

THE ART OF SIMPLE HYPNOSIS

by Rob De Groot

Drinking less alcohol

All right now, as you are relaxed in mind and body, breathing in and breathing out. I'm going to tell you a story and you may or may not be able to relate to the story. I'm sure that in the end, you will benefit from the story as you are able to picture yourself in the story.

I once saw a man who came out of the desert. He told me the story of how he had to survive in the desert to reach the nearest civilization. He told me that one day his car broke down as he was driving along a deserted back road. On that road, there wasn't much traffic because everybody likes to take the highway which is much faster. But he wanted some peace and quiet around him, so he decided to take the back road that is deserted. Unknowingly he realized that his car would eventually break down. He didn't tell me what the problem was with the engine, but it definitely needed a mechanic to fix it.

He decided to walk towards the nearest town which was very far from where he was. He had a bottle of water and some sandwiches with him. He knew that if he left his car, he would have to ration the water and sandwiches. But also if he stayed in his car, he would have to ration the water and the sandwiches as well and risk not getting any help. So it really made no difference to him and he decided to walk towards the nearest town. So while he was walking he realized that he had to drink some water but in some way or other he managed to control his thirst and his hunger. It was as if he had the skills and abilities to be able to control himself as he knew that his water and sandwiches needed to last a long time. He walked for days, and days turned into weeks, you could say to make a long story short it probably felt to him as if he walked for a month. In the end, he was able to ration his water and sandwiches as he one day reached the nearest civilization.

That's right, he realized that he had to drink less water to extend his range which is why he had great self-control. In the end, he was able to find a mechanic who could drive him to the spot where his car broke down. The mechanic was able to fix the car and the man got in his car and drove away. As he was driving he was thinking about what he had just gone through to get his car going again. He discovered something new inside of him. From that day he realized that he is a mindful person and that he has self-control. Impulses were controllable for him, for he knew how to control the impulses that he received. That's right, for example, if he wants to drink some wine he refrains from drinking wine. That's right, He knew that wine is expensive sometimes and he has to ration it and control his desire to drink wine, or any other alcoholic drink. He knows that he has the abilities and skills to control his desire to drink alcoholic drinks. Perhaps that would explain why he is only drinking occasionally instead of every day.

Now as you were listening to the story you may or may not have been able to relate to the story and identify with the characters that were in the story. In the end, you realize that you have self-control for you were able to bring yourself to the state we call hypnosis and you are in control right now. For you allowed yourself to relax more deeply as you are breathing in and breathing out. That's right, as you listen to the sound of my voice you may hear me giving you the suggestions that you asked me to give you. Perhaps you will hear an affirmation or two that will confirm that you have the self-control to drink less alcoholic drinks. Perhaps you decide to stop drinking alcoholic drinks totally.

You are a mindful person and that is why you're able to have self-control. It is as if you're able to take control of the reasons why you are drinking alcoholic drinks. You are able to let go of all the known and unknown stress in your life that causes you to drink alcoholic drinks. As you breathe in and out you become more aware of the fact that you have self-control. You're able to control the number of alcoholic drinks that you drink. You are in control of yourself and the desires that you experience. Now as you are able to realize that you have self-control as a mindful person, it is easy for you to picture yourself right now practicing your self-control in your day-to-day life.

Picture yourself in your day-to-day life where you normally would've drunk alcoholic drinks, you might prefer to drink non-alcoholic drinks instead. The reason why is simple, you have made a commitment to yourself to embark on this journey to drink less alcoholic drinks and to enjoy your life as a healthy person.

That's right, you care about your health, and it is as if you are able to realize the benefits that you will gain when drinking fewer alcoholic drinks. Perhaps you are able to picture yourself where you are physically enjoying non-alcoholic drinks. And as you enjoy the non-alcoholic drink it is as if you can experience the health benefits right now. Feel your body rewarding you as you decide to be more healthy. You care about yourself and you care about people around you. As you are able to let go of any impulses to drink, and instead you would rather choose to focus on something productive that will help you to stay committed to the decision that you have made to drink less alcoholic drinks. You may or may not enjoy it so much that you decide to stop drinking for a while. As you realize it is better for you to embrace a healthy lifestyle so that you will be able to do the things you always wanted to do. You are a healthy person, you're mindful and powerful for you realize that you have it in you to just simply let go of alcoholic drinks in your life and live your life to the fullest. For you are able to do the things that you love and that you are called to do and that is wonderful.