Free.Me
NLP and Hypnotherapy

Getting into the 'learning state'.

The learning state is an optimum state for the student to enter when learning or revising. It is a 'light trance' state which lets your unconscious mind absorb learnings more easily. Entering the learning state during an exam also means that you will be returning to the same state that the information was learned and this will enable your unconscious mind to access the information even more easily.

While you are practising this state it may be helpful to **record these instructions and play them back to yourself.**

1. Make sure you are comfortable and relaxed

2. Focus your vision on a spot in front and slightly above you. Focus totally on that spot.

3. As you focus on the spot allow your awareness to expand. Become aware of the periphery around the spot. You are using your peripheral vision to become aware of other things in the room.

4. Expand your awareness more and more so that you are aware of the ceiling, the floor and the furniture and people around you, even though you are still focussing on that single spot on the wall in front of you.

5. Now let your awareness become even greater so that you are able to visualise what is happening behind you, and now you are focussing on that single spot and at the same time you are aware, through your peripheral vision, of everything around you in the room.

6. And now that you are fully aware of what is around you, allow your eyes to move down so that you are looking straight ahead, at the teacher, or at the display in front of you, or at your work, and you are still aware of the things around you. Notice the state you are in and be aware of how you now feel.

For more information on NLPfree.me or to contact me for further information go to www.nlpfree.me or email rsanders@nlpfree.me