HARMONIC CIRCLE

Spiritual Self-Hypnosis
the four stages

The practice Paolo taught at the free session on November 12, 2026, written out step by step so you can do it at home.

> *"I'm teaching you to ride a bicycle. In a certain way. But as you practice, you're gonna personalize your own way of doing this."*
>
> Paolo, November 12, 2026



Before you begin

Before the practice, Paolo asked everyone to write one sentence. Imagine the best possible outcome, and ask yourself what you'd like to bring into your life through self-hypnosis. Write it down and keep it. You don't have to show it to anyone, and you can come back to it later and improve it.

> *"You might be surprised at the end of this course, looking back and reading what you had written tonight."*
>
> Paolo

The practice has four stages, always in the same order:

1. Going in: three breaths, the seven colors, and the lake.
2. Creating the space: the golden sphere.
3. Utilization: the suggestion you give yourself, with the three fingers.
4. Coming out: counting from 1 to 5.

It takes about five minutes.

Find your position

Sit somewhere comfortable, cross-legged or in a chair, in a position you won't slump out of if your whole body relaxes. Don't rest your head on your hand. It feels fine now, but in trance it gets uncomfortable and your head can slip. You should be able to forget your body is there.

Choose a position for your hands and keep it until the end. Paolo calls this stillness, not rigidity: if you need to scratch or shift, go ahead, then return to the position you chose. When your hands are still and relaxed, your mind finds it easier to settle too.

Stage 1

Going in

Three opening breaths. Inhale slowly through your nose, open your eyes and look up. Then close your eyes and breathe out through your mouth, blowing out any tension. Do this three times. The slower, the better.

The seven colors. Keep your eyes closed. For each color, inhale slowly through your nose and picture the color and its number. Then breathe out through your mouth, emptying your lungs completely. From green onward, Paolo added one thing: hold your breath for a second or two before you breathe out.

number	color	area
1	**red**	base of the spine: the physical body, survival
2	**orange**	just above the pubic bone: sexual and relational energy
3	**yellow**	solar plexus: will, direction, intention
4	**green**	heart
5	**blue**	throat
6	**indigo**	third eye, a bluish purple
7	**purple**	crown of the head, like amethyst

You can think of the matching area of the body if you like, but you don't have to. You start with red, the most physical, and move toward the most subtle. With each breath, let go of any tension in that part of your body and your life. If you forget a color, don't worry about it.

The lake. Imagine you're sitting in front of a beautiful lake. The surface may be a little choppy, stirred by the wind of your thoughts. Let the wind die down until the water is flat and so clear that you can see the bottom. The lake is your mind.

Stage 2

Creating the space

In this stillness, bring your attention to your heart. Inside it, imagine a small golden sphere, like a little sun, glowing. With each breath it grows larger and larger, until it surrounds your whole body and you're at its center. Paolo also calls it the bubble.

> *"Golden loving light. When, in being there, you almost feel no more sense of time and space."*
>
> Paolo

Your thoughts and your worries about the past and the future stay outside the bubble. Inside, Paolo says, you're protected, and you receive energy from those who love you, from nature, from the divine, and from your guides, teachers, and spiritual allies. Stay there and enjoy it.

Stage 3

Utilization

Now you give yourself a suggestion. For now, use the same one every time, the one Paolo gave:

> *"Every time I practice this, I go deeper and deeper, faster and faster."*
>
> Paolo

Faster doesn't mean it's a race. It means you need less time to go deep. You can say it in your own words, and you can end with "feeling great." Repeat it silently two or three times, or more, slowly, like a mantra, thinking and feeling what you're saying. Don't just parrot it: what matters is the intention.

The three fingers. When you feel really good in the bubble, gently press your thumb, index finger, and middle finger together. Use your left hand if you're right-handed, your right hand if you're left-handed. You can keep them together throughout stage 3. You don't need them while going in or coming out.

> *"It's a way to connect a movement and a physical sensation in your brain to that state of being."*
>
> Paolo

Stage 4

Coming out

Tell yourself you're finished and you're coming back. Count slowly from 1 to 5, at your own pace. If you like, count on each inhale.

At 1, become aware of your body and your breathing. As you keep counting, become more and more aware of the time, the place you're in, and what you'll see when you open your eyes. At 5, when you're ready, open your eyes feeling great: present, centered, and relaxed. You can move your hands and head and stretch a little.

You don't need to return to the lake. You just come back to whatever you were doing.

Practice every day

Paolo's advice is about five minutes a day, every day if you can, and at least six days a week. If you skip a day, just pick it up the next day. You can practice at any time of day, once or twice a day. Three times is fine, but more than that is too much.

At first, follow the steps exactly as written. Paolo compares it to learning a cake recipe from your grandmother: you start with the recipe, and once you can make a good cake, you begin to experiment. After a few weeks your subconscious understands what you're doing, and you'll go deep much faster. But that only happens if you've gone through the stages for a while first.

Using the three fingers during the day. Once the practice is solid, you can use the fingers on their own. Say you're in a tense meeting, or you're tired and want a break. Close your eyes for a minute if you can, breathe, and press your three fingers together. Then bring back that feeling of inner calm. It works better the more you've practiced it in trance.

> *"Practice makes perfect."*
>
> Paolo

Coming back on time

If you're afraid of falling asleep, decide before you start how long you'll stay, and tell yourself, for example: "I will wake up in 10 minutes." It's a way of talking to your inner clock.

At a glance

Keep this page next to you while you practice.

Before

Position

- Sit comfortably, in a position you won't slump out of.
- Choose a position for your hands and keep it.

Stage 1

Going in

- Three breaths: in through the nose, eyes open looking up; out through the mouth, eyes closed.
- Seven colors, one breath each, counting 1 to 7:

  

  red, orange, yellow, green, blue, indigo, purple.
- The lake: let the wind of your thoughts die down until you can see the bottom.

Stage 2

Creating the space

- A little golden sun in your heart expands with each breath until it surrounds you.
- Thoughts and worries stay outside the bubble.

Stage 3

Utilization

- When you feel really good, press thumb, index, and middle finger of your non-dominant hand together.
- Repeat slowly, feeling it: *"Every time I practice this, I go deeper and deeper, faster and faster."*

Stage 4

Coming out

- Count from 1 to 5, more and more aware of your body, the time and the place.
- At 5, open your eyes feeling great: present, centered, and relaxed.

- About five minutes a day, at least six days a week. Once or twice a day; never more than three.