



Into Your
Mind

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Hypnotext

By Gregory Hample

Vol. 1 (Hard Copy Edition)

Skill Level: Introductory

Trance Depth: Light-Medium

The following document is a self hypnosis tool. It is very similar to audio/videos that are created to hypnotize. This volume introduces one how to experience mindful reading and a light to medium neural association. The next page is loaded with highly hypnotizing language patterns. Since you are going to turn this page; make sure to fully invest yourself in the experience.

WARNING: Do not read while using heavy machinery. Set aside 5 full minutes where you will not be distracted. Upon completion you will return above average awareness. The effects will be multiplied by your degree of intention of reading this. *Enjoy.*

**By Flipping this Page You are
Prepared to be Hypnotized**

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CAUTION: Do not engage in Hypnotext while operating machinery or in any other situation that requires your immediate attention. This version must be printed. If not, seek out the digital version for full effect. Set ~5 minutes aside as the following *may* hypnotize you.

So you read the "CAUTION" and are still interested in what the words have to say. This doesn't take long to start affecting you so make sure you can dedicate at least 5 minutes of your undivided attention. You have to *physically do* what the following words tell you. Don't worry your eyes will stay open and no one around you will notice anything weird. Ok except for maybe a smile :). Here you go 3...2...1...

"This is how it works." You probably read that last line very quickly. Typically, we are good at getting the gist of things, but when you are getting hypnotized it's important to **STOP**.

.....and *read* the rest of this *slowly*. The more thoughtfully you can read and *understand* the *deeper* you will go. Ready? Take one long, deep breath.....

As you begin, make sure to *hold this paper in your left hand* to activate your right brain. Now as you hold this paper, pause for a moment, do not move a single thing and watch the paper to become aware of any movement. Staying still like this; continue reading the words on this paper. Now, notice your eyes. Feel them glide smoothly across the paper. Pay close attention to what happens as you make a big jump to the next line. There you just felt it. If you didn't here is another chance to really experience it. Ready? You did it. These are natural processes and feelings that our conscious is usually never aware of. This is a form of mindful reading. You are observing the process of reading and staying very present. At this time bring your attention to focus only on the *words* and their *meaning*.

As you read these words slowly, make sure to enunciate them clearly in your head. Hang on every word that you say and carefully move to the next. To go deeper pause and let each line's meaning completely absorb. Begin to notice what sensations you feel. How do the words sound coming from this place. You really can *enjoy* the way you say every single word. You might even get curious what word you get to listen to yourself say next. By doing this, you consciously affected your subconscious, which is the heart of hypnosis. Now try taking it a step further and wait even longer when you get to the end of each line.

Excellent. Now actively do each line before moving to the next.

- a) Take a minute to *remember* a **place** where you felt very *relaxed* and at *peace*.
- b) *Remember*: What you saw. What you felt. What you heard. What you smelled.
- c) *Move* your attention around this **place** and *find* what your attention is most drawn to.
- d) Focus all of your attention on what you were drawn to. Allow everything else to fade away.
- e) Intensify the image, spin it around and absorb every detail- this will be your symbol.

Blink your eyes five times and read the next part mindfully.

Hypnotext strengthened neural connections in your brain. You associated your symbol with a relaxing and peaceful experience. In your life you will be exposed to this symbol. It will automatically trigger these relaxed peaceful feelings. The degree to which you actively engaged this document will determine the strength of the association. Thank yourself for this experience, which will bring more wellbeing into your life.



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