Directed Dreaming With Your Eyes Open

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Directed Dreaming With Your Eyes Open

You probably think that, Directed Dreaming with your eyes open, often called eyes open hypnotism, or even just hypnotism (which is how we will refer to it here for easier reading), involves deep relaxation techniques, and is done while sitting or lying down with your eyes closed. However, it is also possible to be in a hypnotic trance while being completely awake, and only halfway aware of what you’re doing. We all do this at least a few times throughout the day; while we are doing daily tasks that are so mundane we don’t need to think about them anymore.

Take your morning routine for example. How often have you completed your morning routine and then consciously remembered everything you did? Usually what happens is that you will go into a slight trance and complete a sequence of activities that has developed throughout the years. These actions have been done so many times that they can be done while the mind wanders to other things. After putting the finishing touches on the morning and moving on to getting dressed, driving, or whatever, we automatically end our trance because these things require us to move around and be more active, requiring more thinking, such as what to have for lunch, where to drop off the kids, where you left that report for work, etc. It’s weird to think that just moments ago you were in a very relaxed trance during the morning routine (even if you didn’t exactly know it), and now the stresses of life begin in full. Since you go into this trance so easily, and automatically, you should try to direct your thoughts properly your mind doesn’t just wander around. First, read your goals, or a short script (see below) right after you get out of the shower. Then have a pen and paper handy to write down anything that pops into your head as you go about your routine. Stopping to write these things down will not break the trance; it will make it more powerful and keep you on the right track.

If you’re not into getting into your subconscious in the morning, it is also possible, to take a short break and hypnotize yourself while awake to get that feeling of relaxation. Please keep in mind that when you do these things you should not be driving or operating machinery, because even though you will be completely conscious, you are still
attempting to access your subconscious, and will be in a less attentive state, then when your conscious mind is at work.

The main benefit of staying awake while you hypnotize yourself is that will finish the entire script. Sometimes, when you fall asleep while trying self-hypnosis you do not get all the way through your script and may miss important things at the end. For this reason, if you are writing a script yourself and intend to use it at night, you should put your most important goals and wishes at the front. You could also write about three different versions of the script, and start with a different goal every night to insure that you are getting everything in. While this is important to remember, anything you can do to get into your subconscious and start reprogramming your mind will be beneficial to you.

When you hypnotize yourself while staying awake (with a pre-written script intended to change behavior) you do not have to formulate effective suggestions (as a beginner, this can be a very daunting task), and, you do not have to worry about memorizing a script since you will be reading it, and you will not have to worry about accidentally falling asleep and missing something important.

**Here’s how it works:**

There are important factors that must be met if hypnotism is to be successful. You must use all of your senses together in order to obtain the most positive and life-changing results. You must *see* printed words as you read them, you must *say* the words out loud, you must *hear* the words as you read the script, and you must *do* what you suggest as you turn those words into images in your mind.

As you are reading from the script, your conscious mind will be concentrating on the lines of the text, while you “sneak” into your subconscious and make suggestions. It’s the best distraction technique one can use to “fool” the conscious mind into looking elsewhere, and with all of your other senses at work, you will be giving yourself the highest opportunity for success at changing your beliefs and later making your subconscious work with your conscious as you go through your daily business.
The Script:

It is important to use a professional script when you do hypnosis while awake, so you go through all of the stages, and have the proper awakening afterwards. For this reason, I have taken a script from Forbes Robbins Blair’s book “Instant Self-Hypnosis – How to Hypnotize Yourself with Your Eyes Open,” Sourcebooks Inc., IL, 2004. I decided the script on Success would be the most appropriate for this course, but there are plenty others in his book for a variety of habits that you might want to break. “The success script is designed to eliminate the fear of failure and encourage a proactive stance in goal manifestation. You should already have a specific goal in mind to use this script for optimal results.”

You can find affirmations for making More Money in the Directed Dreaming book.

The first thing you must do before using the script is to do a relaxation exercise. If you do not have one available, you can follow the one in “Directed Dreaming,” under the chapter called “Learn to Relax with Self-Induced Hypnosis.” You should go through the entire relaxation exercise, but instead of coming out of the trance, at the end, you would add the following:

“As the doors open, I enter into a comfortably furnished reading room. A burning log in the fireplace crackles and blazes brightly, as though welcoming me into the chamber. I approach a very comfortable looking chair and sit down. I pick up a book on a small table next to the chair. I read the cover of the book, which says Instant Self-Hypnosis. I open the book and begin to read. The words address me directly and seem to jump off of the pages and into my mind. And here is what they say:”

“I will and I want to succeed with my goal, whether personal or professional.

I have the heart of a lion. I have the wings of an eagle. I have the wisdom of an angel. I have the determination of a bull. I can and I will succeed in whatever I put my mind to, and I won’t stop no matter who or what appears to get in my way. For I am motivated to succeed. I am designed for success. And I know that success is achievable.”
“There is no such thing as failure. There are only results. But I must seek to find. I must knock to have the doors open. So I take action. And when a result is not what I am looking for, I examine the result. I learn from the result, and then I try again. And again. And again.

“I imagine that my goal is like a target. And I am an archer. I am becoming an expert marksman. I know my target. I learn how to shoot an arrow. And I aim for the bullseye. Even if I don’t hit the bullseye the first time, even if I don’t hit the target at all. That’s okay. There are only results. I can take another shot. I can shoot another arrow. And I keep taking aim. And I keep releasing arrows until I hit the bull’s eye…until I am satisfied. With every arrow I release, my conscious and my subconscious minds now work together to readjust and recalculate in order to hit the bullseye…to accomplish my goal…to succeed.

I know what I want. I will go after it. I dare to put my mind, my emotions, and my body to work for what I want. And I now call upon all allied forces, people, institutions to aid me in my quest. The universe and life itself are on my side. I am supported above and below, to the left and to the right, ahead of me and behind me, from within me and beyond me.

I keep silent about my goal. I tell no one except those who will directly assist me in achieving it. I remain quiet about my goal even with friends and family unless absolutely necessary. I do this to concentrate my inner fire, my concentration to succeed. I don’t need everyone’s comments or suggestions because I know what I want, and I believe I can do it, have it, achieve it. So I keep silent about my goal as much as possible until I’ve attained it. I only inform those who will directly assist me.

Nothing happens unless I make it happen. Success will come to me as I go toward it. So I take the next step toward my ultimate goal. After this session, I will think about the next step. What is it? What is the very next thing I can to get closer to my goal? I picture and imagine myself taking the next step.”

---(take a moment now and picture it…even with your eyes open, then perform the wake up below)

(The Wake Up)

I will awaken from hypnosis by counting to five. When I reach the number five, I will become fully alert and wide-awake. One…begging to awaken from hypnosis. Two…becoming aware of my surroundings…feeling satisfied, safe and comfortable. Three…looking forward to positive results from this hypnosis session. Four…feeling absolutely wonderful. FIVE…FIVE…FIVE…NOW WIDE AWAKE AND FULLY ALERT.”
Affirmation taken from Forbes Robbins Blair (66). Forbes is a professional hypnotherapist and has a certification in clinical hypnotherapy from the American Institute of Hypnotherapy, 1996.

Directed Dreaming with your eyes open is a little easier then accessing your Dreams for information, however, not everyone can get into the relaxed state needed while awake. That is why it is so important to master the secrets of Directed Dreaming, Success from the Subconscious. Once you can get information from your subconscious through your dreams, you will practically become a genius!

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