

Larry Garrett and the Garrett Hypnosis and Wellness Center philosophy is rooted in the importance of taking care of the mind as well as the body. We offer the highest quality of Hypnosis, through at least 90% referrals. As the longest established hypnosis center in Chicago, we have hypnotized more people in the Chicagoland area than any other Hypnosis Center.

Think about what you have learned in the past...now imagine what you wish to learn in the future. We are in the position to teach you what you have yet to learn to enhance your life, such as teaching you to feel good every day. We feel there is a strong probability that most people can learn to continually feel good. Acquiring the knowledge to feel good daily is like learning to be healthy: With the right exercise and proper nutrition, our bodies can master good health. By learning self-improvement skills, and with your motivation to practice them every day, you will begin to constantly feel emotionally safe and stable. By learning an alternative method of wellness, you can combine this with other areas that you have already used successfully.

Join us at the Wellness Center on the first Sunday of each month from 1:00 pm to 3:00 pm for open discussions and to meet other therapists associated with the Garrett Wellness Center. We discuss many areas of alternative wellness at these free meetings.

## **INTRODUCTION TO HYPNOSIS**

Hypnosis has been regarded as a uniquely successful method of accomplishing personal goals. Unless you have been hypnotized before, remove from your mind everything that you have seen or heard about hypnosis. Disregard your assumptions of what you think it feels like to be hypnotized. Often, if an individual has observed stage hypnosis, it can become confusing when experiencing hypnosis in a private setting. Stage hypnosis is completely different from clinical hypnosis. Stage hypnosis works well on very few people and the suggestions are strictly for entertainment purposes. Personal hypnosis can work with almost everyone.

Maybe someone you know described his or her experience with hypnosis. What is especially important to remember is everyone's experience is different. Being hypnotized is much like describing the weather. If it were 70 degrees outside, some would say it was warm while another might say it was cool. Some might talk about the clouds or the humidity level. Weather is subjective and so is the experience of hypnosis. Everyone seems to have a different interpretation as to what is personally felt. If you spend less time wondering if you have been hypnotized, and avoid comparing your experience with someone else, then you will have a greater level of success.

People unfamiliar with hypnosis often ask the question, "Can I be hypnotized?" This common question can be answered with some simple facts. There are four groups of "non-hypnotizable" people. They include people who:

1. are under the age of six (difficult, but not impossible)
2. have an IQ of 70 or less
3. are diagnosed as psychotic
4. do not feel safe or comfortable or are irritated with the person hypnotizing them

To expand on the last point, we invest much in creating a comfortable rapport with our clients. It is our first interest to serve you and to meet your specific needs.

## **WHAT IS HYPNOSIS?**

Hypnosis is a relaxed state of mind that heightens suggestibility. Hypnosis gives you the ability to accept suggestions on a subconscious level, where most conflicts seem to begin. It is an experience similar to when you drift off to sleep, not fully asleep and not fully awake. You can hear the words that the Hypnotist is speaking during the hypnosis session; however, at times you are aware of the words being spoken and at other times, you are not. This is called the hypnotic rhythm, and is explained further in this handbook. Sometimes it seems as though you are not paying attention and this is exactly how your goal will be accomplished. By not intellectualizing or by not paying

attention, the suggestions you are hearing are more readily accepted by the subconscious mind.

A great metaphor for hypnosis is, "What a shower is to the body, hypnosis is to the mind." Hypnosis cleans what is in our subconscious mind. We might view the fact that the subconscious mind has been contaminated for many years by life and conditioning. Hypnosis not only reconditions the mind, it cleans the mind of past, unwanted behavior so that you can accomplish your goal. Even if we are not physically dirty, the shower feels so good. Even if you do not have a lot to accomplish, hypnosis will allow you to feel as though you can do anything.

## THE FIRST VISIT

Some participants of hypnosis, upon completion of their first session, feel that they have not been hypnotized at all, yet they have achieved at least a light level of hypnosis. As mentioned earlier, remove from your mind what you think hypnosis should be. To leave our office thinking that you have not been hypnotized and not knowing what hypnosis is could inhibit your success greatly. Remember, you are here to achieve your personal goals, not evaluate whether or not you have been hypnotized. If you try and evaluate what you feel when you are leaving without logic or doubt, you will feel a sensation of relief as though you can accomplish your goal. Just allow the hypnosis to take hold.

If you have not visited our office yet, we would like to familiarize you with what you might expect. We have designed a comforting environment to help you relax. When you arrive, we will have you complete a form that will help us better understand you and your needs. You will be introduced to Larry Garrett, your hypnotist, and the methods that he will use, by watching a videotape. This is a very important part of the session, as the videotape gives you an objective introduction to hypnosis.

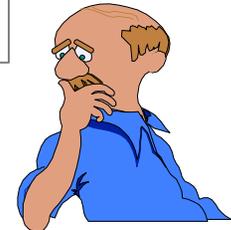
After viewing the videotape, you will meet with Larry personally and participate in a private consultation to discuss your goals and learn the techniques of self-hypnosis. The

length of the consultation varies according to your needs. After the discussion of your goal, you will be hypnotized. The hypnosis session lasts from 40 to 60 minutes.

It may surprise you to learn that you are not in the same room with Larry during the hypnosis session. You are seated comfortably in one of the Relaxation Rooms and hear Larry's voice through headphones as he speaks to you from his office. The method of being in a separate room has many advantages. It helps to minimize distractions that could occur if you are in the same room as Larry and it makes it easier for you to concentrate on the hypnosis. It offers you privacy so you can allow yourself to totally relax. For the hypnosis session, you have the option of using a blanket to prevent or reduce any chill experienced during the hypnosis. When you are hypnotized, your body will be so relaxed, you will seldom move and much like napping, you might feel cool and the blanket will keep you comfortable.

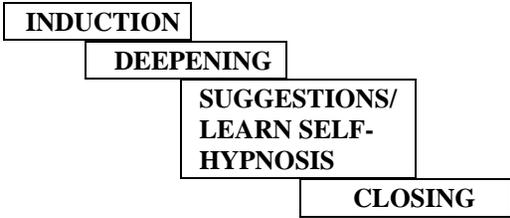
Whatever level of hypnosis you achieve aids in your success. One is not better than another. You might even ask if you were "deep enough" or if you "were under". This is a good indication of the lack of awareness to hypnosis. "Deep enough" is irrelevant and "went under" is a phrase used on TV and hypnosis demonstrations to create an effect that is often times misleading. Many people leave the first hypnosis session saying "*I don't think I was hypnotized because I heard everything that was said!*" The next person says, "*I don't think I was hypnotized because I didn't hear what was said!*" Your success lies in your ability to not intellectualize rather than speculating whether or not you were hypnotized.

**I don't want to smoke any more... but was I hypnotized?**



Remember, with your limited knowledge of hypnosis, you really don't know what to expect. You most likely have selected our Center by referral. We have been established since 1968, so please trust that we are capable of hypnotizing you well.

## PROCESS OF HYPNOSIS



What is the process of a hypnosis session? In the first 10 to 20 minutes of the hypnosis session, Larry will speak to you to accomplish what is called an induction. This helps you move from the conscious aware state that you normally experience in every day life, to a relaxed state that increases your susceptibility to suggestion. This is similar to dozing off to sleep while someone is speaking to you. You hear them, but are not necessarily paying attention to what is being said, yet you are readily agreeable. Next, you will go through the deepening process, which is an extension of the induction. The deepening is a clinically tested technique that has been pre-recorded and helps remove any resistance to the suggestions. During the deepening, your mind relaxes and you feel very receptive.

Once in this deep state, you begin to receive personalized suggestions that have been mutually agreed upon during the consultation. Suggestions are the instructions towards the achievement of your goal. At this time, you will also learn techniques of self-hypnosis. Self-hypnosis can be learned easily during this phase of hypnosis because your mind is receptive and already experiencing the feeling of hypnosis that you will create at a later time on your own. After this experience, you are gently brought out of hypnosis through a process called the closing. The closing is a very important

step in the process of hypnosis. It is the time to bring together all the suggestions that you have been given and “close” them into your mind. There is a profound phrase in hypnosis that says, “The last suggestion is the most powerful suggestion” as it supercedes all the previous suggestions.

In the first five minutes after the hypnosis session, many people feel groggy, like they have just awakened from a nap. Other sensations, such as body temperature change, tingling, or heaviness, are all common physical occurrences. Some individuals feel no different at all. Whatever you feel is normal and will not prevent you from doing anything you normally would, such as driving. Within five minutes, you will feel as you always do, but more relaxed. Some say that they are tired, but truly it is relaxed.

You might recall all, some, or none of the session. Most hypnosis experiences have a time distortion, much like napping. If you allow yourself to relax, it will seem like you have been in the session for less time or a much greater time than has actually passed. Of course, if you choose not to follow the instructions, the event will not be as rewarding. It is best to be rational on your first visit, and expect a good experience to initiate your goal. Take your time leaving our office and enjoy your experiences.

## THE SECOND VISIT

During your second session, you will know what to expect and will have further success. The second session offers many opportunities not available on the first – familiarity! Often the second session is much more effective because the client is not busy attempting to figure out what is happening. With the experience of your first session behind you, you will have an easier time relaxing. It will be a different relaxation but a better one.

On your second session, you will want to recap and give Larry any feedback from the first visit. It might be helpful to keep notes or a journal on events related to your goal. Hypnosis creates very subtle changes that may go unnoticed. It is not unusual, once people see success in one area, for them to

decide to work on other areas for improvement. Suppose, for instance, that your initial goal was to quit smoking or lose weight. After a few sessions, you realize these habits are brought on by stress, so you find it advantageous to use the hypnosis for stress reduction. When the stress in your life is better under control, you will find you no longer need to eat excessively or smoke. It is important to realize that you can use hypnosis as often as you choose since there is no dependency that forms from regular use. The more you use hypnosis, the more accomplishments you will begin to notice. Each time you are hypnotized is different because you are different each time you are here.

**WHY HYPNOSIS WORKS**

When relaxed, your mind is communicated to differently and this relaxation allows you to accept the suggestions the hypnotist offers. If you consciously attempt to stop a habit, you might find that it only becomes stronger. By being hypnotized, we can speak directly to the part of you the needs the habit. If you think the word “need” is strange, view your habit objectively and you will see that it actually serves a positive purpose. Even though on a logical level, your habit or behavior appears negative, emotionally it may be comfortable.

Hypnosis, when applied properly, can change a habit into a choice. You do not receive any negative suggestions at the Garrett Wellness Center. Instead, you are given the choice of how you would like to change or alter the need for you habit. This requires a lot of awareness on your part, and is a far more refined and successful use of hypnosis. These choices show you ways that you can channel the energy of your old habit into more positive directions.

Hypnosis works in direct proportion to your level of motivation. You cannot be hypnotized to do something you don’t want to do. Unfortunately, this could also mean your goal! The opposite side of that statement is, “The more that you want to do it, the stronger the hypnosis will affect you.” Suppose you want to quit smoking but you recognize a part of you enjoys it. To successfully quit smoking, you have to be motivated. Your conscious mind is motivated, but your

subconscious mind is not. You can feel this conflict in most goals you choose to achieve. To achieve the best success, you need only to remain consciously motivated – hypnosis will do the rest.

It is important to remember that the less conflict you feel in reaching your goal, the more effective hypnosis will be. Choose to be hypnotized because you want to, and not because your doctor, spouse or anyone else wishes you to, and we assure you greater success. Whatever your goal might be, feel motivated, follow the instructions and you will be successful.

**THREE LEVELS OF HYPNOSIS**

Almost everyone achieves one of the various levels of hypnosis, according to their own comfort. Hypnosis occurs in three levels: light, medium and deep (also called somnambulistic).

<b>AWAKE</b>	• <b>NO RESPONSE</b>
<b>LIGHT</b>	• <b>SUSCEPTIBILITY BEGINS</b> • <b>BREATHING SLOWS DOWN</b> • <b>MUSCLES RELAX</b>
<b>MEDIUM</b>	• <b>LEAST RESISTANCE</b> • <b>BEST FOR ACHIEVING GOALS</b>
<b>SOMNAMBULISTIC (DEEP)</b>	• <b>FEELS LIKE DOZING</b>
<b>NATURAL SLEEP</b>	• <b>NO CONSCIOUS AWARENESS</b> • <b>STILL SUSCEPTIBLE</b>

The light level of hypnosis is characterized by simply being physically relaxed; your breathing slows down and becomes deeper and your mind is very aware. This level feels similar to meditation. At this level, it is a good time to reduce urges to eat, smoke, and to reduce stress. Most people, even those who might be less susceptible, can achieve this level by following instructions. In practice, the deep level is used for giving strong suggestions, or where there is a large amount of resistance, pain control, for surgery, and even stage hypnosis.

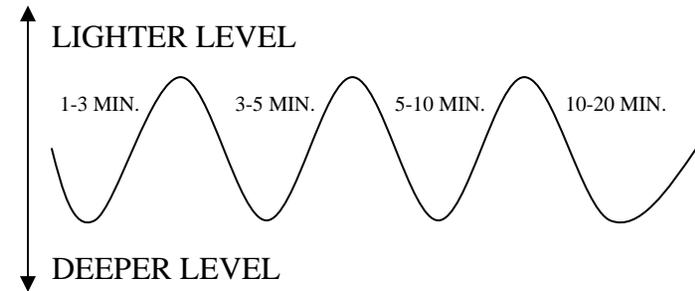
The medium level of hypnosis is best for achieving most goals. Your mind concentrates on the suggestions without the interfering logic characteristic of the light level. Usually, at the medium level, you are so relaxed you are unaware of your body; your mind is tranquil and willingly accepts the suggestions as truthful. This is the level at which the least amount of resistance is experienced. The easiest way to achieve this medium level is simply to follow the instructions and allow things to occur naturally. The technique that is used to achieve hypnosis will lead you into this medium level automatically.

It is possible that deeper levels can be achieved the more you are hypnotized. Much like learning to ride a bicycle, the more you practice, the better you get. In other words, depths of hypnosis can be learned.

If you try to intellectualize during the induction, as some individuals might, you will prevent suggestions from taking hold. Simply relax and let your mind drift freely throughout the entire session. During your next session, you will be more familiar and comfortable with hypnosis, and able to achieve a different level. If you keep in mind that your level of hypnosis is parallel to your comfort, then each session becomes more relaxing. On the first session, you need only to feel safe and the rest will come. On the second session, you will have learned to do what you did not on the first session. All the newness will have been removed. You might feel like you haven't gone as "deep" but actually have accomplished more.

It may surprise you to learn that we all experience various levels of hypnosis every day. Did you ever pass your exit on the expressway? It was merely because you were experiencing a light level of hypnosis better known as daydreaming. Even when you go to sleep at night or wake up in the morning, you are experiencing various levels of hypnosis. If you keep in mind that the less conscious or logical your thoughts are, the more success you will have in reaching your goals. It occurs naturally, so just let it happen.

## HYPNOTIC RHYTHM



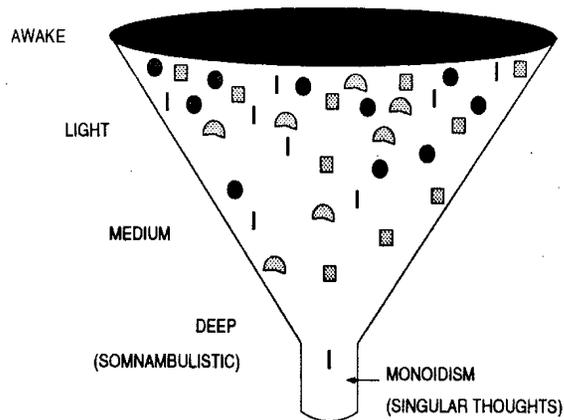
When you are hypnotized, you will experience a phenomenon called the hypnotic rhythm. As you first enter hypnosis, you move towards the lower level of this rhythm and this changes as the hypnosis continues. At first it may seem you are in a light level, hearing everything that is said and then suddenly you are in a deep level hearing nothing, or at least thinking that you have heard nothing. Then you drift back to a light level again and this rhythm continues, up and down. As the rhythm continues, you hear everything but you might not remember every word after the session. The experience is almost as though you are drifting in and out and is exactly what allows the hypnosis to work. When you feel that you have missed something, you have accomplished the most and when you were most aware and logical, you were least susceptible.

Remove from your mind the thought that it didn't work because you missed something. The less you think of what was said, the better the hypnosis works. Remember that we are communicating to the part of the mind that feels, not thinks. By recalling or hearing everything, you will still have success as long as you do not intellectualize.

## SELECTIVE CONCENTRATION

In the 1800's, James Braid named hypnosis after the Greek word "Hypnos", meaning sleep. Hypnosis is not sleep. It appears as sleep when observed by another, but the person being hypnotized does not fall asleep. Even in the deepest of levels, the feeling is not quite like sleep. Because you might not recall what was said, you might think that you were sleeping but when the hypnosis is concluding, you will immediately awaken. People tried to change the name to "monoidism," meaning a singular thought. When you are hypnotized deeply, a singular thought is what is experienced. Unfortunately, the word "hypnosis" caught on and even today people still equate hypnosis with sleep. Actually, the ideal feeling in hypnosis is that of continually dozing, but not sleeping. It is similar to dozing in front of the television, where you are neither sleeping nor fully awake. The idea is to narrow down your thoughts, as shown in the diagram, as too many thoughts interfere with success.

DIAGRAM: SELECTIVE CONCENTRATION



## RESISTANCE: WHAT IS IT?

There are many times when you want to reach a goal, but something inside of you is resisting. For example, you want to quit smoking for health reasons but now you are smoking even more because smoking helps you concentrate, relax and feel confident. It may even seem to help you feel less fearful. Not smoking is so stressful, your need to smoke increases.

You may think smoking is only a bad habit until you attempt to quit. That is when you notice there are patterns or times when cigarettes are needed for some subconscious reason.

While attempting to lose weight, you find yourself craving those satisfying, relaxing foods you really are not supposed to eat because you have been conditioned to believe those are the only foods that can really feel good. If you have ever lost weight only to gain it back, plus more, you know that in certain cases the more anxious you became, the more you feel the need to eat. View the success of hypnosis for weight loss not by the pounds you lose, but by the control you learn to achieve. Another good example of resistance is if you have a fear of dark places, the more you attempt to go into a dark place, the stronger your fear becomes.

Similar conflicts can exist with many goals. When we procrastinate, could it be that our subconscious mind does not want to finish a particular job for some reason? Doing it right might be even more threatening, because if it is done right, then more might be expected of us. The subconscious mind knows way ahead of time what the probable conclusion might be. Resistance is a way for your subconscious mind to fight change. The subconscious mind has a different set of rules of what is right or wrong. The subconscious mind knows that what it has done the longest is easier and must be right. What is new is different and the subconscious mind can be very strong and resist. The logical mind has very little control for this reason. Hypnosis can eliminate most resistance.

## THE SUBCONSCIOUS MIND

The subconscious is the part of your brain that has been programmed since birth, and that programming is still affecting you. The subconscious behavior occurs with little or no conscious perception on the part of the individual. Even though this programmed information may no longer be valid, we still hang on to it unless it is reprogrammed. Quite often, when we are under stress, these old programs start to surface, bringing forth undesirable habits – the exact habits you are attempting to eliminate. This is the automatic response of the subconscious mind.

A good example of this is fear. Suppose you have a fear of the dark because of a childhood memory of an uncomfortable experience. As an adult, you have no reason to hang on to this fear, but it still exists and affects your behavior.

If you compare the subconscious to a computer, you can see that both are capable of processing billions and billions of bits of information. Hypnosis can help rewrite these undesired habits into new programs that you can use in any way you choose. It can help you achieve whatever you consciously want to accomplish. You might view what is in your conscious or logical mind is what appears on the screen. What is in your hard drive is representing your subconscious mind.

Similarly, most of us know how to use a computer keyboard but it requires special skill to rewrite a program. Self-hypnosis is that special skill. Hypnosis helps you rewrite your conditioning. Self-hypnosis can help you rewrite your programming.

## POST-HYPNOTIC SUGGESTIONS

Post-hypnotic suggestions are instructions given to you by the hypnotist to be carried out at a later time. When post-hypnotic suggestions start working, there is a feeling of being in control. By using your conscious motivation to assist in selecting your behavior, your subconscious mind reminds you

that you are in control and allows the new behavior to come easier.

To understand the potential of a post-hypnotic suggestion, think of how a television commercial works: you see an advertised item but it doesn't mean you will run right out and buy it. What the commercial does is remind you that the item is available and attempts to make the item more appealing to you. When you do see the product in the store, you remember what was said and you have the option of purchasing it or not. The same applies to a post-hypnotic suggestion: you can choose whether or not to allow the hypnosis to work. It subtly reminds you that you have a choice and that you no longer need the compulsive behavior. Hypnosis converts a habit into a choice.

The most exciting post-hypnotic suggestions are the ones that let you forget old behaviors such as snacking, smoking or even procrastination. We use a technique called "selective amnesia" that has been found to be very successful. It works like this:

Your subconscious mind can't resist or intellectualize what is said if it cannot remember. Similar to a dream, you can remember it, but with any attempt to put it into words, you begin to forget. Then, as the post-hypnotic suggestion is needed, you remember. Much like the dream where you do not recall everything that happened, but you will occasionally recall the feelings of the message. Often the strongest suggestions are the ones that you have forgotten. For best results, allow the suggestions to work without question. The more times they remind you and create awareness, the better the suggestions will work.

Subsequently, please understand that hypnosis does not make you do anything. It simply helps to relax that compulsive feeling and reminds you of what you consciously want to do.

## SELF-HYPNOSIS

The most important part of hypnosis is doing it. Learning a subconscious language is like learning to ride a bike or play a musical instrument. Certainly a level of conscious knowledge is required, but the balancing of the bike or the feeling of the music is learned subconsciously, and once you have learned that, and practiced, you will always have the skill.

The same is true for self-hypnosis. Once you have mastered the technique, you will be able to use it for many goals. Self-hypnosis is an exercise for the mind, and when the mind learns a new skill such as confidence toward reaching a goal or having better self-image, it needs practice just like any new skill would require. The success is there; we just need the right combination to enter into this new world for easy success. With the knowledge or skill to apply self-hypnosis properly, goals become reality.

How did self-hypnosis start? Emile Cuaie would look in the mirror and say, "Every day in every way, I am getting better and better." He is the founder of self-hypnosis, then called autosuggestion. Since then, many have experimented and found different ways to apply or use self-hypnosis. Most of these methods work well, with a different level of success for different individuals.

View self-hypnosis as training which requires the logical mind and the emotional mind to cooperate with each other. The objective and the subjective combined! In learning self-hypnosis, you must learn a technique to achieve the relaxation that is needed. You then learn the experience of change that is occurring within you. This becomes the personal skill of achievement. You must learn about yourself from within. If you learn about yourself from within, you will always know the ability of self-control. When the mind is in balance, everything operates in harmony.

Self-hypnosis is the direct link to the mind, both consciously and subconsciously. Self-hypnosis gives the mind a message that is far stronger than most other communications. When we use self-hypnosis, it becomes a clear channel for all

information to be heard and usually accepted by the subconscious mind. The conscious or rational mind is more accepting when using self-hypnosis because of the calmness of this type of communication.

The conscious mind uses a different language than the subconscious mind. A good example would be trying to use a document on your computer that was written for one program and attempting to open it with another program. The second program would have difficulty in opening the document. When using words that are mostly left hemisphere or logical, the subconscious mind has difficulty in understanding. If you were to tell the subconscious mind while under hypnosis that you would feel better losing weight or quitting smoking, these suggestions would often be rejected by the subconscious mind. Why else would we have so many people that are very intelligent not able to control themselves and their habits? We must also understand that the subconscious mind might have a very strong and positive reason for the inappropriate behavior or habit. Inappropriate to the logical mind, that is! If the behavior or habit is of an emotional nature, it creates strength far greater than you can imagine. A great phrase is, "When the emotions and logic are in conflict, the emotions will always win."

The subconscious mind has many openings that allow access or communication. There are access points with pictures, feelings, smells and thoughts. The greatest success that I have experienced is by intent. Intent seems to be the spark of energy that precedes emotions, pictures or thoughts. It seems to be the spark that accomplishes all. The process is first we have intent, then an emotion, then a thought and then an action. Intent is a magical quality of the mind that will almost immediately create a change. Intent is so subtle and yet so strong. It is less than a thought but greater than a story. Intent, when understood, can create miracles. Once the mind has begun this intent, the wheels have begun to turn and the journey is underway. Usually it is difficult to stop once in motion.

I have tried many techniques of self-hypnosis and believe that, initially, none work as well as a progressive relaxation. The theory of hypnosis is to quiet the mind or to focus the thoughts

to a specific direction. A progressive relaxation technique will quiet and focus the mind.

Choose a time that will be free from distractions. Unplug your phone or turn it off. Choose a time when others are not around. Self-hypnosis is a very personal and intimate experience. It can be weakened or violated by the smallest of distractions. The experience that you are attempting to create is an experience of oneness. The relationship becomes very profound with you. At that moment, you want no one or nothing to interfere with your journey. The quest is to be free from all thoughts, feelings or emotions. There will be an open feeling without question as you learn to achieve this state of mind. It will feel most likely like nothing, but everything. It will feel light as well as heavy. It will be quiet as well as active. There will be a definite separation of mind. The conscious and the subconscious are usually together in thought. They separate usually only when there is a level of stress. That is when and why a habit will exist so easy when stress occurs.

To begin, think of your goal or the wall that is in the way of your goal. Feel intent as though you have already achieved your goal. Lie on your back in a comfortable position. You might choose your bed, the floor, an easy chair, or the couch. Elevate your head a little, maybe with a double pillow, almost in a position to read. Close your eyes as to reduce any conscious distractions. The goal is to focus and reduce the activity in your conscious mind. A few slow deep breaths might be appropriate. These deep breaths will allow you to begin to calm. Deep breathing will always calm you as it slows down your system. After you have taken a few deep breaths, it would be positive to take an inventory of yourself and your state of mind. Are you physically comfortable? If not, readjust yourself until you are. Are you beginning to quiet your thoughts? If not, resolve whatever is in your mind to attempt to quiet it. Quietening all thoughts becomes the key to success. This is difficult for many people, but it becomes easier with practice. Observe the distracting thought if it is something that is important to understand before you can accomplish your goal. You want to learn more about how you think internally.

As you lie back and have taken inventory, it becomes time to leave the logical mind behind for a little while. You have installed your intent, taken a deep breath and now it is time to shut down your system. You can begin by letting your body fall into place. This could be much like floating in water. You just let go and your body will know what to do. Let your body fall in place and when you think that you have relaxed, do it again. You could do this many times to relax fully. Of course, if you are usually active in mind or body, it may seem difficult at first but it can get much easier as you practice.

An excellent technique that seldom fails is to focus on different parts of your body in this manner: Begin by thinking of your feet for a moment. Learn about your feet. Allow your mind to scan your feet and know them well. Now that you have done this scanning, gently tighten up your feet, first toes, then your arches and now create awareness to your feet being tight. This can be a representation of a challenge in your life, habits, emotions etc. As you have begun to create this awareness to your feet being tight, begin in a very slow gentle way allowing them to relax or release. The skill is to allow this relaxation to occur as slow as possible. The skill of releasing the tightness slowly is to become aware of the release of the wall or habit that exists within your mind. Often we want something that we don't like gone immediately. It just doesn't happen that way. It is deep and has been with you a very long time. It will not release quickly. The representation of the feet relaxing slowly will allow you to learn patience in change. The mind is very resistant to change yet if you are gentle, it will cooperate. While you are beginning this technique of progressively relaxing your body, it is a great time to re-establish your intent. You can do this with a picture or a feeling of accomplishment or just a strong thought. Try to use an experience as though you have already accomplished this goal. It is much easier to do with the subconscious mind, as it is often resistant to anything that it has never done before. This is especially true if it has a message that this habit or behavior is very important to have (such as a fear). When you have relaxed your feet as I have instructed, you might do another inventory again. Are they relaxing? Did you relax very slowly? Do your feet feel different? Do you feel your feet at all? This last question is very important. Eventually, when you learn this skill well,

you will have no physical feelings in your body. Your mind learns with practice to release all feelings both mentally and physically. This will be the availability to open the door to create changes. With an absence of feelings, you will be able to accomplish most any goal, as there will be very few or no thoughts that will resist or create conflict. At this time, if your feet don't feel relaxed enough, do it one more time for practice and this time, attempt to release the tightness in your feet slower with great attention placed on the procedure. The skill is slow and aware.

Now it is time to move to the rest of your body. This is the why it is called a progressive relaxation. You are progressively relaxing each part of your body until you have completely relaxed and very little activity is occurring in your body or your mind. The mind will eventually stop most activity because the process of relaxing progressively will also cause the mind to begin to accentuate focusing. That was our goal if you recall, quieting and focusing. Both will occur as you begin to relax each part of your body. You can become creative with this process. You can move from relaxing your feet to your lower legs in a very similar manner. You could tighten up your calves, hold them tight for a moment or so and then, with the same attention as you placed on your feet, release your lower leg muscles very slowly. Each time, you must be very aware of this relaxation or release of the body parts. Move up each part of your body in this manner until you have created the skill of just releasing each body part without the tightening. Most likely you might fall asleep during this process. This is very natural, as you have already begun the process of change with the intent in the beginning of the self-hypnosis. When you begin with positive intents and thoughts, they will follow your movement of consciousness change and apply themselves as needed.

Remember to be creative. As you progressively relax each part of your body, you will want to learn as much as you can about the changes that are occurring. The more that you learn, like any other skill, the easier your accomplishments will be. It is beneficial that you learn about each part of your body as you relax it. You might learn that you have tightness in your hips or your chest. Maybe you will learn to release backaches or abdominal discomforts that are not physical in origin but

rather stress related. Almost anything is possible once you learn about whom you are and how you feel. By practicing this technique, you will create knowledge that will heighten your life style and life. The more that you learn in this manner, the more control that you will have over health, habits and actions that you no longer wish to have in your life. You can move slowly up each part of your body and reach your head area. If you do this without falling asleep, you can learn much about your thinking, as you will begin to focus on your head as though you are focusing on your thinking. Not that they are one in the same, but we often imagine our thoughts to be in our head.

For an individual that grinds their teeth or has frequent headaches, this will be an important time to become aware of the tension that is stored in your head and you can skillfully learn to remove or reduce that tension. The sky is the limit with these techniques. Until you have mastered this experience, you can never imagine what is available to you.

After you have finished the process, you have many options. You can allow yourself to drift off into a natural sleep. This is an excellent way of falling asleep, as it is a quiet way of falling asleep. Often many individuals fall asleep with activity in their mind. This is not conducive to good sleep as it can influence the way that you awaken. When you practice this technique, you will begin to fall asleep at peace and when you awaken, you will feel a very positive energy of body and mind. The way you fall asleep is the way you dream. The way you dream is the way you awaken. The way you awaken is the way you run your day and the way you run your day is the way you go to sleep at night. For this reason, you can have a great experience while you are relaxing in this manner. Maybe like flying a kite, you may drift around your consciousness. You will have many thoughts swimming in your head at times. It is very exciting to learn these thoughts and understand why they are there. Remember that you are opening the door of your subconscious mind and there is much activity inside that compartment. As the door opens, there will be a lot of images that will be free-associating inside of you. As minor as these thoughts may seem, they all have a very strong meaning. Learn about them and you will often find that they are the keys to unlocking another door toward

your success. Still another experience that you might have could be that you will begin to just lull in a space of consciousness much like taking a bath. You can just float without any thoughts. Just allow yourself to lull in this space of consciousness as it is much like mediation. Nothing really happens, but much is happening. At this time, you are creating great healing factors. You are healing your body by relaxing with such profoundness. You are healing your mind by allowing it to be free from thoughts or stress. At this level of consciousness, you are creating strength in many areas, including the ability to concentrate, focus, and comprehend. The mind seldom has the ability to have such strength.

## USES OF HYPNOSIS

Hypnosis has as many applications as you have goals. For example, hypnosis helps with weight loss, quitting smoking, improving memory, taking exams, reducing stress, increasing confidence, sports performance, speaking more effectively, improving sales, sleeping better, learning to relax, phobias, and correcting most habits. There are also many medical applications for hypnosis. We work in conjunction with many physicians to assist in areas that require medical supervision. For all medical or psychological applications, we require a referral from your doctor or therapist. Police departments use our services to aid witnesses in remembering an event and dentists use hypnosis to relieve pain and fear. Even educators use hypnosis to teach students to relax so they can learn easier. As you can see, the list is endless.

## OFFICE PROCEDURES

Initially, when working with Larry Garrett, your commitment involves three sessions: the initial visits and two follow-ups. The follow-up reinforcement visits are scheduled in two to three week increments. We recommend that the initial program be completed within a two-month period. Even though you will most likely accomplish your goal in three visits, we encourage an occasional reinforcement session. It could be related to your original goal or just because hypnosis is one of the most relaxing feelings. It can help alter the

conflicts of life. Hypnosis is a skill that gets better and stronger the more often you use it, much like exercise. There are, as mentioned earlier in this book, many areas of life that hypnosis can assist with.

When you visit, ask us about the many areas that you can use hypnosis for. There are areas of the mind that can be reached only with hypnosis or meditation. In the past few years, hypnosis has become as common as going to the dentist.

We realize your time is valuable and that cancellations sometimes are necessary. Please remember that when you cancel with very short notice, or fail to show for your appointment, someone else could have benefited from that time and was excluded. We wish you to call as soon as possible out of respect for our time, preferably 24 hours in advance of your appointment.

## CLOSING THOUGHTS

Please contact us with any questions you may have. Avoid asking anyone without experience in hypnosis for his or her opinions. We have hypnotized more people than any other facility in Chicago and we teach from experience. We consider ourselves to be the best hypnosis center in the Chicago area and we wish you to feel the same.

These are a set of guidelines that will assure your success.

1. Call us with any questions or for additional motivation.
2. Practice self-hypnosis every day between visits
3. Practice your post-hypnotic suggestion (usually to take a deep breath and “relax”)
4. Study this booklet - know it well.
5. Return for your follow-up sessions!

## ABOUT LARRY GARRETT

Larry Garrett is a Certified Hypnotist with the National Guild of Hypnotists. He has been in practice since 1968, operating the largest and most sophisticated hypnosis center in Chicago. He has received nationwide recognition for his outstanding contributions in hypnosis, including the 1991 Metzinger Award (which has only been presented six times) for contributions to the field of hypnosis. He was named Hypnotist of the Month and featured on the cover of the September 1991 issue of Journal of Hypnotism.

Larry Garrett began his training in hypnosis under the direction of Fred Schiavo at the National Hypnosis Institute. He then studied at the Universal Hypnotic Institute. He received training in electronic methods of hypnosis from a Rockford physician. He received further training from Dr. Ed Stormer, PhD of Governors State University.

For 29 years, Larry was an instructor of hypnosis at Morton College and Wright College, offering the first hypnosis class in Illinois at a community college. He is a consultant and instructor to many doctors, dentists, psychologists, lawyers and other professionals in the art of hypnosis for their respective fields.

Regularly, Larry facilitates courses and workshops at many community organizations and private groups. He has lectured, taught and demonstrated hypnosis at over four hundred colleges, universities and high schools in over thirty states. He has trained, as well as worked with, many Chicago area police departments using hypnosis to aid in recall and investigative work.

A few of the many corporations that Larry has worked for smoking cessations and stress management programs are: Baxter, R.R. Donnelley, ADP, General Motors, Kodak, World Book and Borden Foods.

His publicity has included appearances on over three hundred radio and TV talk shows and many featured articles have been written about his work in hypnosis. In 1976, Larry wrote a

featured column on hypnosis under the direction of Editor Hurley Green, a first for a Chicago newspaper.

Larry began using electronic methods of hypnosis in 1973 and incorporated these techniques, utilizing the most modern equipment, to aid in the success of his clients. He has hypnotized an estimated sixty thousand individuals, including many celebrities, professionals, and public officials who fly in from various parts of the world to be hypnotized by Larry Garrett.