

# Do It With Words

## Getting Ready to Succeed

Before you can start your first practical attempt to control your body you must get acquainted with two subjects, namely, self-guided imagery and self-hypnosis. I am now going to refer you to books that I believe you should read to acquire an at least initial feel for the subject (you can refer to [my post](#) listing some other books that you may want to read to deepen your knowledge), and I will point out to you chapters that I believe are essential. That does not mean that you shouldn't read all the chapters in the books, but it does mean that you must read at least the ones I will list. Because every book I will mention was written with the idea of being a self-contained, complete guide, when reading a number of them you will find a lot of redundant information. By picking and choosing from different works I am saving you at least some redundant reading.

I will start with guided imagery because it is a practical tool that you will be using to “talk” to your subconscious mind, in one form or another. The first book that I suggest you pick up is *Guided Imagery for Self-Healing*, by Martin L. Rossman, M.D., in which you should read Chapters 1 through 6. Dr. Rossman also has an excellent CD that teaches you stress relief and basic relaxation techniques, which you can download from various sources as a series of MP3 files. I highly recommend that your search for it and download the short course that it contains, and use it to learn basic relaxation skills.

We are all stressed, whether we are aware of it or not, and to be successful in all mind-over-body quests you must constantly work to reduce your stress level. A stressed individual is not likely to succeed in gaining mastery over his or her body. The additional sources that I will point out to you teach other effective ways to take control over your stress response, but while you read and learn and are just beginning your journey, using Dr. Rossman's MP3s is a nice way to start.

To go deeper into the background of mind-body practices, you may read *A Surgeon's Self-Hypnosis Healing Solution*, by Dr. Scott M. Fried. If you do, I suggest you read up to Chapter 5, inclusive, but please don't do the exercise in Chapter 5 at this time. You will be able to come back and do the exercise at a later time, if you want to.

Those two books will give you a no-nonsense, no-frills view of those two techniques and they are a good way to get acquainted with the field.

There is an additional preparation that you should make, which has to do with meditation. If you follow my advice you will be doing some (though not very much) meditation, but first and foremost you will do it to familiarize yourself with basic breathing techniques used during meditation. You will find simple instructions in any basic meditation book, but there is no need to buy a book for it if you don't have one already; if you Google “basic breath meditation instructions” you will find lots of tutorials. You don't need anything fancy, just basic breathing techniques.