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### **Eye Fixation Self-Hypnosis with Staircase**

There are many ways to do self-hypnosis; this is just one way. First of all, give yourself a time limit (2, 5, 10, 15 minutes, etc.) – especially if you need to get back to work or have things to do following the hypnosis. Your subconscious generally brings you back up at the stated/planned time. If it is before bedtime, you may give yourself the suggestion that you will sleep deeply when you reach the bottom of the stairs (a lot of people use this technique to take themselves to into deep sleep).

YOUR CHOICE!

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#### ***Self-Suggestions/Visualization***

Once you have determined your goal or intention for your self-hypnosis, you then must establish a compelling statement or self-suggestion for yourself (Examples: I love being a non-smoker! I am peaceful and happy!). It must be short, concise and in the PRESENT tense. It must resonate with you. It works best to write the statement down on a 3x5 card and to look at it as you repeat the statement to yourself out loud 5-10 times. After you read the self-suggestion/statement, IMAGINE how good it feels, **visualize, get a strong sense of what you see as successfully reaching your goal. Experience the successful outcome with all your senses. Stay with that for a few minutes, building up the image, sense of success very strongly! Feel the success running through you! Then....**

#### ***Take a Few Cleansing Deep Breaths***

...imagine you are breathing in peace and calm, and as you exhale, you are sending out, releasing any kind of stress, worry, tension. You may say to yourself “I am breathing in, peace and calm; I am releasing stress and tension. I am letting go...” You may say whatever you know works best for you, keeping the statements **POSITIVE, SHORT, PRESENT TENSE & COMPELLING.**

#### ***Eye Fixation***

Now, fix your eyes upon a point on the wall, slightly above eye level, and keep your eyes focused on that point for a little while. Keep looking at the same point. Begin to tell yourself how heavy your eyelids have become, how relaxed the muscles around your eyes and eyelids are...

“My eyes are heavy...

My eyes are getting heavier and heavier,

My eyelids are heavy now, so relaxed and heavy,”

Again, there is no exact phrasing required, remember to keep the sentences short, concise, positive, present tense. **The goal is to create eye fatigue and relaxation.**

“My eyes are sooo tired, and I am becoming so relaxed”

Once you have created eye fatigue and feel the desire to close your eyes, go ahead and allow your eyes to close.

### STAIRCASE/COUNTDOWN

Now, bring up in your mind to an imaginary staircase. Imagine or get a sense you are standing at the top of the staircase. Imagine you have 10 steps below you. Tell yourself (to yourself) something like -

“I am going to count from 10 down to 1 and with each number that I say

I am more and more relaxed and go deeper and deeper, and when I reach the bottom, I am going to be in a very deep state of comfort (peace, relaxation, hypnosis, sleep...etc. or whatever words resonate most with you!)

#### **Begin to count from 10 to 1:**

10- “Taking one step down, I am stepping down into this peaceful, relaxing place...etc.”

9- “I am doubling my physical and mental relaxation, with each number that I say...so that by the time I reach the bottom, I am in a deep state of hypnosis (sleep, trance, comfort, relaxation – whatever resonates the most with YOU!).

Exact wording is NOT as important as HOW you say it. Present (or future) and positive.

8- “I am sooo relaxed and soooo peaceful...” as I take this next step...

7- “I am drifting, drifting...drifting down...”

6- “My body and mind are so peaceful and relaxed...”

5- “I am letting go...releasing...letting go...more and more relaxed”

6- “...ready...to sleep...I am ready to sleep...”

#### **YOU GET THE IDEA!**

Once you get to the bottom of the steps...allow your mind to drift, float, FLOW easily...where it needs to go or wants to, without moving it toward any particular thought or creating conscious thought.

Allow yourself to drift deeply into a nice, peaceful slumber, rest, relaxation AND HYPNOSIS!

After a few times of this, you will easily and quickly take yourself into a deep state of HYPNOSIS.

**For best results – use the same or similar self-suggestions/imagery every day, for several weeks, to rewire your mind/brain. Use it for relaxation AND/OR any kind of change work. Use it to create thoughts, feelings, behaviors. YOU ARE IN CHARGE! Repetition is key!**