

Hawaii International Conference on Education  
P.O. Box 75036  
Honolulu, Hawaii 96836, USA  
Telephone: (808) 947-7187  
Fax: (808) 947-2420  
E-mail: [education@hiceducation.org](mailto:education@hiceducation.org)  
Website: [www.hiceducation.org](http://www.hiceducation.org)

### **Abstract**

## **Use of Self-Hypnosis in Education, Sport and other Areas of Personal Growth**

By Hugh N. Pendleton

### **Introduction**

This workshop is an introduction and training in self-hypnosis as a tool to enhance performance in your professional and personal endeavors. It is designed to be used only on oneself.

While all hypnosis is actually self-hypnosis (Alman, 2001), this workshop is designed for the participants to become acquainted with what hypnosis is. Hypnosis is a naturalistic state of mind sometimes called an alternate state of consciousness or trance. It can be negative as well as positive.

Trying to define or nail down what it is is futile. There are numerous texts to wade through if you should so choose. Focusing on the senses, becoming aware of your body, your thoughts and your emotions, is a portal to utilizing the unconscious levels of the mind.

Since we are always having body, thought and emotions in a process of conscious or unconscious activity, why not allow more consciousness, awareness and focus to develop. Most of us are only using ten percent of our mind at best. Why not allow a better percentage.

Both positive and negative hypnosis are powerful. Perhaps some of you are quite aware of that. From birth, perhaps before that, we have been trained and conditioned and much has been negative, more than we realize.

For example, the “doubter”.

When we say, “I’ll try”, there is a part of us that is saying, “I may not make it.”  
Like the caboose on the train, it follows us.

In working with students, athletes, and clients and one-self the most powerful change is letting go of this, “I’ll try.”

“Just do it!” says NIKE.

Of course this is not easy, as you know.

We are here to learn how to use language that is positive, that avoids negative programming and conditioning in others and ourselves. We do not want to use language that perpetuates ones' old conditioning. This I am sure is nothing new for you to hear. So from what models might we work? There are many traditions such as the martial Art of Aikido that use acceptance of what is before making a move for change. The Bible teaches this unconditional acceptance of others and ourselves as well. Acceptance of *what is* is sanity. After all, it is what it is. With acceptance, there is less or no resistance. Acceptance says "Yes and" not "no but". Total acceptance is actually "both and" as opposed to black versus white thinking. This is holistic thinking.

Now we will practice some principles.  
Any questions before we start?

## **Practice**

Let's look at some necessary elements.

Focus	The left hemisphere of the brain is referred to as linear thinking, rational and logical. The use of focus requires left-brain activity. Left-brain activity is seeing the tree. The left-brain corresponds more to the conscious mind. Expanding this focus is an opening of right brain activity to seeing both the tree and the forest. The right brain is holistic, and creative. It corresponds more to the unconscious mind.
Visualization	In this self-hypnotic or trance state, visualization can help promote a positive outcome. Visualization is the process of seeing an event from its start to finish, with a positive outcome.
Self-Talk	Suggestions or self-talk in a trance state, called post-hypnotic suggestions, become actions and responses in everyday life situations in the future. These are positive suggestions that enable change to occur.

At this point participants will learn some techniques to induce trance. Demonstrations of various methods will be shown. Examples will include methods used in previous Marathon training. Participants will engage in practice facilitated by the instructor. Each individual will select his or her own problem or issue to address.

Feedback and questions

## **Summary**

Seven Points to remember (Gilligan, 1987)

1. Trance is naturalistic
2. Trance is a learning experience
3. Trance is an opportunity to get to know yourself at a different level of experience
4. Trance is a secure place you can always use to support yourself.
5. The unconscious is intelligent.
6. The unconscious can operate autonomously.
7. Your unconscious is an ally.

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## **Suggested Reading**

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**Handout**      See Attached.