

The Zone

Time: at least 2 minutes, 3 or more times per day

Do this exercise as you wake up and as you are about to go to sleep. During your day, take yourself into *The Zone* whenever you need a *mental vacation* or are *about to start a new task or activity*, to give yourself the edge of being in the moment. When you do, you will automatically feel better and become more effective in whatever you are doing.

1. Set your mental timer for, say, 2 minutes (if you are about to sleep, skip this).
2. Get comfortable with your surroundings, close your eyes, and de-focus your mind, not thinking about anything in particular.
3. Now gently bring your attention to being inside of your body.
4. Get a sense of occupying all of the space inside your body, from the bottom of your feet to the top of your head.
5. Now get a feeling of *expansion*, like you are a bubble or a star, expanding out into the Universe in all directions; like you are a beautiful ball of energy, shining way out into space, far beyond the limits of your physical body. Double that feeling, going deeper. Double it again, going *way deeper*.
6. Become aware of all the cells throughout your body, dancing together in total harmony.
7. Begin saying to yourself, over and over in your mind:
 “I live with a happy heart, a peaceful mind, and a playful spirit.”
(If you are going to sleep, skip steps 8, 9, and 10)
8. When the time you have set for yourself is up, inhale deeply, and in the privacy of your own mind quietly shout, “*I deserve* to be happy, healthy, and successful”.
9. As you breathe, take a moment to feel complete and good about what you have just been doing.
10. Now bring yourself into the moment, focusing your attention on what is happening now.

Variations:

“I *sleep* with a happy heart . . .”

“I *dream* . . .”

“I *wake* . . .”

[for ex-smokers:] “I live *smoke-free* with a happy heart, a peaceful mind, and a playful spirit.”

On **YouTube**, search for “Finding the Zone” (**HypnosisSilverSpring** channel)

Recordings: <https://anchor.fm/donald-pelles/episodes/The-Zone---A-brief-self-hypnosis-exercise-eg7j5t> and <https://anchor.fm/donald-pelles/episodes/The-Zone---short-form-efqohs>