

Free Your Mind... Release Your Dreams

A step-by-step guide to changing your
life through self hypnosis

Tim Hodgson

FREE YOUR MIND

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Free Your Mind... Release Your Dreams

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This book is dedicated to David & Jonny, whose love and support have helped me build the life and career I have always dreamed of. I am proud to have you as my friends.

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ADDITIONAL RESOURCES

We've made some special audio resources available on line for you to use with this manual. These will help you get familiar with the hypnosis process, and will mean that you don't need to relax and read at the same time! There's a list of the different audios and a web link to them in the section on 'Further Resources' at the end of the manual, but so you can find them easily, I've also marked the sections available as audio with the symbol 

FROM THE AUTHOR

"And all creation stands on tiptoe just to see the sons of God come into their own"

- St Paul, Romans 8v19

Life is an adventure. Life is designed to be exciting, thrilling, joyful, full of exploration and discovery. Life is designed to be enjoyed. What I have set out to do is to give you some tools that will help you enjoy that life even more. I've wanted to share with you some of my experience that I have learnt on my own journey – some of the beliefs and understandings that help me in creating the life I want to have, and the adventure that I am currently enjoying.

My goal throughout all that I do is to let you know that you can. Whatever it is. You can live the life you want. You can have the success that you want. You can have the relationships that you want. You can have the experiences that you want. That's why you are on this planet – so you can have what, at a deep, spiritual level, what you want and what you are prepared to experience. It's as simple as that.

When I coach people I am not focussed on their goals, what they want to achieve, what their plans are, what obstacles they face. I'm not looking to help them meet their deadlines and nag them when they don't. I'm not even looking to help them understand their balance between personal and business life. I want them to know that they CAN. They can do what they want. They can live the dreams they want. They can have the lifestyle they want.

I wish I could communicate in some way how much that passion beats in me – how much I long to be able to explain in some way that whatever the question is, YOU are the answer to it. It is my lifelong dream to see the sons of God come into their own, and to see each and every member of the human race grow and evolve. I hope this programme will help.

You are unique, you are incredible, and you have an amazing gift to bring to the world – one that only you can give. If I can in any way help you to bring that gift out into the open, for you to live your adventure, your journey, and live the life you have dreamed of, then I will have done my job.

So, buckle up, and get ready for the adventure of your life....

Chapter 1

BEFORE YOU START

"As I grow to understand life less and less, I learn to love it more and more."

- Jules Renard, French author

This is a journey into the science of the ‘spooky’. The approved technical term for this is ‘weird stuff’. In this modern age we’ve learnt to accept that which we can see, touch, feel. We’ve learnt to trust our senses and only our senses – that which can be demonstrated and proved physically. Our scientific world has taught us the importance of verifying results, and has cautioned us to be suspicious of those things that we can’t directly verify.

Somehow our ancestors had more faith in the unseen. A lot of what they believed, of course, was wildly superstitious, but they did have an absolute belief in the power of the invisible.

With hypnosis, no-one really knows how it works. There is so much progress being made on the workings of the mind and of consciousness, but most of it is, to be honest, an educated guess. We make a lot of assumptions, and we try hard to work out what’s going on in our heads, but in the end all we can do is to look at the results we get and make our own minds up.

And let’s face it, that’s what the scientists are doing too. They are basing their knowledge of distant stars on the observable effects that we can see here. They base their knowledge of the inner workings of the atom on the effects that they can see in the things around, and not actually by observing the atoms themselves... so, in truth, they are also making guesses based on what they observe.

I’m going to give you as much information as I can to help you make your mind up for yourself. I’m going to give you the opportunity to try this out for yourself and see how it works for you. In the end, that’s all that matters, of course. It’s actually the core question that scientists use when they develop complex experiments to prove their theories: “Does it work?” In the end, while it might be nice to know *how* something works, it isn’t necessary to know for us to use it. Like me, you probably don’t know how television works – but we can enjoy using it.

I can remember Margaret Thatcher, who was then the UK Prime Minister, proudly proclaiming during a visit to a semiconductor fabrication plant back in the late 1970s “Everyone else is talking about the microchip – but I can say I understand it.” Sorry to

burst your balloon, Maggie, but I'm afraid that there were only three men at the time that had a reasonable idea of what was going on in the quantum physics of microelectronics. Hey, I spent three years studying microelectronics at degree level and I didn't understand it!

I'm also reminded of a conversation with one of the broadcast TV engineers responsible for the transmission stations for terrestrial TV, where he confessed that he had no idea what some of the components on the circuit boards in the transmission stations actually DID. They weren't even connected. But when they took them away, the transmitter stopped working.

It's the same with the science of the human mind. We don't really understand how it works, but we can still use what we know to get the results that we want. This manual will help you do just that.

Now, a lot of the work that I do is involved with the conscious and unconscious mind – with the sciences of hypnotherapy, Neuro-Linguistic Programming, and psychology. I've worked with many, many people to help them get the results that they want through therapy work and through coaching. Simply by working with their imaginations, their belief systems, and their physiology, I've been able to help them to create massive change for themselves. They've been able to go from being blown about by everything going on around them to being the cause of everything that happens in their lives.

I'd like to point out that in all the work I have done with people I have only been a guide. The real work is down to the person themselves. As I will say over and over again in this manual – the responsibility for change is on your own shoulders. The programming is inside you, and only you can choose to change it. Now that's incredibly powerful, if you think about it. You don't need coaches, you don't need teachers, you don't even need hypnotherapists or NLP practitioners, counsellors or psychologists. This manual will help put the tools in your hands that will help create massive change for you. If you want it.

That's one of the reasons I've not included many scripts in this manual. I've read many books with hypnotherapy scripts in them, and while they are great to model, there's nothing that compares to developing a set of affirmations for yourself. When I look at other people's scripts I spend a lot of time trying to work out how they've made the connection between the metaphor and the problem (I'm particularly fond of one example on sexual performance using a firehose as a metaphor). They tend also to be a bit inflexible – and you're different from everyone else, aren't you? Even when working one to one with people I take great care to match the metaphor and the suggestions to the person – so I don't think that handing you a pre-canned set of scripts and affirmations is going to help you much. I'd rather you had something that will work for you, that you've been involved in creating. So if you will forgive me – I'd like to leave the stories and the metaphors up to you.

Finally, I'd like to mention that recently I have also been discovering a spiritual dimension to the work I do. It seems that the more we discover, the more we find out, then many of our leading scientific minds are admitting that there is something beyond our knowledge. Whatever it is, there is something out there that our physics, our mathematics and our

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science can't quite explain. I'm no different – when I start to look closely at humanity, it seems that I have to include a spiritual aspect.

For many of my readers, that will be fine – at some level they agree with me. For others, while they can accept the scientific concepts behind hypnosis, the spiritual aspects are one step too far. Here's the thing... that's perfectly OK. Throughout this programme, simply decide what works for you. I want you to take responsibility for what you learn and what you experience. All I ask is that you have an open mind, use your own judgement, and accept what works for you and fits your belief system. And whatever doesn't – well, just keep an open mind, but it's OK to believe what you want to.

So let's get cracking – let's start the exploration, and let's see just how far into Wonderland this particular rabbit hole goes¹, and what adventures we can have as we follow.

¹ My thanks to Lewis Carroll and the white rabbit of 'Alice in Wonderland'

Chapter 2

THE ART OF THE POSSIBLE

Miracles don't really require a belief in magic, just a disbelief in limits. At which point there's little you can do to stem their tide.

– Mike Dooley of www.tut.com

Where do we start? In the 21st century we are only just starting to understand the power of the mind. John Hagelin, one of the stars of the movie ‘The Secret’ says that scientists don’t even know what the source of consciousness is, or where it is located. There are certainly some studies that suggest that consciousness and ‘the mind’ is not located in the brain at all, but is distributed around the body. The spine, the nervous system, and every single nerve seem to be part of the consciousness process.

Other studies seem to indicate that the function of consciousness is not necessarily located in the body at all, and may extend around it. This might even be an explanation of the ‘aura’ that some people see around others. I’ve certainly done experiments myself that demonstrate some form of electrical field around the body.

Scientists will now point out that we are all actually energy. What we perceive as solid is of course just a collection of atoms held together by energy – it’s the fact that these atoms repel each other that prevents us walking through doors (damn – I’ve always wanted to do that). If you look really closely, the world – and that includes you and me - is actually mostly empty space, mostly made up of the gaps between atoms.

Look a little closer, and you find that even those atoms start to look like ‘thickened up energy’. They don’t really exist. It seems clear that really we are energy that appears solid. Now that we understand that, then the possibility that we are all in some way connected and part of a larger and greater interconnected consciousness seems more than a remote possibility. Lynne McTaggart has written an eye opening book called ‘The Field’ which goes into this much more than we have time for here – see the chapter ‘Continuing the Adventure’ for more information on pursuing some of these intriguing concepts.

Whatever the truth, it’s fairly clear that we are only using a small fraction of the mind’s capabilities. Many scientists seem to suggest that we might be effectively using maybe 5% of its capacity. I’m not even sure it’s that high – it seems to me that you and I use our minds very poorly. Can you imagine what it would be like if we really could use our brains effectively? What would you be able to achieve if you could think more clearly, learn more effectively, remember with more clarity? What would happen if you could change the

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negative and unhelpful programming and install new programs that gave you the results you want in your life? Would that be cool?

Now, I'm not going to get into advanced memory techniques, or rapid reading, or advanced learning in this programme. There are more than enough of those programmes out there. What I do want to do is to look at how you can use the power of self hypnosis to create massive changes in your life.

We're going to look at how you can set the power of your unconscious mind free to solve problems that you can't solve consciously. We're going to look at ways to boost your auto-immune system to give you increased health and vitality.

We'll explore how you can use self hypnosis for relaxation and to reduce stress. We'll look at how a simply hypnotic programme that you can learn quickly and easily can give you a rapid refresher in a few moments, leaving you full of energy.

We're also going to take a look at how self hypnosis can connect you to the universe, exploring some of the spiritual dimensions and how self hypnosis is closely aligned with meditation. We'll also investigate how self hypnosis might even open up extra sensory powers, giving you a new sense of what's possible in the world.

How does that sound? Well, strap yourself in, and let's begin your adventure into the power of what's possible....