnosis

1. Get comfortable and relaxed
2. Close your eyes and repeat 3 times to yourself the amount of time you wish to remain in the hypnotized state.
3. Imagine a blackboard with the numbers, 25, 10 or 5 on it.
4. Relax the body down, either by relaxing each muscle group or just allowing your body to relax naturally and easily.
5. Create an ideal place of relaxation (beach, woods, space, etc)
6. Go to that ideal place and imagine yourself drifting off into a dream and in that dream, all that you desire, all that you need has come true. In that dream, weave in affirmations and autosuggestions that you will follow.
7. Step into the dream
8. Move yourself into the future to the date where you have achieved your desires.
9. Starting from the future date, move backwards in time and make a review in your mind of all that you will do and all you'll experience to fulfill your desire.
10. Count yourself back to a fully awakened consciousness.