

Calm > Confident > Change

# How To Access Power & Peace From Within

An Exclusive eGuide to accompany Harmony Hypnosis Meditation.



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# Am I Doing It Right

## Self Hypnosis & Meditation

Self hypnosis and meditation rely on imagination. My clients often worry that they're not doing it right if they can't see things in their head the same way they can when they're watching a film or standing on top of a mountain admiring the view, that they are somehow doing it wrong. However, when I ask someone to close their eyes and see something I don't expect them to see those things in the same way they see with their physical eyes.

There are many different ways of "seeing" internally. If I asked you to imagine a stream some of you will see the stream clearly in your minds' eye. Others may be able to imagine the sound of the stream or the feel and taste of the water more clearly than you can see it. Some people can perceive the smell of an environment more strongly than they can feel, taste, hear or see it. Others imagine things digitally, so when I ask them to imagine a stream, they picture the word "stream".

There isn't a right or wrong way. We all tend to be biased towards one or two of these senses, although with practise it is possible to develop the others. What's most important as you practice the exercise in this guide is that you put your heart into it. Your internal emotional senses and reactions are much more important than whether you can imagine or remember something in high definition.



# Memory

## Emotional Triggers

Important memories of places, events or people can sometimes trigger powerful emotional reactions within us and you don't have to immerse yourself in a full length episode for that to happen. You could perhaps simply look at an old photograph, hear the first few notes of a song, smell or taste something and find yourself transported back in your mind to the event or moment when you first experienced those things.

An influential memory can come in the form of a momentary flashback, perhaps triggered by an external experience and it's possible to find yourself back in that moment emotionally. The speed of thought is like the speed of light, it can occur so quickly, that sometimes we are not consciously aware of it and only notice the ensuing emotional response, which could be good or bad.

One of the fundamental principles of this work is that it's important to learn how to control and manage our thoughts. To be able to observe those triggers in slow motion so we can understand what's actually happening and then choose to practise more of what serves us and redirect the energy of negative thoughts and feelings in a new and better direction.

So how do we do that? Well the first thing is to choose to have a clear intention to observe our thoughts and gain understanding and then to choose to shift our perspective sufficiently that we start to feel and react differently. It is not possible to change the physical events of the past but it is possible to shift our perspective of those events in such a way that it no longer has a negative effect on us.



# Choice

## There Is Always Choice

Victor Frankl was an inmate in Auschwitz concentration camp during the Second World War and after surviving that horrific experience wrote what is now among one of the world's most influential books on psychology, "Man's Search For Meaning". There are many inspiring stories and anecdotes in this volume but one in particular that stays in my mind is when he describes, being stripped naked and after having all the hair on his body shaved he is thrown into a cold bare cell.

He comes close to despair, but then decides to remember and imagine all the beautiful experiences he has had in life. These thoughts rekindle hope and give him the strength to remain sane, to remember that no situation is permanent.

He explains that forces beyond his control may be able to take away everything he possesses, but there is one thing they cannot take and that is his freedom to choose how he feels and what he does in response to those situations. It is that principle and idea I draw upon most often in my personal life and therapy practise.

This example may seem extreme and is hopefully much worse than most of us will ever have to experience in our own lives, but the learnings are universal.



A few years ago a client came to me who was the victim of the atrocities in Rwanda in the 1990's. Gaspard had witnessed the murder of his entire family but had somehow managed to escape to Europe with his own life. He found himself riddled with negative emotions and thoughts, unable to deal effectively with confrontation and felt he was being taken advantage of by the numerous bullies he seemed to be encountering in London. We worked through a similar process to the one I'm beginning to guide you through here.

At the end of our time together he presented me with a gift, a carved piece of wood with a quote from the book of Isaiah embossed in gold letters on the surface:

*It is in quietness and in trust that you will find your strength  
Isaiah 30:15*

I am not a religious man in the orthodox sense. In fact one of the things I particularly love about hypnotherapy is that it is not connected with any form of religion or spiritual belief. However if you do have such beliefs the process is adaptable so they can be incorporated if that's personally beneficial to you. It is true that some hypnotherapy techniques have partially originated from religious practise, in the same way that it is widely understood that meditation and mindfulness have their origins in Buddhism. Prayer itself is a form of hypnosis when hypnosis is understood by the definition of "focused concentration".

However that particular quotation as presented to me by Gaspard remains poignant and relevant to my everyday life and work. His gift has pride of place on the wall above the desk in my home office and reminds me of what to do when life sometimes becomes overwhelmingly busy. Finding our own personal place of inner quietness is also the subject of our exercise.



# Exercise

## Your Inner Sanctaury

The first thing to do is close your eyes and quieten your mind using one of the techniques described in the previous chapter and then simply imagine, find yourself in a special place.

I would recommend that the first time you do this; you imagine a natural place which reminds you of the earth. This could be a beach, woodland, a mountain or an enclosed garden, just go with the type of landscape in which you feel most comfortable and relaxed. It may be a real or imaginary place or perhaps a combination of both of those things. It may be somewhere you've visited or perhaps just somewhere you've read about or seen in a photo or film.

When you imagine it ensure you bring in all of the physical senses, visual, sound, smell, touch and taste if that's appropriate. Then notice how it makes you feel and which of those senses has the biggest impact and feels the best, amplify that sense and immerse yourself in the feeling for a few minutes before bringing yourself back into the present and opening your eyes.



When I first did this exercise myself I imagined a place I used to go as a child when I wanted to get away from it all on a warm summers day. There was a field next door to my parents' house with a small stream meandering through it. I would take myself to the white willow, climb onto the largest overhanging branch, dangle my feet into the cool water and watch the dazzling sunlight from above dancing on the slowly moving surface. Listening to the gentle breeze which carried the smell of the flowers and freshly cut grass from the nearby gardens, I would notice the rustling of the leaves and tall grasses surrounding me and just for a little while all else would be forgotten.

Even as I was writing those words above, I found myself back there and it was the sound of the leaves and grasses rustling that transported me most completely. The description is a little rose tinted. The field was surrounded by houses and unfortunately was used by some locals as an illegal rubbish tip, but that's not what I choose to remember when using the place for this purpose. That of course is the beauty of imagination; we can change and amplify aspects of thoughts and memories according to our needs.

So write a description of your ideal place for quietness and contemplation, bring in as many of those senses as you can whilst imagining yourself in this special place. If you like make a recording of your inner journey; this could be between 5 and 20 minutes long. And practise this exercise on a regular basis, every day for at least the next two weeks. You can also find this exercise in recorded format in the Free Session on the Harmony Hypnosis App entitled [Relax Completely – Build Confidence](#).

Wishing you all the best of Harmony, Health & Happiness.

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