

All Hypnosis is Self-Hypnosis

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By

Tellman H. Knudson, CHT

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HYPNOTICALLY DEDICATED:

This is my first book on Hypnosis and it's dedicated to my father Rolf O. Knudson, DMD

The Bad News: He died twice in one day and spent a month and a half suspended in a chemical-coma after having a triple upper-aortal aneurism...

Long story short - I ended up becoming a Hypnotherapist as a result, and used Hypnosis to positively transform my life and the lives of millions of others

The Good News: My dad's life was saved twice that day by a brilliant team of doctors... and he's doing great to this day. Thanks for shaking me out of my comfort zone and changing the direction of my life Dad.

Never thought things would turn out like that...

SHABAMBO!
-Tellman

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Honestly, I'm completely incompetent in most areas of my life.

Without my incredible wife Jodina Meehan to feed me and keep me on track I'd probably be emaciated in front of my computer (if alive at all)...

Without my wonderful children Torger and Lightning I'd be completely disconnected from what truly matters in life...

Without my brilliant business partners Mike Purvis and Josh Burns I'd probably never get anything accomplished...

Without David Gonzalez, our incredible Joint Venture and Strategic Partner manager I'd probably have no business relationships...

And without my newfound editor and "handler" Peter Welch this book would have never been published in time, possibly not even created...

You are all Hypnotists, each of you Masters of The Mind...

Keep on doing what you do best. We all need more of what you've got.

SHABAMBO!
-Tellman

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INTRODUCTION

Hi, my name is Tellman Knudson, and I'm a certified hypnotherapist.

I became a hypnotist in 2000. That's when I officially was allowed to start hypnotizing people, though I was actually hypnotizing people for several years prior to that while I was in college.

I work with thousands of people one-on-one.

This book is called All Hypnosis is Self-Hypnosis, and it's a book that I wanted to write for a very long time, but as my college professors and high school teachers would tell you, "Tellman, if you only wrote like you spoke, you would get an A, instead you got a D."

Following the laws of grammar and being very well articulated in the written form isn't necessarily my strongest suit, so I decided to make this video series in order to write this book.

The reason for this book to exist is because I want you to be able to hypnotize yourself -because it's the single most powerful, most versatile, and for me, the most profitable skill that you could ever learn in your lifetime.

It grants you a great deal of insight into your own mind and the mind of others.

Being a hypnotist, being a hypnotherapist, being in the healing arts and making my living by getting

paid to help people overcome problems they cannot see, feel, hear, or touch, but they can only imagine has been my job.

It's been my profession.

It was a long road discovering that profession, but what I found was not only as a hypnotist, but as an entrepreneur, that hypnotists and entrepreneurs have something in common.

I've started many businesses before (and during) my time as a hypnotist.

What I've discovered is that entrepreneurs solve problems...as do hypnotists.

Jean-Baptiste Say said—I'm quite certain that I will not have this quote be perfect, but he basically said that "entrepreneurs are people..."

He coined the term entrepreneur, by the way.

He also said that entrepreneurs are people who take resources from a lower level of productivity to a higher level of productivity.

Basically, you have some stuff down here and it kind of is just doing its thing.

It's kind of churning along, and then you have some stuff up here and it's awesome.

The difference is that this is the same stuff. (Thank you Dan Sullivan for teaching me through Joe Polish all about Jean-Baptiste Say).

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Entrepreneurs take something from down low to up high.

They take something inefficient and make it extraordinary.

That's what hypnotists do as well.

They allow your current gray matter, the stuff between your ears, to go from average you to awesome you.

The thing about hypnosis is that hypnotists don't control you, though I'm going to explain why people cluck like a chicken in front of thousands before this book is through.

What I want you to understand is that hypnotists teach you. They show you how to control yourself. Hypnotists act as guides.

I like to call hypnotists your "subconscious training wheels."

Hypnotists teach you how to take control of your own mind and get it to do what you want it to do more frequently.

Much the time your mind does what you want it to do.

You want to lift your arm.

Arm is up.

You want to take a sip of water.

Water sipped.

Congratulations!

You want to think about your favorite band?

Problem solved.

You can do a lot of these things consciously.

But what about all the things that are going on in the background?

What about the heart beating?

What about breathing?

What about all the billions if not trillions, quadrillions or who knows how high the millions of things going on in your body that you don't even know exist are happening right now that are definitely, unquestionably controlled by the mind.

Not to mention the whole area of metaphysical hypnosis and spiritual hypnosis, where we get outside of the brain, outside of the mind and into the beyond.

I'm not quite sure how far down the rabbit hole you want to go, but during All Hypnosis is Self-Hypnosis, you're going to learn how to hypnotize yourself.

You're going to learn how to hypnotize others, if you so desire.

You're going to learn how hypnosis works and my seven-step process for going into hypnosis and immediately improving and transforming any area of

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your life that you so choose.

Physically, mentally, spiritually, emotionally, financially, self-hypnosis is your key to control over your self, the way you react to your life, and in effect, your ability to notice and see things in your life.

Self-hypnosis is the life -control button and you're going to learn it in the next 60 minutes.

HOW HYPNOSIS WORKS

Let's go ahead and get started.

There are several things that you need to know about how hypnosis and self-hypnosis works in order to understand how to actually go into self-hypnosis.

There are two basic principles that I want you to become aware of.

One, why hypnosis works; and two, exactly what it is that your brain is doing when you go into hypnosis.

Before we explain all seven steps of using self-hypnosis, let's explain exactly how this works.

First of all, you can't—I repeat, you cannot be forced into being hypnotized.

Hypnotists can't say, "You rob a bank and give me the money."

It doesn't happen that way.

It simply doesn't happen.

Occasionally you see a news story about some client explaining that a hypnotist hypnotized and that's why they went and did something dumb, whatever it was.

Usually what that's called is a client deciding that

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this hypnotist has money and they're going to go and sue them.

It's just a suing situation.

It's not because a hypnotist can randomly take mass control over people's minds.

Now it seems that way, though, doesn't it?

I'd like to talk about chickens because if you've ever clucked like a chicken, or given birth to an alien baby (like I have), on stage in front of thousands of people - then you are going to know exactly what I'm talking about.

What we're talking about is stage hypnosis. Performance hypnosis.

We're talking about entertainment.

Here's how this works.

People say, "What do you mean hypnotists can't control other people?"

I've seen people do crazy stuff on stage.

I've done crazy stuff on stage that I would never do and the hypnotist was controlling my mind."

No, actually.

What happened was there was a stage hypnotist coming into town and they had posters everywhere and you decided that you were going to go to a hypnosis show.

You knew it was going to be a comedy show of some sort, and you brought some of your friends or family members, some people that are close to you along with you or maybe you were dragged along as part of the crowd.

At that point, one of three really interesting things happened.

Number One: On the way to the show in anticipation, preparing yourself for the show, you started thinking.

You were imagining whether you were going to get up on stage.

You were always curious about hypnosis; and in some part of your brain you decided you were definitely going to volunteer to go up on stage and act completely silly in front of hundreds of people that you may or may not know.

You decided that long before you arrived.

Number Two: You were dragged along with a friend, who had already made that decision.

Or

Number Three: You are the type of person who had decided to go to this event and prove to the audience the hypnosis was bogus, that you couldn't be hypnotized.

Now, I guess there is a fourth possibility, which is that you simply had no intention of going on stage under any circumstances whatsoever.

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You go to the show and what ends up happening is the hypnotist asks for volunteers to come up on stage.

Believe it or not, almost always, unless the hypnotist is really bad, almost always there are no plants in the audience.

That's something that many people believe - is that stage hypnotists use plants.

Very, very, very infrequent.

Are there some unethical hypnotists that might do that?

Yes, of course there are. We can't control sleazeball humans whether hypnotists or otherwise.

They're everywhere.

But one thing that we can say for certain is that most stage hypnotists are great people who have no need to use plants because of what you're about to learn.

Back to our story.

The way this works is a hypnotist usually chooses 20 or so people from the audience to get up on stage.

Then he proceeds for the first third of the show to do a series of what we call "suggestibility tests."

These suggestibility tests are just meant to find out whether people are susceptible to being hypnotized or resistant to being hypnotized.

If you've ever seen one of these shows, then more likely than not, you've also noticed that the hypnotist has anywhere from 10% to 25% of their original group of volunteers go sit back down during the course of the show.

Why?

It could be for several reasons:

Because they're too nervous to go into hypnosis and relax, because they drank too much coffee before they went to the show, because they drank too much alcohol before they came to the show, because they have a moral, ethical, or religious belief that tells them that they don't want to experience hypnosis for some reason, whatever it is.

What ends up happening is the hypnotist goes through this series of techniques that most people respond well to, sends everybody else back to their seat, and now they have a smaller group of people who are willing to do whatever they say on stage in front of the entire group of people.

Here's the funny part.

They would do that whether or not the hypnotist ever hypnotized them...

because they already volunteered to get up on stage and do whatever the hypnotist says, as well as act very silly in front of this massive group of people.

It's the same as singing in the shower.

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You don't really think about the fact that nobody is watching, or at least as far as you know, nobody is watching or nobody is listening.

Then you find out, "Oh, I was making all that—I was singing that terrible song in the shower and sure enough somebody was in my apartment waiting for me that I forgot was coming over."

And they're embarrassed.

But it didn't prevent you from singing in the shower.

It's suspension of disbelief.

What I'd like you to think about here, just for a moment, is this idea that in your imagination you can do anything.

What self-hypnosis allows you to do is to go deeper into your imagination, to convince your mind of what you can do, that's at a higher level than what you can do today.

That's it.

Hypnosis and imagination, they're one and the same.

You're using your imagination to get tangible, real, improved results in your life whether you want to drop a few pounds or become an Olympic athlete, whether you want to reduce your stress levels, whether you want to sleep better at night, whether you want to have an amazing memory or boost your I.Q. ...

Tellman Knudson, CHT

Hypnosis and self-hypnosis teach you how to take control of your brain at a new level, and hypnotists walk you through the process.

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BRAIN STATES

The brain!

What's between your ears.

Lots of people want to know what hypnosis is, how do you know when you're hypnotized?

The best way to explain this is that hypnosis is the state between being awake and being asleep.

The brain can operate at a very fast frequency.

It can also operate at a very slow frequency, but the interesting thing is there are many different parts of the brain.

In fact, there are more parts of the brain than we currently have the ability to comprehend, to analyze, to scan.

Our brain scan technology is improving exponentially every year.

We're learning more and more about the brain as we go, but what we know right now as modern accepted science is that there are four primary brainwave states or frequencies.

Now again, your brain can be operating at multiple frequencies, but there are predominant frequencies in different areas of the brain.

There's Alpha, Theta, Delta, and Beta. If you are into the more metaphysical side of things, then

there's Gamma way over here. Gamma on this side of Theta.

Beta is where you are now, wide-awake, alert, conscious.

It's where you do most of your activity during the day that requires cognitive thinking.

The stuff that requires you to be actively engaged with the conversation, to be paying attention to the world around you, to be interacting with it, and be doing so loosely, quickly, rapidly, in a physical environment.

Beta level activity is driving in high traffic under high speeds, especially if you're not from the city, very beta.

Whoa!

You're totally paying attention to everything around you.

When you're in the middle of that crazy soccer game where everybody is trying to knock your head off or something, beta.

Then there's Alpha.

Alpha is the daydream state.

Alpha is the state where magic happens in the physical environment.

Alpha is the zone.

It's peak performance.

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It's the ideal you.

It's where you are when you get your best ideas.

It's where you are when you do your best work in the physical world is when your body is here doing its thing, but your brain is out here somewhere.

It's doing something else, and it feels different.

You usually begin to lose awareness of the steady passage of time.

Time begins to stretch.

It can also be when you're exceptionally bored.

I spent a lot of high school in alpha, in the daydream state, where things take forever, where you can hear every second tick by, and it's terrible!

Hopefully you're not in that state right now. Hopefully you're really enjoying this.

But the main point is when you're in Alpha, time can speed up or it can slow down.

Your imagination can speed up or slow down along with you.

You begin to become less aware of your physical senses and become more aware of your internal thoughts.

You're going to go deeper into the imagination.

Theta is the next step even deeper into the

imagination.

It's even further down, so:

Beta: Fast.

Alpha: Slower.

Theta: Even Slower.

Delta: EVEN slower.

Delta, down here, is where deep sleep occurs.

Let's talk about Theta.

Theta is the dream state.

That's where your body is generally asleep and your mind begins dreaming and it's less if not completely unaware of the physical world around you in most cases.

You're able to turn completely internal.

That's where you dream and you can be in awake physical consciousness while getting most of your brain down in the Theta range after years and years and years of meditation, the use of self-hypnosis, and/or the use of binaural beats sound technology, which is an amazing hypnosis-enhancing audio technology that I've studied heavily and used a lot.

It's amazing. It's just an incredible tool for your brain.

Theta is the dream state.

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Again, Alpha, daydream state.

Beta, wide-awake state, and then Delta, deep sleep.

That's when you wake up in the middle of the night and you can just barely stumble your way to the bathroom or you get startled out of bed and you're completely disoriented.

You have no idea what's going on.

That's delta.

That's basically when your brain, as far as we know, for the most part, shuts down.

It's completely recuperative.

It's where you're getting all your juice back, so everything just kind of slows down.

The interesting thing about sleep is your brain goes through beta, alpha, theta, delta, theta, alpha, beta and so it's a curve.

It's a bell curve.

That's about 90 minutes.

When you go through a full sleep cycle, it takes about 90 minutes to go from beta to beta, and that's why sometimes when you wake up in the middle of the night, boom, your eyes are open.

You're wide-awake.

You're fully conscious.

You're completely alert.

You're completely aware.

You feel fantastic.

That is because you woke up right at the peak of one of your sleep curves before you dropped back down again.

So that's the basic idea of how the sleep cycle works.

It's the 90-minute sleep cycle. With hypnosis, we near an alpha/theta range on both sides of that sleep cycle, so it's in between being awake and asleep.

The other thing that I wanted to mention was about Gamma. Gamma basically is high-speed brainwave activity.

The interesting thing about gamma is back in the day when people just started studying brainwave activity, they used the EEGs with the paper readout and the pen, so the ups, ups, downs.

Well, now everything is digital, of course. What they found was that there was a limitation on how fast that little arm could move back and forth as the paper was moving by it and how fast they could track it.

There's a whole spectrum of brainwave activity that was outside of their ability to physically print out. That's what we call gamma.

Many people believe that psychic activity and other

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types of paranormal-related event brain activity happen in the gamma range.

I personally happen to believe that, but whether you do or not, that's cool.

The point is if you're interested in that kind of stuff, gamma brainwave activity is what you want to be learning more about.

Those are the basic states. Hypnosis is simply going into the dreamy, day dreamy state where time starts to stretch out.

You can still be completely aware of everything that's said, everything that's experienced. It's just that your focus shifts a little bit.

For some people, they naturally really relax and go into a super calm, comfortable ultra-relaxed state.

Yet for other people, they find that they're even more aware than they are in their normal wide-awake state because their thoughts are so clear and they're able to focus their mind on exactly what they want to think about much more clearly.

I'm not quite sure which kind of person you are or what you're going to experience first, but you're really going to enjoy the ride.

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INTENTION

People frequently ask about the difference between meditation and hypnosis.

Now granted, there are literally thousands of forms of meditation that are out there and if you are really into a particular type of meditation and I'm generalizing here.

Please don't take personal offense to what I'm about to say if you're really, really into meditation, but for most people most of the time, meditation doesn't have a specific end in mind. It doesn't have a practical purpose.

Meditation has some amazing side effects.

Number one: Reduced stress.

Number two: Improved sleep, increased emotional balance.

You feel better.

Frequently, higher levels of energy. If your form of meditation is somehow associated or connected with a spiritual practice, then you probably feel more spiritually connected if you meditate regularly.

Hypnosis is a little bit different.

With hypnosis, you're actually going into a very similar brain state to where you go with meditation, but they're slightly different.

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The main difference is, with hypnosis you're going into meditation or going into this altered state of consciousness to make a very specific change in your life.

What are some of the common changes that people use hypnosis for in order to transform?

Weight loss, smoking, stress, insomnia, pain management are some of the biggies.

One of the biggest these days is money and transforming your ability to think about money from a higher level, improving your ability as a businessperson, as an entrepreneur, increasing your confidence and skill sets in your existing job.

All of these are things that happen in your mind.

You can use hypnosis in order to supercharge your ability to make more money.

The real key is to figure out exactly what it is you want when you set your intention for a given self-hypnosis session.

When you're setting your intention, you want to focus on a goal that's measurable and specific.

The reason for that is you want to know whether or not the hypnosis or the self-hypnosis that you're doing is, in fact, getting you a result.

If you don't have a measurable intention, then you have nothing to fall back on to see whether or not you're making any progress.

The reason for having a measureable intention is so you can observe, so you can see definitively and objectively if hypnosis is helping you.

With weight loss, you want to focus on achieving an ideal and very specific target body weight.

With fitness, you want to achieve a very specific level of strength or expertise in a given sport or physical activity.

With money, you want to make a certain amount, increased amount, of money in a certain period of time.

What I recommend is that you focus all of your attention on hitting your goal, and first, you need to have your goal be measureable either as a number or an event.

The number is do you now weigh 150 pounds?

Yes or no?

Are you making progress toward that?

Yes or no?

"I wish to weigh 150 pounds."

Another example is, "I wish to make \$150,000 this year in personal income."

Very measurable. You can see whether or not you're moving toward that.

However, one of the biggest things that people screw up is they put too many constraints on their

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goals. "I want to weigh 150 pounds in three months or less."

Well, that may or may not happen in a healthy way for you, and so I would really recommend you just set your goal not your time limit.

Now the other example is an event. An event is measurable.

"I have successfully run my first race.

I have successfully given a presentation in front of a group of 100 people.

I have successfully opened a new business," for example.

Another example is, "I have successfully quit smoking."

Maybe that means for a one-week period of time or a one-month period of time or a six-month period of time.

I've done this.

Success!

Your event has been completed.

Congratulations! You've made progress.

The reason you don't necessarily want to have a very specific timeline for your goal is because if you don't keep your timeline, then you feel really crappy about it and you lose all awareness of all the amazing progress that you've made so far and

frequently people will then backslide.

So when you're setting your intention with hypnosis, set a measurable goal.

Again, a number associated with it and/or an event that can be definitively said, "Yes, this occurred or no, this didn't occur."

Number two is don't set a definitive deadline for you to have the entire thing done by.

You want to focus on having the event take place or hitting your number no matter how long or short it might take—that's critically important when you are going into a hypnosis session because you use your intention in order to set your specific suggestions for your zip file and everything else.

So very, very important to set a very clear intention at the beginning of any hypnosis session before you get started.

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INDUCTION

After setting your intention, the first real piece to the self-hypnosis session is what we call the induction. It's a very, very important piece.

It's where your mind begins to allow itself to relax, and you actually start going into the hypnotic state.

The most common type of induction that people use is called the progressive relaxation induction.

During a progressive relaxation induction, you simply imagine relaxing each and every part of your body, each and every muscle in your body, from the top of your head all the way down to the very tips of your toes.

I recommend you start with the scalp and then move onto the forehead, slowly allow the muscles in the back of the head to relax.

Then down from the forehead into the eyes, allowing the eyes to relax.

Down from the eyes into the temples.

From the temples into the ears, allowing the ears to relax and then down, down into the nose. Down into the cheeks.

Down into the jaw, allowing all the muscles in your jaw to relax.

Then move down into the neck.

Move down from the neck into the back and feel that relaxation going all the way down your spine one vertebrae at a time.

Then you can go ahead and take in a nice, slow, deep breath and exhale, relaxing all the muscles in the chest.

Feeling that relaxation move down into your shoulders, then into your upper arms, into the biceps, into the triceps, down, down into the elbows.

Then you move that relaxation even further.

Move it down into your forearms, down into the wrists, down into the hands, all the way out to the tips of the fingers.

Taking in another slow, deep breath, holding it, exhaling, allowing the relaxation to move into your lower chest and abdomen.

Feeling that relaxation move down from your spine, down into your back, into your pelvis.

Then move the relaxation from your pelvis into your legs, into your quads, into your hamstrings.

Down even further into the knees, down into the shins, into the calves, and slowly relaxing all the muscles in the ankles, the feet, the tops of the feet all the way up to the toes.

Then a wonderful wave of relaxation moving on over the soles of the feet.

Relax deeper, deeper, deeper relaxed.

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That's it.

That's the basic process and how it goes.

You can simply imagine going through it.

Another example of relaxation induction is the clench and release technique, where you first go ahead and tighten up all the muscles in your eyes and you hold it for a count of three and relax.

Then you do it with your jaw.

Hold it for a count of three and relax.

Neck, count of three and relax.

Chest, count of three and relax.

Back, count of three and relax.

Then move down to your arms.

Clench your fists and tighten up all the muscles in your arms.

Hold it for a count of three and relax.

Then down into your quads and your butt.

You can hold it and relax and so on.

That's another great example and you just do it one muscle group at a time.

That's how the progressive relaxation works.

You can do this mentally or, again, you can record yourself going through this process and you'll find that you get very, very, very relaxed.

The relaxation induction is the first piece of the puzzle after you've set your intention.

You want to get in a relaxed, calm, comfortable, and focused state.

After the induction, you're going to use the treasure chest technique in order to set aside any distracting thoughts you might have.

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THE TREASURE CHEST TECHNIQUE

The next element that you really need to get straight when you're talking about hypnotizing yourself is how to get rid of distracting thoughts, especially if you are a non-experienced hypnotist.

I know that before I learned hypnosis and self-hypnosis I could not meditate.

I had "monkey mind."

My brain would just go on and on and on. I'd come up with all these things all the time, very ADD the way my brain processed things.

That actually hasn't changed.

What has changed is my ability to focus it in or out at will.

That's what the treasure chest is going to do for you.

The treasure chest is a principle that allows you to instantly set aside any internal or external distractions so you can focus everything you've got on the hypnosis session at hand.

The way to use the treasure chest is actually very simple. You imagine a treasure chest.

Now it could be an ornate, beautiful, silver chest or it could be an old pirate chest.

It could even be a black box with a lid.

Whatever you do, make sure it has a nice, heavy lid and a lock on it.

Imagine the perfect treasure chest for you.

Once you're beginning to go into hypnosis, you've already gone and set your intention.

You've already begun to go through the induction process to get relaxed.

When you really want to start setting your thoughts aside now, you imagine that treasure chest and simply put any distracting thoughts into the chest, and then you close the lid tightly.

What this allows you to do is to set your thoughts aside for later.

Now, internal thoughts you want to set aside are: you might be thinking about an argument you had with your spouse, or you might be thinking about your financial problems.

You might be thinking about how much you hate your job, or you might be thinking about what you're doing later on this afternoon, or you might be thinking about stressors with your family, or you might be thinking about something you want to accomplish physically or the fact that you're going to be exercising later today.

Whatever it is, any thoughts that cross your mind that aren't helpful to you in achieving your intention, all you need to do is imagine mentally taking a snapshot, taking a picture.

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I like to think of the old Polaroid cameras with the picture that comes out, and then you turn it upside down for three minutes, and it develops.

Imagine taking a picture of your distraction with a Polaroid camera.

It's spitting it out.

You fold it in half and you simply put it in the chest.

Take a picture of that thought and put it in the chest.

You can save it there until the end.

Now, sometimes you'll have thoughts that you truly do want to save until the end.

Other times you'll have thoughts that you really wish you never have to think about again.

You can put those in the chest too.

By the way, these can be thoughts that aren't associated with any pictures.

The idea of taking a picture is simply to capture it, fold it in half so you don't need to think about it anymore, place it in the chest.

The other type of thought or distraction that you can use are outside distractions.

Things that you hear with your ears, things that you feel with your body.

Maybe a Mac-truck drives by outside your house or apartment.

You can feel the ground shake a little bit. Take a picture.

Imagine that Mac-truck, fold it in half, put it in the box. Imagine that there's someone in your house that forgets that you're about to go through hypnosis, and there's a loud noise, or a doorbell rings, or there's a knocking at the door, or even a phone rings.

Simply take a picture of it, fold it up, put it in the box.

Don't let it bother you.

Don't let it shake you.

This is a way of setting those thoughts aside.

If you're too warm, if you're too cold, go ahead and take a picture of it and put it in the box, set it aside.

If you're uncomfortable, take a picture of it, fold it up, put it in the box, set it aside.

The treasure chest is your tool in order to set aside any distracting thoughts.

You can use it very quickly and easily, and the best part about the treasure chest is not only do you use it at the beginning of a hypnosis session, but you can mentally, in your peripheral vision, imagine that the treasure chest comes floating along or even down on the ground beside you as you go through your hypnosis session...

So it's always there where you can immediately set any distracting thoughts that you might have

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throughout the course of a hypnosis session, so you can focus your mind entirely on the task at hand, which is transforming your mind and creating a new super positive habit for you to use to improve your life.

That's how the treasure chest technique works.

THE DEEPENER

Frequently, people want to know whether or not they went into hypnosis.

Because hypnosis is a spectrum of between being awake and asleep, there are different levels of depths that you can achieve in hypnosis.

If you've ever seen a hypnotist speak or listen to a hypnotist recording, you may have heard the hypnotist say, "And now deeper.

Go deeper and deeper. Deeper, deeper relaxed."

There are two reasons for this, but the first reason is because it's really relaxing.

It helps you go into that relaxed state, let your mind go, and really kind of get into the zone.

The second reason is because it's a convincer.

It convinces you that you're in hypnosis.

Let me tell you a little bit about the studies that have been done, though.

It turns out that the depth of hypnosis has no bearing on the rapid or permanent change that you're able to achieve.

It's just your experience of how deep you are in hypnosis.

You can have your eyes wide open and be very alert, yet be in hypnosis or you can be almost

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completely asleep and non-conscious.

You can have no conscious memory of the hypnosis session and still be in hypnosis where you feel like your body is melting into the couch or the chair that you're resting in.

The deepener in self-hypnosis is really meant to help get you into that deeper state of awareness. It's comfortable.

It's calming.

It feels amazing, but it's optional.

It's not necessary.

What I'd like to do is teach you a simple deepening technique that you can apply immediately after using the treasure chest principle.

What you want to do is, after you've used your treasure chest and put most of your distracting thoughts away and closed the lid, now imagine that the treasure chest is at the very top of a staircase, a staircase with 10 steps.

In fact, it's the most beautiful staircase you've ever seen or imagined. I'd like you to imagine that it has 10 steps and with each step that you take down on the staircase you become 10 to 100 times more relaxed than you were the step before.

You are 10 to 100 times more relaxed than you were on the step before with each step that you take down, down, down on the staircase.

As you count down from 10 to 1, I'd like you to

imagine taking a step down on that staircase, getting deeper, deeper, deeper relaxed.

Imagine now: 10 down deeper.

Go down 10 to 100 times deeper relaxed. 9, 8, down deeper, 7, down deeper, 6, deeper, deeper, deeper relaxed, 5, down, down, 4, 3, 2, and 1.

Completely relaxed.

At the bottom of the staircase, you can imagine a beautiful field, the most calming, comforting, relaxing place you can possibly imagine.

Go ahead and lay down in the sun on a nice blanket, perhaps.

Then you can allow yourself to begin using the zip file technique, which I'll explain in a moment.

That's it.

That's the deepener.

You can mentally simply walk yourself down 10 steps on the most beautiful staircase you can imagine.

Imagine yourself going 10 to 100 times deeper and more relaxed with each step you take.

It will allow you to quickly and easily go into a deep state of hypnosis, feel really, really, really great, and set aside all your cares, worries, anxieties, or concerns for the day.

It's a wonderful experience.

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I hope you enjoy it.

THE ZIP FILE

One of the key elements to any hypnosis session, whether it's a self-hypnosis session or a hypnosis session being done with a hypnotist, are the suggestions.

Basically, there are two types of suggestions.

There are direct suggestions and there are indirect suggestions.

If you start talking about many of the different types of hypnosis that are out there, there's Ericksonian hypnosis, there are all sorts of different methodologies.

There's NLP and so on and so forth.

What we're going to talk about today are direct suggestions.

How do you give yourself suggestions in order to make changes in your life?

Well, there are a few things you need to know about creating suggestions, and that's why we invented the zip file technique.

The zip file technique is very simple.

All you need is a piece of paper in order to do it and ideally it has some lines on it, but you can even have a blank piece of paper with no lines.

After you set your intention, you know what the

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habit is you want to change.

Well, now you want to write down the specific suggestions you want to give yourself that are around that habit.

I'm going to use weight loss as an example because:

A) It's the most common use of hypnosis in the world and

B) Most people have wanted to either lose weight or get in better shape at some point.

If you haven't, you know someone who has.

Let's use weight loss.

Let's say we want to lose 30 pounds and we want to start creating a zip file of suggestions.

Well, Step 1 is you write down the suggestions that are the specific habits that you wish to create around successful weight loss.

"I drink 8 to 12 glasses of water per day.

I find myself feeling more and more thirsty to drink the water without even realizing it.

I naturally am more motivated to exercise.

I love to run. I spend more and more time with people that are in better physical shape than me. I no longer crave junk food.

In fact, I love vegetables and lean proteins.

I find myself having more energy and being more enthusiastic about life.

I really, really, really love healthy food.

I stop eating just before I'm full.

I spend time around healthy people. I choose restaurants that have fantastic food."

You can even do things like, "I really enjoy blank food, blank food, and blank food."

If there's a food that's healthy that you feel neutral about, that you don't necessarily naturally choose, choose it now.

Write these down.

You want to write suggestions down in the positive on this piece of paper.

Now maybe you only have five suggestions.

Maybe you have 10.

Maybe you have 20.

Maybe you have 100 suggestions you'd like to upload into your subconscious mind.

It's okay. Write them down on that paper.

The more you do this, the better you'll get.

You write down your zip file of suggestions that are based on your intention, that are based on the new habits that you're looking to create, such as drinking

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more water, eating less, exercising more, eat healthier food.

Magic. Pop!

"My metabolism is getting faster and faster.

I burn fat quickly and easily.

I build muscle naturally."

These types of things.

"I play sports year-round. I

schedule in time to exercise each and every day."

You write these down, and then, again, fold the piece of paper in half so you can't see them.

Write "zip file" on the outside.

All you have to do is set that aside.

You can put it down next to you.

You can put it on a table.

You can put it down anywhere you want.

I recommend that you write these suggestions out by hand.

This is your zip file for this self-hypnosis session.

Then, while you're in hypnosis, the next step is simply to upload your zip file to the subconscious mind.

The way that you do this is this.

Your eyes are closed, what you've already done is you've set your intention, then you went through the induction process.

You probably used a progressive relaxation to do that.

Then you used the treasure chest technique to set aside any distracting thoughts.

Then you used a deepener. Now what you use is the zip file.

You simply imagine each and every one of those suggestions being transferred from the piece of paper you wrote them on directly up into your subconscious mind.

You don't need to be able to remember exactly what they say, but naturally you will remember consciously a few of them.

All you have to do is remember subconsciously that they're there on the paper.

Mentally upload them to your subconscious mind and presto!

You now have all of those suggestions embedded in your mind.

You don't necessarily need to repeat them over and over and over again.

This is a way that you can do self-hypnosis without

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even recording yourself doing it.

It's a shortcut that we developed in order to make it really easy for you to upload suggestions to your subconscious and make instant change.

Now, if you do record yourself doing self-hypnosis, it's a great idea to read the suggestions, or at least the key ones, out loud during the recording.

My recommendation is start by just writing a few suggestions down.

Five will do.

Fold it in half.

That's your zip file.

You might remember one of them.

You might remember all five.

Heck, you might even come up with some extra suggestions that you mentally go over and rehearse while you're in the hypnotic state.

After you do the treasure chest technique and your deepener, go ahead and upload the suggestions into your subconscious mind, and you will be ready to go.

That's what the zip file technique is there to do.

You are going to love the process as you go through it.

THE CALL BACK

So how do you bring yourself out of hypnosis?

What's the callback procedure?

One of the most important aspects of hypnosis is coming out of hypnosis, and I'd like to tell you a little story about when I learned how to hypnotize.

I was studying hypnosis and the mind in college, and my father, actually, unfortunately went into the hospital.

He had a triple upper aortal aneurysm, and most people die from these types of things.

My dad actually did die, twice, and came back from the dead.

The hospital managed to resurrect him.

He flatlined twice that day, but he was in such a bad state during the operation, they had to cut open his entire chest that he ended up swelling up.

He was in very bad physical condition at the time. He was very overweight.

He ended up having to be induced into a chemical coma, and so he was in a chemical coma in the hospital for a month and a half, and we all thought he was a goner for sure.

We were all hoping for the best, but expecting the worst.

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So I dropped out of school at the end of my junior year in college.

I didn't want to get distracted from what I was studying so I said, "How can I continue my studies non-academically while I'm not in school?"

I enrolled in a hypnotherapy certification course.

There were about 10, 12 other students.

Halfway through the course, it was my turn to hypnotize the entire group.

If you can imagine a semicircle of a dozen people in Lazy Boy chairs kind of all around you.

I hypnotized the entire group. Right in front of me, the two people directly in front of me were my two trainers.

They were both hypnotherapists that owned their own hypnosis clinics. The training happened in one of their hypnosis clinics here in Vermont.

The other one had a hypnosis clinic in Massachusetts.

I hypnotized the entire group, and at the very end of the hypnosis session, I went to do what's called the callback.

Well, I then told everyone to come back into the room and no one stirred.

No one moved and I was worried.

Literally, nobody moved.

Everybody got so relaxed during the hypnosis session that I did with them that nobody moved.

I was like, "Oh, man. What do I do now?"

I got a little louder and a little more animated, and I told everybody to come back in the room, and no one moved.

I was like, "Man, are they going to stay stuck in hypnosis?"

Finally, I got really loud and really animated. I jumped up on top of my own chair and I said, "On the count of three, you'll return fully back into the room. 1, 2, 3."

Simultaneously, first of all—and then no one moved again, but then slowly people kind of started moving around and waking up.

My two teachers simultaneously both sat up in their Lazy Boy chairs, looked at me, and completely synchronized, they both said, "Do you want a job?"

It was great. So I got my first job offer halfway through my hypnosis certification program.

Of course, I took it. It was really, really great.

The moral of the story is people actually can't get stuck in hypnosis.

Hypnosis is an awful lot like a nap.

Sometimes when you take a nap you get so relaxed

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and so deep into it you just don't want to wake up because it's so comfortable, so relaxing.

That's what hypnosis can be as well.

Now, on the other hand, if you're in hypnosis and the fire alarm goes off in your house, your eyes are going to pop open, and you're going to know that there's danger, and you're going to jump up and run outside.

If there's something that is substantially important, you will immediately pop out of hypnosis just like you would pop out of a nap, and you wouldn't stay in a building that's burning down.

The reason I can say this with confidence is because many people are worried about whether or not they'll come out of hypnosis.

For some reason, people have this in their mind that you can get stuck.

Yet, no one has ever seen the wing of the hospital for the clinically hypnotized.

It doesn't exist.

You cannot get stuck in hypnosis.

Hypnosis is the state between awake and asleep.

You can be really relaxed.

You can even go into hypnosis and fall asleep and lose conscious awareness, and then you can drift off into complete sleep.

That's possible and you'll probably experience it yourself.

However, you cannot get stuck in hypnosis.

It's just like waking up from a nap or waking up from a sleep, which you do at least once a day anyway.

You're very experienced with exactly how to do that.

The question then becomes when you're in self-hypnosis and when you're in a super relaxed state how do you bring yourself back?

The way that I like to bring myself back is I count from 10 to 1 or from 1 to 10.

When you're going through the deepener, you go, "10, 9, 8, 7, 6, 5, 4, 3, 2, 1."

We already went over that. But when you're going back to awareness, it's, "1, 2, 3, 4, 5, 6, 7, 8, 9, 10."

Kind of going back up the staircase.

That's the final component.

After you've inserted the zip files and you've kind of let them sit and really go into your brain, it's time to come back from hypnosis.

All you need to do is either mentally or out loud say, "On the count of 10, I'm going to return fully back into the room as quickly as each and every one of these suggestions can be fully and deeply rooted in my subconscious mind.

1, 2, 3, 4, 5, 6, 7, 8, 9, 10.

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Open your eyes, wide-awake, and alert, feeling fine and in perfect health, feeling better than you felt in very, very long time."

You can remember all of that if you want to or you can say, "I'm going to wake up on the count of 10. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10."

You're back in the room.

You're feeling great.

You're feeling awesome.

Just remember, call yourself back at the end of the hypnosis session so you can return to wide-awake, alert awareness.

You'll also find if it's during the day, then you'll be able to continue on with your day.

You'll feel great.

You'll have a lot of energy.

You'll be able to get a lot of work done.

You'll feel very enthusiastic about life.

If it's time for you to go to sleep at night, you'll find it very easy to drift off into a peaceful, sound, and restful sleep.

You may even have dreams about the new habits that you've installed in your mind from that session, in which case, you're ready to go.

That's how the callback works.

It's very easy.

It's very simple.

It's just like waking up from a nap.

You just tell yourself, "At the count of 10, I will wake up fully, wide-awake, and alert."

Then you do.

You follow your own instructions.

Very, very easy.

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BEST & WORST

The best thing that can happen as a result of you reading this book and following the principles of All Hypnosis is Self-Hypnosis is that you are going to take complete and total control over your life in the five key areas of improvement.

You're going to learn how to establish new habits, new patterns, and new ways of living physically so you have the body of your dreams.

Mentally, so you have the mind you've always wished for, sharp as a tack and super smart, able to solve problems that you never would have dreamed of tackling in the past.

Physically, mentally, spiritually you're going to be more connected and fulfilled.

You will have a deeper, more meaningful spiritual life, if that's an area you wish to improve.

Emotionally you're going to be more connected, both in terms of your charisma and your ability to connect with groups of people and your ability to have deep, meaningful relationships on a one-on-one basis either romantically or simply friendships.

You are going to find as a result of learning self-hypnosis that you are going to become emotionally connected.

People will trust you more and you will trust yourself more.

Finally, financially.

This is a big one for a lot of people.

You're going to learn how to rewire your mind to take complete and total control over your financial life as a result of learning and applying the principles in All Hypnosis is Self-Hypnosis.

On the other hand, if you choose not to learn and apply the principles outlined in this book, you will not ever improve in your life.

You will remain stuck in the current ruts in which you are stuck.

You will not progress physically.

You will probably gain weight for the rest of your life.

On average, most people gain as many as two to three pounds per year after they turn 20-years-old and it keeps on going up and up.

Thus, a massive obesity problem in America.

You will remain unfulfilled spiritually.

You will not have your spiritual life continue to develop.

You will never tap into your metaphysical abilities.

You will probably find that life has very little meaning for you from here on out.

Mentally, you will get slower as time goes on.

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You know that the sharpest people in the world are the people that learn the most.

Hypnosis is accelerated learning.

The accelerated learning of new habits, new thoughts, new principles, new reactions.

You learn how to use self-hypnosis in order to rapidly learn new things.

Your brain will continue to grow and expand for the rest of your life.

If not, it will continue to atrophy.

You will just stay stuck where you are and you will never improve.

Emotionally, you will probably find you have fewer and fewer friends as you get older.

Your old friends will die and you will not generally make friends with new people because you spend all your time by yourself or with a very small handful of individuals who also are not growing.

To be emotionally engaged, you need to have the ability to expand your emotional spectrum.

Self-hypnosis is going to give you that.

Financially, you have a choice.

You have a choice to make the most amount of money humanly possible, to turn around and use it to help as many people as you can possibly

imagine, to do great things in this world with the money that you make.

Or you could consistently let inflation outpace your ability to make money, to outpace your ability to think about business and entrepreneurial strategies.

In order to become financially free, in order to have the time that you've always wished so you can finally truly retire and retire wealthy, you have install new ways of doing things into your brain.

It's all within your grasp if you learn self-hypnosis. It's going to be an uphill battle attacking one of these things at a time for the rest of your life without self-hypnosis.

Which do you choose?

I hope you enjoyed All Hypnosis is Self-Hypnosis.

It will change your life.

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ABOUT THE AUTHOR

Tellman Knudson has been a certified clinical hypnotherapist for 12 years, and has worked with thousands of local clients one-on-one to overcome a wide array of challenges including smoking, compulsive ingestion of toxic substances and multiple sclerosis.

A master of online marketing as well, Tellman became a self-made multi-millionaire before the age of 30, bringing his company Overcome Everything, Inc. from zero to \$2.8 million in under 3 years.

Today he combines his experience in business and hypnosis to reach thousands of clients online.

Addressing everything from Prosperity Mindset to fear of frogs, Tellman has now become the world's foremost exclusively internet-based hypnotist.

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So, what do you think?

Did you love All Hypnosis Is Self-Hypnosis?

Did you HATE it?

Did I leave something out?

Did you notice something that was just plain
WRONG?

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