

## Exercise 15: The Betty E Self-Hypnosis Method

Betty, the wife of the aforementioned Doctor Erickson, was behind much of the advancement of modern-day trance, and it was she who developed this system for self-hypnosis that bears her name. The genius behind this deceptively simple method lies in its use of the V-A-K Sensor to help affirmations sink effortlessly into the subconscious.

### Getting Started

1. Find a comfortable chair to sit in. Take long, slow breaths, and as you do so, begin to experience a sense of relaxation.
2. Determine a time limit—twenty minutes is standard, but it can be fifteen or thirty minutes.
3. State the affirmation out loud or silently to yourself. For instance: “I’m entering trance, so my unconscious mind can help me \_\_\_\_ (example: sleep through the night).” Alternately, you can write the affirmation on a slip of paper, read it to yourself, and then put the paper away. Because you want to focus on your main goal, include no more than two affirmations at any given time.
4. State how you want to feel at the end of the session, and then reinforce your affirmation. For example: “When I emerge in twenty minutes, I feel refreshed and revitalized, and ready to sleep through the night.”

### Sleep:

1. “I’m deeply relaxed and at night, head into a peaceful, restful sleep.”
2. “I’m now entering into self-trance and easily sleep through the night. If I wake early, I can take three deep breaths and effortlessly go back to sleep.”

### Anxiety:

“I’m now entering self-trance so my unconscious mind can help me eliminate anxiety. When I return to the room, taking three deep breaths helps me feel peaceful and relaxed.”

### Entering into Self-Trance (V-A-K)

Get in a comfortable position, seated or lying down. Take three deep breaths; as you exhale, imagine a ripple of relaxation starting at the top of your head, and waving down to the bottom of your feet.

### Part I (The External Section)

1. (V) Notice three objects. Go slowly, pausing briefly on each one. They can be small, such as a doorknob, lamp, or an item on the table. Some people name the items as they look at them. If any random thoughts float into your

awareness, imagine them popping like bubbles. Don't try to completely still your mind. The system will work even if you feel scattered, or preoccupied.

2. (A) Turn your attention to what you hear. Notice three sounds: a clock ticking, a fan blowing, the creak of a settling building, cars passing by outside. Notice the sound of your breathing or make a sound by tapping your foot or clacking your teeth. If a noise was momentary, replay it in your head a few times.

3. (K) Shift your attention to your body; notice three sensations. Again, go slowly. Focus on sensations that normally are outside of your awareness, such as the weight of your eyeglasses, or the watch on your wrist, a piece of jewelry, article of clothing, the soles of your shoes, or the feel of your lips touching. You can even focus on an itch if you feel one.

4. Repeat this using two different objects, two different sounds, and two different feelings.

5. Repeat the cycle using one different object, one different sound, and one different feeling. At this point, you've completed the external portion of the process.

## Part II: The Internal Section

Here you'll imagine an object, a sound and a sensation (using V-A-K). Close your eyes.

1. V: Imagine one small physical object. Perhaps it's a leaf, bird, or mirror. Focus your attention on the object for a minute or two.

2. A: Imagine one sound. It could be part of a song, or a train's whistle, or running water. Although this is the internal section, you can use an external sound if one comes to mind.

3. K: Imagine a single sensation. Maybe it's the warmth of the sun on your cheek, cool sand between your toes, a kiss on the lips, a comb across your scalp. Focus on it as if it were happening. If a physical sensation comes to your attention, you can use it.

4. Repeat the process with two different images, two different sounds, and two different feelings.

5. Repeat the cycle using three different images, three different sounds, and three different feelings.

That's it. If you do this exercise in the daytime, open your eyes and go about your business. If you've gone a little over your time or under it, don't worry. Practice yields better results. You may notice a profound change, or it might be subtle. Either way, I invite you to be grateful for even small shifts that your mind is making at all times to benefit you.

*This exercise is from the book *Rewired for Sleep* by Daniel R. Bernstein, L. Ac., CH published by Aconagua Press, 2019.*

*Along with other exercises from the book, and many other audio and video resources designed to help you release stress and anxiety, repair insomnia and achieve better sleep naturally, it can be downloaded from Dan Bernstein's website <https://rewiredforsleep.com> where you can also purchase the book.*

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