



SLEEP AT WILL PROGRAM

The Most Powerful, Proven and Effective Techniques for
Inducing Deep, Satisfying and Refreshing Sleep at Will

Hello, my name is Jim Katsoulis and I want to welcome you to the sleep-at-will program. This training is going to show you how to use hypnosis and hypnotic techniques in order to sleep at will. I chose that phrase very specifically because you're not going to control, you're not going to force yourself to sleep, but what I'm going to teach you is going to allow you to fall asleep when you want to, at least, a great deal more than maybe you've been able to in the past. I'll give you a little bit of a background of myself.

I've always had a very difficult time falling asleep and I've struggle with it even from the time when I was a young child, and there was really nothing ... I didn't know of anything to do to deal with it; and even as I got older, I wasn't going to use medications at this point, so I would have a very restless sleep and a very difficult time falling asleep.

As I began to learn hypnosis, and I began doing yoga, began studying neuro-linguistic programming, I realized that what we were learning very early on, very basic things were extremely valuable in helping me sleep. And very soon, after studying these things I began being able to, literally, just fall asleep at will. All of a sudden, I had a control over it where I'd never had it before.

And so, this is a program that I've wanted to put together for a long time because as far as I can tell, if you use these techniques, they work every single time to give you a better ability to sleep than anything else that I've ever seen.

The thing about hypnosis is, you know, *hypnos* is the Greek word for sleep; and when people would be in hypnosis, it looks like people are sleeping. So, that's where the word came from.

As a professional hypnotist, basically, the first thing I had to do in order to work with someone ... basically, the process of hypnosis is putting them into a trance state and then giving them suggestions that cause them to change their behaviors and their beliefs. Well, the primary thing there to do was to bring them into a sleep-like trance.

Every person I would work with, this is what I would have to do, and I would be working with strangers. And as I worked with people consistently, I noticed that they were able to go deeper and deeper into hypnosis and they were able to do it quicker and quicker.

So, I started to realize that sleep is actually a skill; and I think, for myself, I'd never learned it and once I did, it changed my life.

So, the point I want to put across is that if you've struggled to sleep, that it is a skill and it's probably one that you have not learned how to use; and on top of that, I think by the end of this training, what you're going to understand is how you've been using self-hypnosis to keep yourself up to a certain degree.

Now, I want to make a disclaimer. I know that sometimes there are physical reasons for not being able to sleep. I can't say that this will overcome actual physical issues. What I will say, though, is that no matter what the physical issue is, that using these techniques, you can give yourself a deeper level of rest and relaxation in order to replenish your body and your mind. That I guarantee no matter what your situation is. But for most of the people, the vast majority of people, you're going to find that these techniques are really the missing key to being able to sleep at will the way that you want to.

To understand what we're going to be doing. Let me give you a little bit of background on the mind so that you understand that we're kind of coming from the same place.

In hypnosis, we look at the mind and we see a conscious mind and an unconscious mind, and this distinction is critical because the reason hypnosis works is it is dealing with the unconscious mind. It's basically a way to communicate with the unconscious mind in an effective way.

The conscious mind is the part of your mind that is logical, that is listening to this training right now; and it is the part of you that knows you should sleep, knows what you should do to sleep but isn't able to make it happen. It's the part of you that knows that you should go to the gym or knows you should eat in a certain way. But it doesn't necessarily mean that that's what you're going to do.

This distinction is critical because very few people end up talking about this. And so, we need to realize that the unconscious part of your mind is the part of your mind that runs most of your life and obviously, it runs the natural things like your breathing, body temperature, heartbeat, things like that.

But it also runs your automatic habits, your automatic behaviors, your learned routines; and it runs them automatically. I often use the example of a cigarette smoker, you know, the average cigarette smoker smokes 20 cigarettes a day. They don't have that on a schedule. They don't have a to-do list 20 times a day to do it. They just do it automatically because they've unconsciously programmed these routines into their behavior.

So, we want to deal with the unconscious mind because sleeping is a very unconscious process, obviously. What we're doing is we're going into the unconscious. We're completely unconscious when we're sleeping.

Basically, what hypnosis does ... it is a process and a method to bring us into being unconscious. Ideally, what we're looking with hypnosis is we don't want to ... as a

hypnotist, if someone starts snoring, I know I brought him too far and I would wake him up because while they were asleep, the suggestions wouldn't have any effect.

So, what I was looking to do is to lower them down to almost be asleep. Why was I doing that? Because when you're asleep, what happens, you dream. Your imagination is primed. This is going to be important as we go on with this call here.

So, in hypnosis, what we're looking to do is to use that imagination but to also keep a conscious awareness so that you can intentionally use that imagination to begin imagining all sorts of things that have a deep, deep impact on you. You may have experienced this naturally. If you've ever had a really intense dream, whether it be pleasurable or painful and you wake up and you think about it all day long, it kind of stays with you.

This is a little bit of what hypnosis can feel like when it's used correctly. It has this lingering effect on you. It has an influence on you, and the reason why is that it's gone into your unconscious mind and made the change there.

So, never mind the suggestions and trying to create change in behaviors. The process of bringing someone down in a trance state, in a hypnotic state, it's very simple to go from that state into sleep. The person just needs to let go and it's very, very simple.

So, what I want to teach you tonight are the techniques you can use to bring yourself to that state and then just let yourself fall asleep and you'll have much more control over it. And the beauty is that it's going to help you in two ways. One, you'll become aware of all the things you were doing to keep yourself anxious, nervous, and worked up that prevented you from falling asleep and you'll also know how to bring yourself into a state of almost asleep.

Now, I say almost asleep because you cannot force yourself to sleep and that's kind of the paradox of sleeping. In order to have control over your sleep, you need to give up control.

The reason that we call it falling asleep ... if you've ever had that feeling, that experience when you go to sleep, and you kind of twitch because you feel like you're falling, there is something kind of natural about ... actually falling asleep has to do with just kind of letting go and letting yourself fall backwards. So, we're going to talk a little bit more about that.

Two important things to understand about the unconscious mind, really, the only two things you need to know about the unconscious mind to become a much better sleeper is number one, and this is so important, is that the unconscious mind does not understand negatives. So, if you say to yourself, I don't want to think about a yellow banana. If I tell you, "Don't think of a yellow banana." What do you think about? You think about a yellow banana. Linguistically, you have to think about a yellow banana in order to not think about it.

So, as soon as I say a word, your mind goes searching for what it means. It makes a picture in your mind. So, I say, "Think of a car." You get a picture in your mind. It happens instantaneously. So, it happens so quickly that when you want to change yourself, you can't think about what you don't want.

So, if you think to yourself and you describe that "I want to stop being restless in bed. I want to stop not being able to control my sleep." If you keep talking about what you can't do and what you don't want to do, that's exactly what your mind thinks about. The beauty is that we can use this in a much easier way. We'll talk about that when we get to the future section.

The next thing about the unconscious mind that you need to understand is that the unconscious mind does not make a distinction between vivid imagination and reality. This is very important. Your unconscious mind ... you physically respond to vivid imagination and you know this because if you've ever gone to a movie and you've watched a movie, you know it's not real maybe like a horror movie, for example. That's a good one.

You're watching this movie. You know it's not real. You know it's just light on the screen. You know it's just a story someone wrote up but if you're watching a horror movie, you're tense ... physically, muscular tension. You're not breathing.

So we, physiologically, respond to vivid imagination. What do you think dreams are? They are very vivid imaginations. When we wake up in the middle of the night and we start vividly imagining how bad tomorrow is going to be, is that bringing you closer or further away from sleep physiologically? Further away because it's getting you tense. It's getting you mad, upset, worked up – the exact opposite direction you want to go in if you want to fall asleep. So, we're going to talk about how to control that.

But, again, knowledge is power in this sense that as you begin to understand how your mind actually works, you're going to stop doing the things that keep you up and you're going to begin doing the things that relax you and bring you right to sleep's door so that you can just fall asleep at will.

So, we talked about sleep. I want to cover the two areas of it. Basically, sleep comes down to two things. It's about 50 percent preparation, physical and environmental; and it's 50 percent mental, what's going on in your head. And so, we're going to cover each of these and we're going to start with the preparation.

So, before you even get into bed, before you even try to sleep, what we want to talk about is the environment that you're in and some of these things you may know, some of them are common sense but I just want to mention them. So, if you haven't fixed these yet, we want to do everything in our power.

This isn't about trying to use like one magic bullet to solve this. We want to get everything we know going in our direction. Get the environment set up right. Do

everything physically we need to get it so it's most likely that we're going to fall asleep and have a great night sleep. Do all the mental things we can do to get it so that we most likely will fall asleep and have a great night sleep.

It's all about constant experimentation to figure out what works best for us. This isn't about do this one thing. We need to get out of the pill mentality. If you've been on sleeping medication, we need you to keep trying different things.

So, I will say that there is a saying in neuro-linguistic programming that there's no failure, there's only feedback. So, if something doesn't work for you, I want you to tweak it. I want you to go into this with the idea of experimentation. So, you figure out what works for you. Everyone is a unique individual. Something that works for someone might not work for you and the opposite. But I'm saying the principles that I'm going to share with you work for everyone.

So, the sleep environment that you're in, the first thing I would suggest is to hide your clock. This thing could be one of your worst enemies.

If you have one of these huge digital glow-in-the-dark clocks, the second you wake up, you go and you look at it and you start to countdown in your mind, I would suggest that you either put something over it or turn it around but do something to hide that clock.

It might feel awkward at first, but I promise you it's one of those things that your brain holds on to and is connected to sometimes. We don't want that. We want to create a sanctuary. We want to make our sleeping environment ... we want to honor it, in a sense, and we want to do everything we can to make this as conducive to deep sleep as possible. And a clock is one of the first things you can do. So, I would strongly suggest you hide it.

Noise level – do what you can to make it as quiet as possible or as conducive to sleep as possible. This is what I want to talk about. Some people want it to be completely silent. Some people like noise to sleep. There's no right or wrong. There's only what works for you and that attitude is only going to lead you to success.

So, notice the noise level. If there are noises outside that you have no control over, consider getting a white noise machine because your mind will get used to listening to that and it will drown out the background noise. Pay attention to the noise level.

The light in your room – notice the light that's coming in the room. Is it affecting your sleep? Does it bother you? If it does, take some time and solve that problem. Fix it. Put the time in and fix it.

The next thing is room temperature and ventilation. If you're regularly warm and it's preventing you from sleep, you need to fix this. Get a fan, figure out the thermostat, play with that a little bit, open a window, and experiment. But these are things to pay attention to and notice.

Some other ideas is don't work in bed. Let bed be sleeping and romance. That's it.

We're going to get into anchors in a few minutes but you don't want to send your unconscious mind mixed signals of what this place this is. You want to keep it for one thing. Now, again, I'm talking ideally here. A lot of things I'm talking about are idealistic. So, do as many of them as you can and at the very least, experiment with them and see what effect they have on you.

Take the TV out of the room. Again, it goes along with the working. If you're watching TV in there, you're sending yourself mixed signals. You're almost training yourself to be in that semi- trance like state where you're not really sleeping and so you're not getting the rest and the replenishment that your brain and body needs.

You're kind of training yourself to be in this quasi sleep. If you're used to sleeping with the TV on, I can't stress enough how valuable it would be in your life to get used to sleeping without it. As uncomfortable as it may be initially, the rewards ultimately will be tremendous because TV has a very, very negative impact on our unconscious when we're trying to sleep.

It's literally designed by the way ... this is a thing that I learned. A lot of TV ... it uses a lot jump cuts, a lot of jump edits because it is constantly trying to stimulate your flight or fight response. So, what that does, when you're always in that state, you're less likely to change the channel.

That's the last thing you want when you're trying to sleep. They don't just do it visually, they do it auditorily. They're using a lot of sharp jump cuts where it jolts your unconscious mind a bit so it will jolt your sleeping and it's very, very detrimental.

So, even if you've always lived with a TV in your room, listening to it, I would strongly suggest that you experiment without listening to it. Recognize it might take a week or two to get used to it. But I promise you your sleep will improve a thousand percent and you'll wake up much more rested.

Finally, invest in a good bed. No matter what your situation is, the best bed you could possibly get. If your bed is uncomfortable ... because we're going to be talking about mental things but let's face it, there is a physical aspect here, too. If your bed is uncomfortable, it's going to be very difficult to get the sleep that you want.

Physical preparation – we talked about the environment. Physical preparation, these are suggestions. Again, I would experiment with them but all of these things are going to make it easier for you, I believe.

No caffeine prior to two to four hours before you go to bed. No eating prior to two hours. Understand that digestion is the number one use of energy in your body. If

you're eating a meal before you go to bed, what happens, it's like your body is running a marathon and you're trying to sleep but your body is busy trying to digest all those food. Again, you're incongruent. You're going in two different directions. So, notice, this is guaranteed. Notice how much better you sleep with an empty stomach or near empty stomach. Experiment with it ultimately.

No TV prior to 30 minutes before you go to bed. This might be a little different for some people but what I want to suggest to you is, again, the TV does things to you unconsciously that basically kind of trigger this. You may feel asleep but your mind is racing.

No alcohol two hours prior to going to bed. If you've been drinking alcohol in the night, I would suggest that you bounce it out with water because what happens is, alcohol converts into sugar and that usually will happen, if you're drinking at night, it'll happen somewhere at two or three in the morning. So, it's like you're eating a candy bar at two or three in the morning and you wonder why you wake up and you can't fall asleep.

So, pay attention to these physical things. No water 30 minutes prior to going to bed because then, you won't have to get up and go to the bathroom in the middle of the night. So, again, our ultimate goal here is to sleep through the night deeply, peacefully so we wake up refreshed and we wake up feeling good.

Now, some extra things you can do and this is a short list. Use your own common sense and intuition: taking a warm shower before you go to bed; doing yoga – I can't speak highly enough for that, a huge help for me; meditation and/or prayer, something that quiets the mind; reading, reading something, for a lot of people, that helps them go to sleep; foot or hand massage, if you get into the habit of doing that, again, it's a routine.

We're going to talk about this but we want to have routines that relax us mentally and physically and emotionally so that we kind of slide right into sleep. That's what we're looking to do here.

So, those are the preparation things, and those are kind of common sense but if you didn't think of those, if you haven't done them yet, experiment with them, please, because they're very important.

So, let's get into the mental side of things and this is really what this is all about.

Now, with this program, there are three self-hypnosis sessions – letting go of the day, hugely important, and hypnotic sleep, how to fall asleep. The nice thing about that session, it has no count out. So, you don't get woken up at the end, it just kind of ends. It trails off so that you can listen to that right before you go to bed and let it be a sleep aid for you; or if you wake up in the middle of the night, you can put that on, listen to it, and it will help you fall back to sleep.

There's also a lucid dreaming technique audio in there as well and that will help you fall asleep as well. I'm going to add some bonus sessions as well, a progressive relaxation one which is a foundational thing you need to be able to do; and I'm going to add an hour long self-hypnosis session which is really good, too. It will definitely help put you in sleep. Those will be there.

What I wanted to point out is that this training that we're talking about right now is really ... I'm going over things and I'm explaining things. I want to turn some lights on in your head but when it gets down to it, this is an experiential process.

You need to experience and feel your body relaxing and letting go. You need to experience and feel your mind relaxing, slowing down and entering sleep. And the more you do it, the better you get. It is a skill. But the beauty is this, understand this.

our unconscious mind, once it learns how to do something, does it automatically for you. Reading, writing – these were very difficult for you. You took the time and put it into it to learn them, and once you truly learn them, you just do them naturally now. You don't know how you write. You don't know where the next word comes from. You don't know how you're reading the words on a page. You just can. That's the power of the unconscious mind and your sleeping is the same thing.

So, if you've had trouble sleeping, it's because, a part of it, anyways, is that you have learned to expect that you're going to have trouble sleeping. You haven't learned how to relax your mind intentionally. You haven't learned to relax your body intentionally and so that's what the self-hypnosis sessions are for.

And the beauty of them is that you don't need to think, you don't need to listen. You can fall asleep listening to them. It doesn't even matter because the whole purpose of all of these is to help you go to sleep; and it's a skill. The more you use these, the better you're going to get at it.

When it comes to sleep problem, so much of it is mental and part of it is the unconscious patterns that we run through our minds. So, if you've had trouble sleeping in the past, one of the things that happens is you start worrying that you're not going to sleep, and you start thinking about that night, and you start expecting that you're not going to sleep.

Now, remember what I said earlier, the unconscious mind does not understand negatives. If I say to you, "Think about when you're worried about not being able to sleep. Remember a time when you were worried or upset or nervous that you weren't going to be able to sleep." What do you imagine in your mind? Imagine your particular flavor of not being able to sleep – tossing, turning, kicking, getting mad, being hot, being cold, being comfortable.

When you think about not being able to sleep and worrying about it, in a sense, you're mentally rehearsing not being able to sleep, if that makes sense. This is very important

because people do this throughout the day. If they have trouble sleeping, they come to expect it but another thing that's happening is in their mind, they're practicing and rehearsing not being able to sleep over and over and over again. And you need to understand and respect that process that goes on in your mind.

The beauty is that we can do the exact opposite. You can also rehearse and practice and expect in your mind that you're going to sleep beautifully, and the beauty about what we're going to cover here is that you're no longer going to need to be superstitious. For me, that is the number one best thing ever. I'm not superstitious anymore about if I'm going to sleep or not. I'd sleep through then night 90 percent of the time. The 10 percent that I don't, I don't care because I've got a backup technique that's, in a way, more enjoyable than sleeping but it's only 10 percent of the time. I'm going to share that with you in a minute.

We need to recognize the unconscious patterns that we run sometimes that keep us up, and you become aware of them, and you solve them. When you get worried about not sleeping, when you find yourself thinking about how you're not able to sleep, what I want you to do is I want you to flip it, and I want you to begin thinking how you want to sleep.

This isn't positive thinking. This isn't just because you don't think anything bad is not going to happen. It's not superstitious. It's that when you think about things, you are mentally rehearsing them and remember what we said, the unconscious mind can't tell the difference between vivid imagination and reality.

So, if you're unconsciously rehearsing the tossing and turning all night in your mind, on some level, you're experiencing it. And we want to do the opposite. So, if you catch yourself worrying, begin to ask yourself how do I want to sleep? What would it feel like to sleep through the night? What would it feel like to relax into bed and to slide right into sleep easily? Notice how that feels; it feels a bit different.

Those are suggestions and we're saying, specifically, what you want to feel and how you want to feel it. That's what hypnosis is.

Another unconscious pattern that happens is that as soon as you wake up, you start thinking about how you're going to be tired tomorrow. Does this ever happen that you wake up at two or three in the morning, you look over your giant clock, and you start a countdown time on your head, and you start fantasizing about tomorrow and how tired you're going to be, and how stressful and horrible it's going to be.

Again, you're thinking about what you don't want but you're mentally rehearsing it. And what happens in that moment is you get yourself all worked up. You get upset and then you get mad. It's very difficult to fall asleep when your heart starts beating, and you start getting mad, and your adrenalin starts running.

So, what do you do? You don't just stop thinking about it, we're going to get into that. We want to start thinking about what we want, though. We need to become aware of how what we're thinking about is affecting us in the moment.

Again, through the self-hypnosis sessions, you're going to experience this first hand, but the other thing is you've already been experiencing this first hand but most likely in a negative way. I want you to become aware of how you're doing that and change it. You're going to change it with the tools I'm going to share with you in a moment.

Finally, an unconscious pattern, I believe, you need to change is ... you can't make yourself go to sleep. You can't force yourself to sleep. You can only bring yourself, in a sense, to sleep's door, metaphorically. You can only prepare yourself for sleep; and then, at some point, sleep happens on its own.

So, you need to make that clear distinction because you actually can do a real lot to bring yourself to sleep's door. The problem is when you try and force yourself to go to sleep, it has the exact opposite effect and it's not how sleep works. You know this. You need to bring yourself to sleep's door and then let nature, the universe, God, or however you want to describe it take care of the rest. That's how sleep works.

Let's get to the solutions. We talked about some of the solutions for preparation. What can we do mentally to guarantee that you can sleep at will? The first thing you want to begin doing is you want to begin thinking about what is good sleep? You want to model good sleep and understand it backwards and forwards. What is good sleep? What is good sleep to you?

I want you to take a moment and think about this. You're going to start feeling things and experiencing things. That's what this is all about.

Right now as you're listening to this, if you think about your idea of a very enjoyable deep sleep, what would that feel like? So, we're going to model it. In NLP, it's all about modeling. It's about modeling what you want.

One of my favorite stories is Richard Bandler's, one of the creators of NLP. He wanted to cure people of phobias. So, what he did is he didn't go and study all the people who had phobias and try to understand phobias backwards and forwards. He put an ad in the paper for people that used to have phobias and no longer did, and he wanted to interview them. He paid them a hundred bucks so that he could interview them and find out mentally what was going on. What was the difference between when they used to have a phobia and when they no longer did?

So, what I want you to begin thinking about is what would good sleep feel like? Again, you're using your imagination at first but what would it feel like? How would you breathe because you're going to notice that one of the most powerful techniques you can use is

your breathing. How do you breathe when you're sleeping? How does your body feel when you're in a very, very deep sleep?

Ideally, you'd like to be doing this when you're sleeping or when you're lying down. That's what the self-hypnosis sessions are for. But I want you to notice even now, if you're sitting somewhere, if you can just let your body feel heavy because isn't this one of the qualities of good sleep?

This feeling of feeling heavy, of being tired, of just letting go, of allowing your mind to slow down ... your breathing takes on a certain quality to it because this is the thing, if you can influence all of these things, if you can kind of pretend that you're breathing the way you breathe when you're sleeping, if you can pretend your body to feel the way it feels when it's sleeping, if you pretend your mind to think the way it thinks when it's sleeping or when you're just about to fall asleep, if you put all of these ideas in your mind, you focus on them, you concentrate on them, you let them happen, it brings you closer to sleep. I guarantee you.

I will tell you, I've worked with a lot of people, thousands of people. I've been able to take every one of them ... and I've worked on a lot of anxiety disorders and I can bring them right to the edge of sleep by the words that I'm using, the ideas I'm putting in to their mind, and the suggestions that I'm giving to their body. And you can do the exact same thing.

The self-hypnosis sessions you're going to listen to are going to do that to you but what I want you to understand ... that's what this training here is about is I want you to understand what I'm doing so that you're not relying on those self-hypnosis sessions. Those self-hypnosis sessions are like training wheels. They're teaching you what it feels like. They're training your unconscious mind, your body, and your mind what to do; but I want you to realize that you're the one who's in control. All hypnosis is self-hypnosis and you're the one who's bringing yourself right to sleep's edge and letting go.

The other thing you want to do besides modeling a good sleep is you want to create routine. Our unconscious minds love routine. You know this, don't you? I mean, don't you have routines in your life? When you wake up in the morning, don't you do the same things? Or don't you do the same things kind of day in, day out, week in, week out?

Our unconscious minds operate through routine. It loves it. The problem is when we get a bad routine, a bad sleep routine, for example, it keeps replicating it, and it keeps doing it over and over and over again.

What we're looking to do is we want to create a routine, a sleep routine. What do you do before bed?

One more bonus I'm going to give you is a five-minute yoga routine and it's something I do. I do it every single night, at least. I like to do a longer one but, at the very minimum,

I will do this five-minute yoga routine. I don't know if I understand all the energies, and the shifts, and all that stuff about yoga but I know that it helps me and it helps me sleep.

I don't know if it's because it's part of the routine or what. But you want to create a routine because once you get it down, you no longer need to think about this stuff, it just happens automatically.

With the routine, you're going to anchor sleep to your bed. You're going to anchor sleep to this routine that you have. Anchoring is an unconscious process that happens where when we ... you could think about sleep, for example, and you could imagine that it's going to be restless. So, every time you think about sleep, you think it's going to be restless. That's an anchor, in a sense; one thing tied to another. When you look at your bed, if it's not comfortable, if it's not something that you enjoy doing, you're going to look at your bed or think about your bed and experience anxiety.

So, we want to create anchors that are pleasurable, and I want you to be very aware of that because they're unconscious. So, notice what things, as you're going to sleep, trigger anxiety and what things trigger relaxation and calm, and eliminate the ones that create anxiety, and increase the ones that create calm.

So, when we talk about sleep, what are we talking about? Any state of mind, a very simple explanation is that sleep is a state. We can have lots of states. We can have anger, happiness, relaxation, tension – these are all states that we can experience, emotions. And basically, our state at any moment in time is a combination of two things, our physiology, what's going on in our body, and our psychology. I don't know it anywhere more true than in sleep because it's such a combination. It's such a physiological and psychological experience.

But the thing is, we can influence physiology very easily in most cases. So, your state, your ability to fall asleep is dependent upon your ability to influence your physiology, to influence your body and to influence your psychology – what's going on in your head.

Let's start with physiology because it's the easier one. It's instant. The first thing you want to master is the progressive relaxation. If you can relax your body at will, you will be amazed at the change you'll have in your life and the control you'll have over your emotions.

So, the progressive relaxation is simple and it's something that you can do constantly. The more you do it, the better you get at it. Remember, the weird thing about muscles in our body is that they tense up naturally and automatically but we need to consciously kind of let them relax. They don't relax as easily as they tense up.

Knowing that's how we are hardwired, we need to get good at and we need to make a routine of relaxing the muscles in our body and you can do it very simply. You'll hear

me using this in most self-hypnosis sessions because it's essential and you need to master it. I don't think there's any way around it.

And simply, the progressive relaxation is using your mind to focus your attention on different parts of your body. You're kind of mentally scanning your body. And you can say out loud "relax", you can say in your head "relax", and you can imagine warmth on the parts of the body. It doesn't matter. The point is the intention. You want to intend, you want to imagine, and you want to feel relaxation in these parts of the body.

So, you hear me regularly starting with the toes, feet, calves, knees, and going through the body relaxing them, relaxing them – knees, thighs, waist, stomach, chest, shoulders, arms, hands, fingers, back again, up into the neck, into the ears, down into the jaw. And again, just relax the muscles as I say it. Relax the shoulders again. Notice the movement when you relax the shoulders. They probably drop a little bit.

So, as you do these progressive relaxations, what you're doing is you're training your unconscious mind. You're training your body how to let go and how to relax. And so, you want to let this feeling move up over your face, into your nasal passages, and sinuses. You want to breathe the relaxation. You want to imagine that you're relaxing from the inside out. Let that relaxation move into your eyes. Close your eyes right now and let them relax.

The 70 percent of our brain is dedicated to visual stimuli. So, as you close your eyes, you allow your brain to relax. Your eyes are over stimulated from TV screens, computer screens, and reading. Let them relax. Thousands of muscles in the eyes and eyelids, let them relax. Let it go deeper.

This isn't just about words. It's not just about giving yourself instructions. It's about feeling that shift in your body. It's about feeling the relaxation of letting it go deeper.

And now, let that feeling move into your eyebrows, into your forehead over your face. Your facial muscles are intricately tied to the emotions that you feel. Rarely do people relax their face enough. When you relax your face, do you feel the sense of calm?

Let that feeling move to the top of your head, down the back of your head and the back of your neck, and listen to this, let that feeling move from the back of your neck down across your shoulders. That movement, that downward movement motion, that downward energy – how many times do you have to do that where it wouldn't feel good? Never. It always feels good. Shoulders can always relax a little bit more. It's just not about "you do this and you're relaxed forever." It's a never-ending process, this relaxation. It has to be because our muscles tend to tense up and not to relax.

Let that feeling move down your back, down your spine, all the way down the back of your legs. That's a progressive relaxation and that's just a quick walkthrough of it. There is a 10-minute session that you can listen to that will bring you deeper into it.

But I want you to understand that you're the one, you're the one who's in control of this. So, as you're lying in bed, and instead of just ignoring your body, and just trying to control your thoughts and not think about things that make you crazy and prevent you from going to bed, focus your mind. You can't ignore, you can't not think of yellow banana.

What you want to do is you want to focus on what you want to think about, and what you want to think about is relaxing your body as you lie in bed, without a doubt. And, eventually, what will happen is, like me, you'll get in bed and you won't have time to do that, and you won't have time to do the next technique I'm going to share with you, which I get upset about. I wish I did it but I fall asleep too quickly now. I turn my head to the left, and I'm out. And that's what will happen to you because you will create a routine and you will practice it every night; and eventually, you will fall asleep as soon as your head hits the pillow.

I would experiment with having a pillow or not. I no longer sleep with a pillow. If that helps me or not, I think it does because my neck feels a lot better. But it's just one more thing to experiment with.

So, the physiology, the progressive relaxation, you can't go wrong with that, going through your body and just relaxing it. You can visualize with it as well if you want to.

The next technique and the thing you want to focus on is really the master technique. It's the doorway to the unconscious mind. It's the bridge between the conscious and unconscious mind and it's your breathing because your breathing is one of the few functions in your body that is conscious and unconscious. You can influence it and if you don't, it just goes on its own and does what it does, anyways. You can't regulate your heartbeat unless you're some crazy yogi or your body temperature. So, it's one of those things that is really powerful.

So, with your breathing, the thing you want to remember is that you're not looking to control it. Just like sleep, where it's kind of that paradox of you control it by not controlling it, you can't make yourself fall asleep but you can bring yourself pretty close and let the rest happen.

Breathing is very similar. Sometimes people say, well, just take a deep breath. But if your body is tense, it's very difficult to do. If you try it right now, if you want to experiment. Tighten up all the muscles in your stomach and chest and shoulders and try to take a deep breath. It's hard. That's what, a lot of times, people do when they're stressed and then someone says, "Hey, just take a deep breath." They try and they get more freaked out.

So, if you've done the progressive relaxation, what's going to happen is you're going to notice that your breathing begins to change. It feels different. It's got a different rhythm to it.

And that's one of the things I want you to notice about your breathing, the rhythm of it, not how deep you're breathing; that will happen on its own. I want you to notice the rhythm because sleep has a very specific breathing pattern to it.

In yoga, they have a whole practice called *pranayama* and it's, basically, influencing the energy in your body through your breath, through specific breathing techniques. But sometimes, they'll refer to sleeping as the greatest *pranayama* because sleeping has a very specific breathing pattern associated with it.

And so what you can do because you can influence your breathe, because you can take deep breaths or shallow breaths, you can breathe at certain rates, speed, and you can influence that, you can almost make yourself fall asleep with it. And the way you do that, I believe, is by first relaxing your body. You need to relax your body first.

Once you've relaxed the muscles in the stomach, the muscles in the chest and the back ... the shoulders have relaxed, your face and eyes have relaxed, and you want to pay attention to your breathing. But this is the thing. You're not trying to take deep breaths.

And initially, when you're influencing your breath, what you can do to influence it is to focus on the exhale. So, you exhale all the air out of your lungs. You can do this at any point. At any point, you can comfortably exhale all the air out of your lungs. And then, what you do is you relax all the muscles in your body so that the inhale happens naturally. That's how you influence your breathing to be natural. And it's not about taking big huge deep breaths at this point. That's not what this is about. This is about relaxing your body and letting your breathing feel like it does when you go to sleep.

Now, that's a thing that you're going to have to experiment with because it's obviously a little different for each person. But I want you to ask yourself, this is the practice that you do as you're going to sleep tonight. I want you to pretend that you're already asleep.

Again, you're using your pretend muscles here. And you have an idea, believe me, you have an idea of what it's like to sleep, and what you breathe like, and what your body feels like. So, these are questions you're asking yourself as you go to sleep. If I were asleep right now, how would I be breathing?

I mean, it's completely different than what most people do. They're thinking about tomorrow, or they're thinking about all the things they've got to do, or how crappy today was, or things that get them upset; but if you focus on relaxation, breathing, and then the mental things we're going to go through in a minute, you're going to have an amazingly, more powerful way to influence your sleep.

Okay, as we cover physiology, progressive relaxation and breathing, this isn't rocket science. This isn't that hard. It just takes practice. That's all I'm going to say with it. You need to experiment with it.

Let me say one last thing about breathing because some people are wondering about snoring, but notice that snoring usually doesn't happen during the day. It just doesn't happen if you're just lying down awake. There's a certain way of breathing and relaxation, a kind of a combination of the two that creates snoring.

So, again, that's the direction you want to go and you want to ask yourself, do you want to pretend yourself into that place? And it's going to bring you towards sleeping. So,

let's get into the psychology of sleeping and what you want to do. The first question, again, is what are you focusing on? What are you thinking about as you go to sleep?

If you're thinking about how your boss yelled at you and how upset it made you, then you're going to find that it's very difficult to fall asleep because, again, you're releasing adrenalin; you're getting yourself worked up. Everything about tomorrow, you've got some big presentation, and how scared you are, and how everyone is going to laugh at you – same thing, okay?

So, begin to notice what you're focusing on. Be aware of it and change it.

Now, this is the thing, this is the profound thing when it comes to influencing your psychology. It's not about ignoring it because I don't believe you can ignore things like that. If your boss yelled at you and said something really mean, things like that just have a tendency to stick in your mind, right? So, it's very difficult to ignore it and I don't feel like that works.

So, what I want you to do if something like that happens or something is stuck in your mind is you're not going to change the content of what you're thinking about. You're going to change the way that you're thinking about it.

Remember, this is the thing, as you go to sleep; you're entering this state of mind where your imagination is on hyper drive. Think about the dreams you have. If you feel like you don't dream, scientifically, you just don't remember them because there's a ton of brain activity as you fall asleep.

What happens is, your imagination is just on hyper drive as you go into this hypnagogic state, the sleep state as you pass through it. So, what you want to do is you want to use that state for good. That's what the self-hypnosis lucid dreaming is all about.

What a lucid dream is when you wake up in a dream and you're still sleeping, though. You stay in a dream but you realize it's a dream. So then, you can fly at will or you can make your arms 20 feet long. You could do whatever you would like to do in a dream. It's fun, right?

So, realize that you can do that to a certain degree as you're falling asleep because you're in this weird mental place, and an easy way to explain it is that your imagination is on hyper drive. So, if your boss yelled at you today, instead of trying to ignore it, what you want to do is you want to change the way you're thinking about it, and you can imagine it's like a dream.

Now, if your boss yelled at you today, if that happened but you were actually in a dream, what would you do? I mean, you can get cartoonishly violent and throw him out the window. You could shrink him down so he was two inches tall. You can put a clown nose on him.

You can use your imagination to play with the memory because understand, at this point, what happened today is going to happen tomorrow. What happened 10 years

ago ... it's all imagination. None of it is happening right now. What's happening right now is you're lying in bed getting ready to fall asleep.

So, anything you're thinking about is up to you how you want to think about it. And I would suggest that you begin playing around with, thinking about things in a way so that it makes you feel good, so it makes you feel relaxed, so it makes you smile as you drift off to sleep.

So, that's the secret. When you get something stuck in your mind, that you don't think about it the way that you used to which makes it ... because think about it, you're using your imagination, anyways, oftentimes, what happens ... I'm using the boss example because it's a common one.

Say, the boss or someone says something to you, as you remember it each time, oftentimes, we'll make it worse. We're like a film director, and we're playing like evil music behind them, and we kind of zoom it on their faces, and there's like spit on their lip. You know what I mean? We make it as bad as possible and so we feel as bad as possible.

A basic formula that you want to remember in your mind is the way we imagine things visually, and the way we hear a person's voice, or the way we talk to ourselves create feelings in our body.

So, if someone was saying something to you that you didn't like, what you could do is change the way that they said it. Make them talk like Mickey Mouse or like a chipmunk and hear that high-pitched voice; or you play clown music behind them. Turn yourself into a superhero and pound them into the ground.

Whatever, play with it, have fun. That's the point because the ultimate measurement and gauge you want to use is how do you feel? Do you feel tense, anxious, angry, frustrated, depressed? If you do, you need to use your mind a little differently because you want to feel whatever you want to feel. But if you want to go to sleep, you probably want to feel relaxed, calm, and peaceful.

Part of that as well is listening to the self-hypnosis session, letting go of the day. Again, it's a skill. Most of us have been taught to hold a [inaudible] **51:54** things. We have family members that we grew up around and people that we grew around who would keep talking about something that bothered them forever; and they keep reliving, replaying it, feeling it, and re-experiencing it. We want to let those things go, at least, while we're sleeping and you let them go by thinking of them in a new way.

So, that's what you do if something's stuck in your head. You've got a big thing tomorrow coming up or a big presentation or something, you don't have to try and ignore that presentation. What you want to do is you want to imagine how you want to do that presentation, and the way you do that is that you use a mental programming technique.

If you have something to do tomorrow that you are nervous about or anxious about, one of the things you can do is recognize that you're hypnotizing yourself. You're giving

yourself suggestions. You're mentally replaying it in your mind or playing it in your mind.

The problem is that you're playing it in the worst way possible if you're feeling stressed. What you want to do if you have some presentation to give in front of people (that's always a scary thing) is you imagine yourself giving the presentation feeling calm.

What would it be like if I gave that presentation and I was confident, and I spoke strongly, and I was effective, and I was moving people, and I was really communicating well, and people are responding exactly the way I wanted them to? How would I walk into that room? How would I speak?

When I'm finished, how would people come up to me and what would they say? And you could imagine hearing what they would say, and you could hear them saying, "Oh, man, that was incredible. That was a great, great talk you gave." And you could feel good.

So, you want to, intentionally, use your focus, what you're imagining visually and what you're imagining auditorily, and you want to base it all on how you feel.

So, you can program yourself. If something happened today that you didn't like, you can go back in time and you say, "If I could relive today and knowing what I know now, what would I have done differently?" Think about that real quick; this is an exercise you can do right now. How do you do it? Go right to the beginning of the day knowing everything you know now, and what would you have done differently that you didn't know at the beginning of the day?

So, the thing is that as we go through each day, we learn and we grow; but oftentimes, when we get to the end of the night, and we reflect on the day, we replay exactly the way it happened as if we're not any smarter now or don't know anything else now. Which is more beneficial, to keep replaying the screw up or to replay what we've learned, and see how we would have avoided the screw up, and done the right thing?

So, this is how you use your mind intentionally. And as you do this, as you're falling asleep, you'll be amazed at the results, again, because you're simultaneously stopping all the things you're doing to pump up the adrenalin in your body and you're increasing the things that relax you and bring you closer to sleep.

So, let me talk a little bit more about mental programming and how to do this.

The secret to mental programming is that you want to feed all the senses. For example, if you have ... I work a lot with weight loss. If, say, you over ate today. You plan on eating well and lunch came and you ate too much. What you want to do is you want to go back in time to the beginning of the day and you want to imagine yourself feeling the way that you would like to have felt.

Maybe you would like to have a little more energy, a little more clarity, a little more focus on what you want to accomplish with your eating and your health. And so, you want to bring yourself through that day. You want to imagine what it would have been like to

wake up and ... maybe you needed to eat breakfast, maybe that would've solved the whole problem. And you wake up and you imagine yourself going downstairs and getting whatever it is you would like to eat. Imagine yourself opening the box or peeling a banana. Imagine eating it, the feeling of it in your mouth, the taste of it. This is how you intentionally program your mind.

So, if there's something that keeps gnawing at you that you are trying not to think about, instead of ignoring it, what you're doing is you're filling up your senses with what you want to think about.

So, let me give you a universal thing that you can use all the time. As you're going to sleep, you want to think of a time when you were very relaxed. It's not just enough. This is what a lot of people do. They'll say, "Oh, yeah, well, there was a beach once I went to." That's not relaxing. That's not enough to think about.

You can extend that and make it much more vivid by going what it did look like? Were there people there or was I alone? What do they look like? Was it a sunny day? Was it cloudy? Was it raining? Was I inside or was I outside? What were the sounds that I heard? I was at the beach and I heard seagulls. What did the people sound like? They sounded like they are million miles away. Could you feel the sun on you? Could you feel the sand under you? And, again, what you're doing is you're feeding the senses.

That's how you go deeper into those feelings. That's how you program your mind. You take control of your sensory imagination. And so, if you fill up your sensory imagination with things that are calming and relaxing, it's a much easier way to fall asleep. It's a two-part thing: recognize what were doing and bringing yourself in a direction that you want to go in.

Now, the presupposition of beliefs you want to change, you want to focus on are ... again, you're in control of sleep by giving up control. What you're doing is you're backing yourself right up to sleep and then letting it happen on its own. And you're going to do it physiologically, by relaxing yourself mentally and psychologically, by thinking about things in a way ... again, either thinking about things that relax you or thinking about things that were stressing you out in a relaxing way.

Sleeping is easy. I want you to begin thinking that so it becomes a mantra. Sleeping is easy when you know how. Sleeping is easy when you relax your body deeply. It's easy when you breathe in a relaxed and calm way. It's easy when you let go of the day and you really appreciate where you're at right now.

Finally, if you master falling asleep, that's all you need to do. So, what I mean by that is don't worry about the waking up at two or three in the morning. If you can master falling asleep, if you get up at two or three in the morning, you can just do the exact same things you used to fall asleep. This isn't superstition. These are very specific techniques to bring you right to sleep's door.

Okay, now let's imagine, you wake up at two or three but imagine that you've hidden your clocks so you don't know what time it is. You realize you're awake and you make the decision. This is essential. I experimented with this the other night.

Do you want to go back to sleep or do you want to run things through in your mind? I think that's an important question because it could be one or the other, and neither one is right or wrong.

If you want to go back to sleep, begin to go back to your body and relax it. I guarantee you, this is a guarantee, you're going to find that if you wake up at two or three because of your old routines, you're going to find that your stomach is tight; there is tension in your body.

So, as you go through this progressive relaxation, I want you to remember what I'm saying right now that if you keep relaxing yourself, you're going to fall asleep because it's very easy to fall asleep at two or three in the morning after you've been sleeping once you relax your body.

And then you relax your mind, and you could either think about things that relax you or you can think about tomorrow the way you'd like it to be, or you can use the lucid dreaming technique, and you can begin to imagine whatever you want the way that you want to because the cool thing about waking up at two or three in the morning is that your imagination is just going wild. So, you can think about anything you want.

Again, what you're doing is you're enriching your inner life, your inner world and you're making it what you want it to be to make sleep as easy as possible.

When you get into bed tonight, I want you to use the progressive relaxation technique. And very few people are able to do this many times without falling asleep because remember, what I want you to understand about the progressive relaxation technique, the reason it's so powerful is because you are in control of it. You can relax the muscles in your body if you want to.

Notice, with sleep there is a certain aspect where you can't control it so it can be a little frustrating. But progressive relaxation, you can absolutely go through your body and relax the muscles, and you can do it numerous times because you'll just keep going deeper and deeper and deeper. I've been doing it for 15 years now and I can still go deeper the first time, the second time I go deeper, and usually I don't get to the third or fourth times; I have fallen asleep.

So, do that. What do some people say, like counting sheep. Well, what's counting sheep doing? It's distracting your mind. It's filling your mind up with something other than what usually people are focusing on. So, you're doing the same type of thing here, but with the progressive relaxation, you're kind of a double whammy because you're relaxing your body and bringing it close to sleep intentionally, and you're focusing your mind on slowing down, on relaxing.

One of the things about the way you're using your mind is not just the images you're making in your mind but the way that you're speaking to yourself. This is very important. As we're in a sleep-like state, as we're in bed, we talk to ourselves. We hear other people's voices. We hear how our boss sounds or how a parent or a spouse sounds. And those sounds, the way a person speaks can actually cause tension on us. The way we talk to ourselves sometimes. Have you ever had the experience where you

wake up at two or three and you start yelling at yourself? You start getting really mad and you speak angrily to yourself inside your head, of course?

Remember, at night your imagination is vivid so it has a stronger effect on you. So, intentionally, calm your voice down. That's another aspect of the self-hypnosis sessions. As you listen to them, I want you to internalize my voice. Not specifically my voice but the way that I'm speaking.

And I want you to speak to yourself that way if you want to go to sleep because it's very, very powerful. There's a certain rhythm to it. And that cadence and that rhythm are going to bring you towards sleep. The things that I'm saying are going to bring you towards sleep. And the things you do are going to bring you to sleep so that you can sleep literally at will when you choose to.

So, I hope you have enjoyed this and what I hope you do now is make a plan for how you're going to listen to the self-hypnosis sessions. If you have an mp3 player, put them on there. If you have a CD player, download them and then burn them to a CD. Whatever you use, set them up and listen to them.

If you listen to these sessions for the next few weeks everyday, it's something that no one will be able to take away from you. You will have a whole new skill. And that's what it is. Remember, sleep is a skill.

Use this and I guarantee you that you're going to be able to sleep better. So, thank you very much. I really appreciate you trusting me and letting me teach you this material and it's been a pleasure for me to teach this to you. So, thank you very much for listening and have a great night sleep.

Because this is a live call here, what I want to do is, if anyone has any questions, I will answer them for you as best I can. If you're on the webpage, you can write them in and I will get them. And if you want to get on the phone, you can press *2 in your handle raise, and I could talk to you on the phone and we can talk back and forth. So, if some people have some questions, let me get to that.

My problem is not falling asleep but staying asleep, can doing the hypnosis before going to bed help to stay asleep all night or would I need to do the hypnosis after I wake up in the middle of the night?

I talked about that [inaudible] **1:05:23** before I mentioned it. But remember, this is the key thing because you want to recognize that people do think both. They think, I fall asleep fine, but then I wake up and I can't fall asleep.

In essence, it's the same process. But notice, this is how amazing learning is. If you can make the distinction that you've learned to fall asleep really well and you've just always been a person who easily falls asleep, but then when you wake up you can't stop your mind.

So, you're the person with the same abilities but this is almost relying on like superstition because you're not aware of what's going on. But I want you to recognize

that what you want to do now is you want to think ... as you're falling asleep tonight, begin to notice the things that I have mentioned to you, a little bit.

I don't want you to screw something that's working but what I want you to do when you're sleeping well is I want you to model it. What are you doing? How do you feel when you're going to sleep? How does your body feel? How does your mind feel?

And then, if you wake up in the middle of the night, now what you have are some techniques and I can't tell you how valuable that is because now it's not just superstition where you're trying to force yourself to do something where you have no idea why you woke up and you don't know what to do.

Now, you have a specific plan you can follow. And I can tell you, first hand, I used this and like I said, sometimes ... what I will say is sometimes I can't fall back to sleep for whatever reason, but I use that time to use my lucid dreaming techniques and my mental programming techniques.

I'll relax my body, and a funny question I think you should ask yourself, as silly as this may sound is, do I want to go to sleep again or do I want to think and mentally play things in my mind? Because those are basically the two options you have. I mean, that's what you're doing one or the other. Neither one is right or wrong.

If you want to go to sleep, though, again, start doing the progressive relaxation going through your body. If you want to mentally rehearse things, rehearse things that are going to help you succeed. See yourself being the person you want to be – accomplishing things, being ambitious, and being effective.

If you do this, again, it gives you the power because you are the one who's in control; and at the very, very least, remember this, at the very least, if you can't fall asleep, you can put your body to sleep by letting it relax completely. You can slow your mind down so that it completely slows down and you're re-energizing yourself physically and mentally. It may not be quite as good as sleep but it's the closest thing there is. I want you to have that sense of certainty with all of these. And that's what you can have. Absolutely! So, that's what I would say to you.

Can I use this technique to block out my husband's snoring?

Okay, this is a common one and I'll tell you what, I think this is more advanced but absolutely possible. And the way you do it is, hypnosis ... one definition of hypnosis I like a lot is that it's an inward focus of attention.

So, what you're doing is you're becoming hyper-attuned to what's going on inside of you. So, sometimes ... people know this, have you ever known someone ... maybe you were watching TV with someone, or you walked in and they were watching a movie, or watching a show, or reading a book, and they were so into it that you said something and they didn't even hear you? This happens and it is a hypnotic state because they're so engaged. All of their attention is so engaged on one thing that they don't have any attention left for the other stimuli.

Recognize that we do this all the time. We don't pay attention to every single stimuli around us. Think about it. There are millions of things going on around us. If you pay attention to the blood flowing through your left earlobe, thought about the pressure of the [inaudible] **1:09:24** right leg, thought about the way that your left toe was resting against that thing ... you know what I mean? So, you're not paying attention to these things. You just block them out.

So, there are constantly stimuli coming in. The question is: how are we attuned to it? And the thing that happens when someone's snoring is that, again, we expect it; and as soon as it starts, we begin hyper aware of it.

And so, again, we can't ignore it because ignoring it is paying attention to it on a level. So, what you want to start doing is using your senses and tuning them inwards. The snoring is not the problem, by the way, the problem is your response to the snoring. That might be a hard pill to swallow but what I would suggest is that if the snoring is there, you go inside. What's your response? Does your heartbeat quicken? Does your body tense up? Are you breathing less now? Are you focusing on it?

So instead, what you want to do is ... I would suggest, go to the progressive relaxation, relax your body, and hear the snoring. Accept it. Don't ignore it. It's there. And let your reaction to it change. And the first level of the change is the physical relaxation that you experience when you hear it which will probably be an opposite response for you.

And relax your stomach, relax your chest, go through the progressive relaxation, cycle through it, and then, mentally, begin to think about things that are enjoyable to you. You can think about anything and the secret is to go into it deeply – the visual details of it, the audio details of it, and all the details.

That's how you elicit memories, by the way. You go into the visual things of it. Who is there? Were you inside or outside? Was it day or was it night? Were you alone or were you with other people? What do you remember seeing? So, all the visual things you remember.

Then, you go into the auditory. What do you remember hearing? Was it quiet or was it loud? All the different sounds that you remember hearing in a situation.

Smells or tastes, if there are any of those. The feelings you had in that situation – feelings of warmth, feelings of excitement, whatever it would be. And as you go into any memory in the past or a perceived future, and you go through that process, the five senses, what do I remember about it? and just kind of cycle through it, what happens is you go deeper into the memory and it becomes more.

I'll give you an example. Regularly, I hypnotize people and they were doing construction outside of the office and I would be so nervous. I'm like I'm just going to ruin everything. And 9 times out of 10, I would say, "I hope that noise didn't bother you." And they would say, "What noise?"

So, their attention was so engaged with what was being said that they didn't hear the noise. The one person out of the ten who would hear it, it didn't even bother him. They felt distant from it. So, you do actually have control over it; and so, using the techniques that we're talking about will help you tremendously.

This is a good question and I'm not sure if I'm the person who can answer this exactly but, it says:

I'm going through a menopause and I understand that my sleep disturbances could be hormonally based and that as we continue to grow older, our need for sleep diminishes. So, how does that work? Do I use these techniques to fight against a biological process or do I use hypnosis to not be tired when I do have to get up?

I think that's a great question and I'd always do what feels right for you. Regardless of what the physical situation may be for you, these techniques will always, at least, help. If you can bring your body to the edge of sleep, to practically put your body to sleep, if you can put your mind practically asleep, what's going to happen is that's a very natural regenerative state that's going to help re-energize you and replenish your energy stores.

It's up to you to figure out how much sleep you want. Notice I didn't talk about that because some people say 8 hours, some people say 6 or 7. That's up to you. Experiment and find out what feels best for you.

But you can use these techniques to sleep as much as you would like. I don't know if there's a right or wrong time to sleep or how much sleep is appropriate. That's a personal question you have to decide.

Use these techniques to go to sleep and when you wake up ... that's a great question I didn't go into this and I should have. A technique I used is I imagined, and this was a while ago when I used to have to wake up very early. I would imagine the alarm going off and I used to have a very hard time getting up out of bed. The alarm will ring four or five times, snooze, the whole process.

What I did was I closed my eyes, and I imagined the alarm going off, and I imagined that the alarm going off sent a not painful jolt of electricity through my body. Not a painful one but like an energy bolt through my body.

So, as soon as I heard that alarm, I instantly felt a bolt of energy shooting through my body and I instantly got up. And I played that through my mind, and every time I felt the jolt, I would literally feel my body kind of jolt. And I programmed this into my mind. What would happen is when the alarm went off ... this worked one time, one time I did it and I was good with it forever. As soon as the alarm went off, I instantly felt that jolt of energy.

Again, that's programming isn't it? If someone does the whole routine where they hit the snooze button and they kind of keep sleeping and trying to ignore it and avoid it, they train themselves to do that because what they're doing is they're hearing a sleep button, and they're thinking about how tired they are and how much they want to keep

sleeping. And I was that way. And then, what I did was I imagined myself hearing that button and as soon as that button happened, I felt the jolt in my body, a complete opposite of what I felt before.

Actually, it goes along with the previous question. It's not the stimuli. It wasn't the alarm that created the effect. It was how I interpreted it and how I responded to it. So, I used to respond to that alarm and it used to make me tired and want to sleep more. And then, I changed that by imagining that as soon as I heard that, I felt a burst of energy, a jolt of energy through my body. And I, literally, kinesthetically imagined feeling that. I actually felt the jolt. So, that's what I would suggest to you. So, you could certainly use that.

If anyone wants to ask any questions online, you can start to. There are some more questions, let me get to them.

How do we get the yoga session in the hour-long relaxation session?

I'm going to put those on. I'll have those up, at the latest, by mid-day tomorrow and those will be available for download. I will say the hour-long relaxation session is a long one. Obviously, it's an hour long. I mean, it's a big file so it takes it a while to download.

The yoga session right now is an audio. I'm going to make a video component so that you can actually see the moves, but the 5-minute session is me just kind of walking you through it and talking you through it; but I will add a video to that.

Now, I want you to notice that a lot of these questions are going to be similar.

I often wake up during the night and need to go to the toilet then I'd have trouble returning to sleep, what is the best way to get back to sleep quickly?

And I could tell you because even though I said don't drink water half hour before you go to bed, I usually drink about a gallon and a half of water about three hours before I go to bed, during that three hours right until about the half hour.

So, that's so much water that I go to the bathroom a couple of times a night and I don't worry about it anymore because I fall asleep instantly. Now, part of it is that I don't wake up completely to go to the bathroom. I've set it up so that I can go to the bathroom in a half sleep. So, I keep myself in a half sleep all the time.

The other side is that I have a routine. So, when I go to sleep at night, I lay down. I sink into the bed. My whole body gets heavy. I turn my head to the left. It falls down and I pretty much go out. I'm out. And I influence my breathing, my breathing goes very slow.

The way to practice it is if you're a snorer, try to intentionally create that snoring and you know when you're faking and when it's real. It's a profound experience, I think, where

you can intentionally snore because if you can intentionally snore, you can probably intentionally go to sleep. They're very, very close.

What I would suggest is, if you have to get up to use the toilet, if you can do it without putting the lights on, put up a night light, make it as minimal as possible, and keep yourself in a half state of sleep, if that is possible.

The other thing is, again, to use your routine, your sleep routine. Do that as soon as you get back in the bed. If that doesn't work, use the progressive relaxation and imagine yourself ... again, ask yourself, what would sleep feel like right now? If I fell right back to sleep, how would that be? What would that feel like? What would I do? So, it's kind of bringing yourself right back into that.

This is a good one. *I frequently experience very intense dreams that I awake from suddenly. Are there any particular techniques that may help to calm these dreams?*

This I would have to say, I don't know. I can't say that because dreams are ... they are off the chart. What I will say from studying lucid dreaming which is the ability to wake up in dreams, is that you can influence how you enter a dream to a certain degree but that's just the beginning, usually.

So, I mean, looking at that question, I'd have to say that I don't know any way to calm dreams down. One thing you could do, I guess, if I have to suggest anything is that you look at your lifestyle. Sometimes, dream interpretation can be pretty interesting and maybe see if somehow, in your mind, you think those dreams connect to what's going on in your life and if you can change those things in your life, you know, maybe look at it that way.

What would you recommend to help if the problem is a hormonal reason for not sleeping or waking up during the night and not returning to sleep? A large percentage of women suffer from this during menopause which can last years.

Again, I accept that and I believe those things. I guess, that's part of this here. If you do have something "real" like that, I mean it is real. It is a physical thing. You want to accept it. It is real. Hormones are going to influence your sleeping. That's where you're starting from. So, you don't try and ignore it. You don't say that this is totally responsible. This is the only reason I'm not sleeping at night.

You use these techniques and I will guarantee that they will, at the very least, help you sleep more. And on top of that, I guarantee that if you can't fall asleep, they will bring you to a place physically, mentally and emotionally that's as close to sleep as you're going to get, as beneficial to sleep as you're going to get. So, even if you can fall asleep, what are you going to do in that time? Toss and turn, get upset about it, think about how tired you're going to be?

So, if you use the techniques that we're talking about ... I don't know if this is true but they say 20 minutes of hypnosis is equivalent to two hours of sleep.

Now, I can say that I've put myself into a trance many, many times when I'm tired during the day and I come out of it feeling a lot better but I also give myself a lot of suggestions as I'm doing it. In a similar way, a little less extreme maybe than the jolt of energy I got from the alarm, but as you're coming out and you'll hear this in "letting go of the day" session, I'll count you out. When I get to number five, you'll be fully awake, completely refreshed, relaxed, ready to take on the world. And I'm saying it that way; it's what kind of brings you out of it.

So, the way you use your internal voice, the way that you speak to yourself, the images that you make in your mind, and the way that you feel physiologically are all going to influence how you feel. So, regardless of menopause or whatever is going on hormonally, you can certainly use these techniques to, at least, deepen the sleep that you have and replenish your energy in your mind when you're unable you sleep, and use that time more effectively, at the very least.

All right, so it looks like all the questions ... I got them all answered. I hope you enjoyed this. Remember, this is just the beginning. The real, real experience, what's really going to be able to change this for you is using the self-hypnosis sessions and experiencing them. It's training your unconscious mind and training your body what to do. Once you've done that, it happens automatically.

Remember, an attitude of experimentation and keep tweaking and changing until you get yourself to be able to sleep exactly the way that you want to. Just by listening to this, it will happen naturally to a certain degree. But then, you want to take your own common sense and tweak what you're going to experience and feel for yourself.

Again, I hope you enjoyed this. If at any time you have any questions after listening to things or any question about how to listen to the sessions, you can always email me at jim@truthabouthypnosis.com. Give me [inaudible] and I'll always to whatever question you have. So, thank you so much and have a great night.