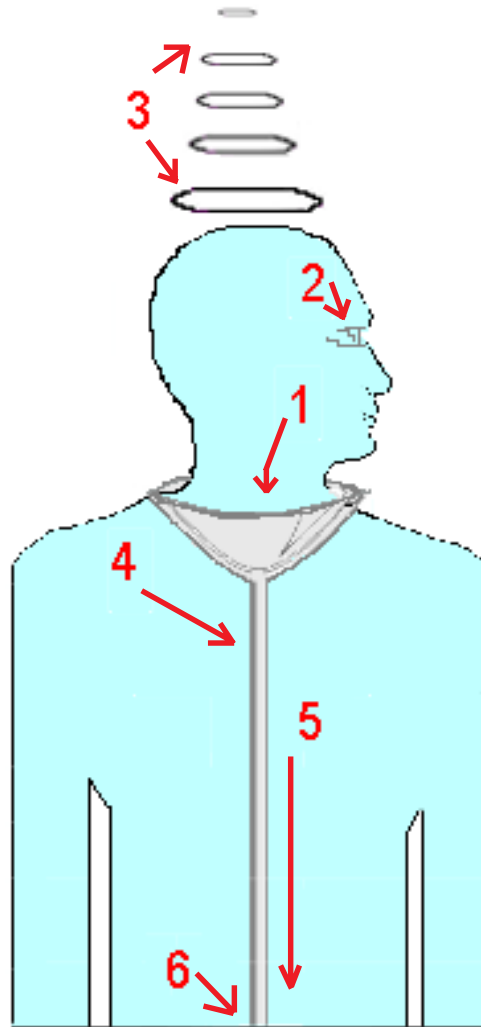


Self-hypnosis

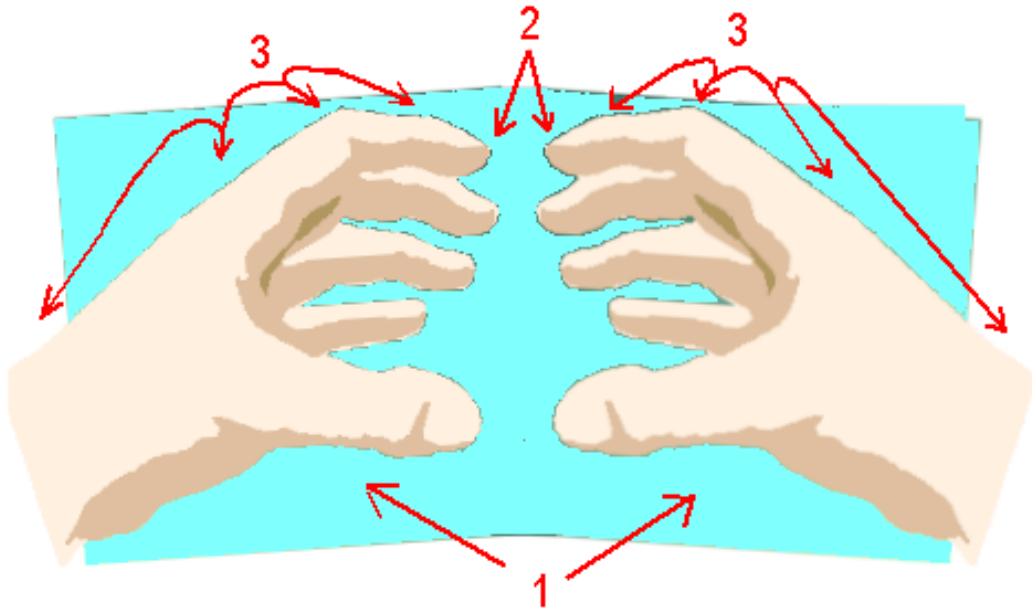
Ideo-motor - 'Funnel' Induction



1. Imagine a funnel from neck to seat.
2. Close eyes and gently look upward.
3. Imagine the inside rings of the funnel getting smaller above your head as you...
4. Begin falling through the shaft.
5. Feel the fall downward to the relaxation in your seat.
6. Hold the feeling of relaxation and spread it.

Self-hypnosis Approaches

Sensory-motor - Eye-hand



1. Place hand in front of abdomen, one-half inch apart.
2. Observe the jerky movements and feel the pulsing.
3. Holding the pulsation feeling in the background, move concentration systematically to each knuckle until the pulsing feeling follows each in turn...
4. Continue consciously leading of that experience into forearms, elbows, upper arms, shoulders, and neck.
5. Surround the entire torso in this feeling, then continue moving it into the feet and finally, the head.
6. Begin further associations (heart, imagery, etc.).