

The Complete Seven-step Stammering / Stuttering Cure Program

Prelude:

Congratulations!!

You are now very close to building a brighter tomorrow.

I really wish to keep this part short – to only the bare essentials – which you will need to know. There has been enough beating around the bush. It's time we talk substance now!!

First things first. Please take note of the following:-

- When you downloaded this article, I assume you have done it either for yourself, for your kid or for someone else you love and care for. However, from this moment on, I suggest that you hand it over to the person concerned.
- If you think he / she would not be able to follow the instructions, keep reading it as if it is you who need healing, and ask him to follow the instructions as closely as possible in your own way.
- The recording provided in this program is done by me. It is very important that you relate to my voice. Hence if there is any other language of your choice, or if my accent bothers you, please follow the guidelines given later and prepare your own recording in the corresponding language.

When I was in class nine, I had received two pages – simply typed on plain paper. They were not extracts of any book, just a short article. It was an article on auto-suggestion. Those pages changed and re-shaped my entire life; modified my world as I knew it. It gave me immense inner strength to deal with various obstacles of life with ease and confidence. One of the many many things that happened was that my habit of stammering got rectified. When that happened I thanked God a Million times. Little did I know that there will be so many reasons to thank God for those pages over all these years. This is what I would like to share today.

If this is for your son or your daughter or someone you love, I thank you for the effort in trying to resolve their problem. With all due respect, let me first clarify one very important thing. When you find them stuck with a word or a syllable, please do not say things like – “calm down”, “talk slower”, “or take a deep breath”. What you are doing is making them more and more conscious about their temporary inability to speak like you, and thus their defense mechanism is kicking in resisting all further suggestions from you.

Stammering needs a structured systematic approach and an early intervention is required to get the roots out. My suggestion to you is to just wait and be patient, let them finish their sentence. Never laugh or display even the faintest sign of anger, boredom or agony. Let them find a comfort zone in your presence. Let them believe that you understand their pain. It is really very painful, trust me. Once they trust you completely slowly introduce them to the principles of this book.

From this point onwards we will talk about everything positive. Try getting in the habit of shaping your words and thoughts in the positive way all the time, even when you are having a casual coffee-table talk. Walk away from people who dwell in the negative.

You are the ruler of your life, and you can shape your life the way you want to. If you want to talk to that girl next door, you will not only talk to her, you will spend hours with her and she will feel lucky to be in your presence. Not only will you hold the next office seminar, people will actually feel that you are the best speaker they have come across. Expect excellence, and you will get it. All you have to do is ***Really Want it!!***



Let me guide you to the world's greatest secret.

A brief introduction to Auto suggestion and self hypnosis:-

Hypnotism is a vast area and is beyond the scope of this book. But I have to give you a brief idea of the same in order to make sense of the rest of what I have to tell you.

Your brain consists of a conscious and a sub-conscious part. The conscious mind is the one responsible for controlling your everyday actions. The sub-conscious however is the one that controls the conscious mind thus responsible for developing character traits, good or habits, reflex actions and so on.

Let me illustrate with an example – Let's say you are standing next to the dinner table watching





TV, and someone knocks over a glass and all of a sudden you find it rolling off the table, your sub-conscious brain interprets, even before you know it, that the glass will fall off and break. This is from several experiences your brain has had over the past years. It understands that this is not a desirable consequence. It then directs your conscious mind to prevent this from happening by asking your muscles to flex and you find your hand extends to hold the glass before it falls. All this happens in a flash. Most of our acquired habits, whether good or bad, are a result of the correct or incorrect

use of the subconscious mind. It follows therefore, if you can convince your subconscious brain about something and the conviction is deep enough, it will therefore rule your lifestyle.

Auto suggestion is a process of such convincing your subconscious brain by systematic repetitions of a desired idea. It takes some time for the brain to understand the idea, for it to sink in. But once it does, it results in a change of behavior for the person completely.

You may ask – if it is that simple, why can't we get all habits rectified simply by convincing our subconscious brain the things we want to? The fact is that you actually can, but the process takes a little patience and a thoroughly directed approach. That is simply because the subconscious brain is not very easy for you to reach.

You can imagine the subconscious as Mr. S, sitting in a huge room inside your mind filled with years of experience which have resulted in beliefs, and convictions, He is the owner of the room. His room is not accessible, even to you, even though it is in your very own mind. Mr. S. Is the reason why in certain situations you feel you do not know yourself. Guarding this room is the guardian - conscious brain, Mr. C. which filters everything before it enters further inside. Only those thoughts are allowed to enter which have passed thru Mr. C. Mr. C thinks he controls access to the room inside, but it is actually Mr. S who guides Mr. C which thoughts to process and which ones to not.

It is only in very rare occasions when Mr. C is sleeping, and we can get a thought or an idea past without his knowledge directly to Mr. S without him noticing. Even if that happens, Mr. S might not open the door right away to let the idea in. It is simply because there might be another opposite idea in Mr. S's room which cannot stay with this new idea. This one definitely has more influence now; after all it has been staying with Mr. S for such a long time now. But if this idea goes and knocks on Mr. S's door again and again eventually Mr. S *will* open the door and let it in, and throw the old idea out. The new idea will then take its shape and start guiding you in determining your habits or beliefs.



My Dad had never used a mobile phone in his life till he was sixty. When he had his first mobile phone he was sure he would never be able to use it. His Mr. S had him believe that mobiles are very difficult devices and you might end up calling people even without your knowledge. That was because of years of previous experience. Thus initially his Mr. C refused to use the phone. However then when he started using it, he found things are not all that difficult. So now after a couple of more years, he has managed to get it across to Mr. S that mobile phones are user friendly, and also an essential part of everyday life.

If you have a hard hitting fact like this which is striking against your conscious brain every day, it will eventually be strong enough to push its way through to Mr. S. But that will take time. Instead, you can use the back door, when Mr. C is sleeping, and sneak in with your idea directly to Mr. S's room. And by knowing some techniques, you can also make Mr. C fall asleep and walk past him. This is called self-hypnosis or self hypnotism.

Hypnotism is a trance state of relaxation with heightened receptive levels. Your Mr. C has fallen asleep in this state and Mr. S is awake. Your brain can receive suggestions made by the hypnotist, which in this case happens to be you.



Although James Braid is credited by most British authors as being the father of auto-suggestion sometime in early 1840's , the principles of auto-suggestion have been practiced for centuries by Indian Yogis, who had passed them on from generation to generation, from periods before the birth of Christ. Auto suggestion is nothing but suggesting your own subconscious brain certain facts which you want it to

believe. It can enhance your personality, change character traits, and cure bad habits. It is a source of endless possibilities. Even till date it is one of the world's most closely guarded secrets, and there are many within us who do not understand its true potential. However it is time to unleash that source of infinite potential now. **One of the many things it can do is to get rid of your stammering.** And that will not be all. Using the same basic principle you can then make your life more focused, more oriented and achieve your highest dreams.

One final thing.....

Before we hit the floor and start off on our wonderful journey, here are a few things you must know.

Stammering or stuttering has got nothing to do with your body.

First, let us consider a few things - The speech problems are manifested mostly before strangers isn't it? Isn't it far more difficult to speak out in front of people you don't know than those you do know closely? When the stakes are higher, don't you feel more and more difficult to be able to speak? Sitting close to your mother, don't you feel more confident in speaking than when in a crowd? Don't you feel that you can spurt out a word in a jerk if you thrust your fist on to the table hard enough or stamp your feet? Don't you think you can spell vowels better than consonants or vice versa? Don't you feel more at a loss of words when you are angry at someone rather than when you are completely calm and composed?



I don't think any physical-deformity-explanation could justify that. It must have something to do with the mind then. Something in your mind stops you when you want to speak. What is that 'thing'? From my experience, there is an immense cascading effect which stammering brings with it. It triggers a chain reaction in your brain. Every time you get stuck with a word, you watch how others are reacting to it, since most of the time you see dejection in people's faces (since you are actually anticipating that reaction, you will see it anyway even if they don't mean it), you feel low, less confident, and the next time the memory of that previous instance adds to your fear and increases your difficulty. What we will try to do here is to turn that cascading effect upside down on itself. Every time you taste a little bit of success in speaking normally, you will feel more and more confident now, and then the next time your speech will improve progressively till you learn to talk in a way that blow people's minds.

It's all in the mind, and that's why you are in luck. Unlike several physical ailments, with a little guidance you have the power to heal your mind completely

on your own. If you think logically the X-factor which attracts one person to another complete stranger is the level of confidence which he radiates by the way he speaks, the words he chooses to use and the fluency of the language he uses. Build up that confidence, and you have done the Job!!

This guide intends to give you a step by step procedure to do just that. I have tried to keep it as less complicated as possible.

If you so wish, grab a cup of coffee and calm yourself down before you read the next section, you really need to concentrate while reading it.

How to use self hypnosis to cure Stammering/Stuttering



First step – Believe.

Sing a song for me. Any song will do. Doesn't matter how well you sing, just sing a few lines from any song you really really like.

Did you stammer? I am sure you did not.

Stammering has got nothing to do with your body. Your tongue and mouth are just fine and as good as any other people. It's your morale which is a bit low. And then depending upon the period for which u has been suffering your

confidence level has perhaps temporarily fallen. That's totally okay. All of us are afraid of sumthing or the other. Some are scared of their class teacher and some are scared of the recession hitting the stock market. So what if u r scared? You have just started rolling up your sleeves and you are ready to get over it now!!

Believe me when I say this, and repeat after me:-

“I can and I will speak fluently, as good as anyone else soon.”

All you have to do is to **want it** strong enough. Since you have gone ahead and purchased this program I am sure that you do want it really strong. If you follow the instructions closely by the turn of a month I know you will be noticing changes in your speech. Your friends, colleagues and people close to you will notice them too. And soon enough you will soar higher than everyone around you, including

people who laugh at you now. Just be still humble enough not to boast about it. After all no one else but you would know how it feels to be humiliated.

Step 2: Prepare a recording.

Coming back the old topic of auto-suggestion:

As I said, it is suggesting your sub-conscious mind whatever you want it to



believe. One of the best and proven methods of doing that known is to listen to a suggestive recording repeatedly till it sinks in you.

The recorded voice lets you sink in to a state of trance where you let your conscious brain (Mr. C) fall asleep and walk past him with your idea to Mr. S and request him to let you in.

An example of such a recording is included here, and I have provided a sample text as well, but it is really recommended that you make the recording in your own voice.

That is option 1 without doubt. This way you will really believe what you say. Just follow the guidelines given below.

If that does not seem feasible, have it done by someone you really trust and whose voice you are familiar with. **This is option 2.** It could be your dad or mom or your wife. It has to be someone who trusts you, loves you and wants you to be happier.

However If you feel you will stutter while saying it yourself and having it done by someone else does not seem to work out, listen to *my* voice then. **This is option 3** and for better or worse it's a close competitor of the first two if u can believe me. I maynot know you but I am pesently the closest person on earth to understand what agony you are going through. I have been there and I have seen how cruel the world mught seem when they laugh at your expense.

Sit quietly in a room alone, with minimum sounds around. Use the recording feature in your mobile phone or a better voice recorder to slowly say the worda with confidence and conviction.

Instructions to be followed when you make this recording:-

1. **Voice** - Keep your voice soothing and composed.
2. **Believe** what you say. At least for the duration when u r making the recording. This belief will show up in your voice and make you more and more confident when you listen to it.

3. **Change the text** if you like to a text of your choice or to your language, but if you do that, keep the following factors in mind.
- Do not use negative** words ever. For example do not say - "I do not stammer anymore." rather rephrase it by saying - "I can speak clearly and loudly." Do not say -"I am not scared." Rather rephrase it with -"I am strong and confident. I walk with my head held high." Strong affirmative words have a greater effect on your subconscious. A double negative stating the same fact will hit with you with negativity twice and harm you. The famous example is – If I say – “Don’t think of elephants!” What do you think of? Elephants!!!
 - Duration** - The recording should ideally be of about half an hour to forty five minutes in duration. If you keep it very short your voice will not have that soothing effect and you will feel things are getting rushed up. If it is too long it will make you so relaxed that you will fall into a deep sleep before you reach to the auto-suggestion part.
 - Multiple recordings** - If possible change the words here and there keeping the principles same and prepare two or three recording files. Listen to them in rotation.
 - Repetition** - Do not hesitate in repeating, even if you feel it is somewhat boring. When you listen to it, it is those repetitions that enter deep within your subconscious. It’s like knocking again and again on the door of Mr. S.
 - Be positive** - When composing what you want to say, be positive and affirmative. If you are really good with words in your mind, you can let yourself loose and let your creative juices flow with the recorder on. If not, first figure out what you exactly want to say, and then say it. When the mind is receptive and in a tranquil state, do not hunt for words.
4. **You are the one talking** - Remember that you are talking to a real person. If you are making it yourself, the words “You are” will be replaced by “I am”.



Talking to one's own self aloud is one of the techniques hypnotism and meditation students often practice for far reaching results.

5. **Choice of Tense** - Use the present tense while choosing your words more than the future tense. Let's say – "I am calm and confident as I am walking by the garden" has far more acceptability than "I will be calm and confident when I walk by the garden tomorrow." The latter seems far away from the present moment.

However the use of present continuous tense like – "I am becoming more and more relaxed..." is much more acceptable than saying "I am relaxed...", because there is less resistance in the former phrase. In case of the latter, your mind might retaliate saying – "No I am Not!!"

6. **Ambient sound** must be low. A fan running in the background will also create a lot of nagging noise. But if unavoidable it is more important that you are in a place you are comfortable in. To add to the composure you can also play a faint music in the background, like the one given [here](#). If there is Music, make sure it is not too loud so as to suppress what you want to say. Your voice has to be in the forefront, clearly audible and calm.
7. **Step by step** – When you say "I am speaking fluently now..." right on the first day, your mind resists it. Mr. S will tell you from the other side of his door– "Yeah, sure!! And I am the president of the United States!!" Remember there is a rival thought, a negative one which has its roots deeper, sitting with Mr. S in his very room while you are outside the door still trying to get in. No big deal, we just have to find a way for Mr. S to accept what we say, at least to some extent. So a more acceptable suggestion would be – "I am speaking clearly every day. When I come across Sammy, I can talk to him and laugh with him with a free mind and an open heart." Be realistic.
8. **Mean everything as you say it** – I cannot emphasize it strong enough. Your belief will show up in your recording and will be the building blocks of the whole program. I know you can do it, but if you think you will rather have someone else do it for you, you can try that. In a couple of days, when your speech improves, record another one in your own voice and see which one works better for you.

Please note that this recording will have to be modified from time to time as you keep making progress. For instance, let's say the recording includes – "I am able to talk to John clearly and freely. I am seeing myself laughing with him." When it is obvious to you that you will be able to talk to Mr. John clearly, you don't need say it. You will then aim for something higher.



Step 3: Gain some confidence –Lifestyle change.

Over the next couple of days, do talk to people. Believe in yourself. Even if you do stutter, you are already in the process of healing. Go out far and wide beyond what you normally have to, and don't worry even if for the first few times you feel low. That feeling is not going to last long.

Wake up in the morning and fetch a cup of coffee. Get hold of the newspaper or any other book of your choice and start reading slowly and loudly. It does not matter even if you get stuck again and again. The important thing is that you have started taking things in your own hands. Now it does not matter if you are twelve or thirty five, you are far better than those othe people who have simply given up or accepted it part of their life. Soon enough when speech itself is not a hurdle anymore, then you will explore your full potential, you will be able to understand how gifted you are.

So do go out of your area of comfort once in a while, face the challenge. While others might not realize, talking to people is quite a bit of a challenge for people like us, who have remained in fear of talking all our lives.

If you feel you are comfortable within your home, go out and talk to the departmental-store-guy across the street. When you are comfortable there, go out to the next Mall and talk to the guy across the counter in the KFC joint over there. Give him a 'thank you' after you receive your order. You don't have to worry about talking clearly right away. There is no pressure at all. How does it matter even if the KFC guy thinks you have a stutter? You might never meet him again. Just go out there and expand that horizon of yours. It will pay off later.

Just to be clear, when I say "comfortable" I do not mean that you have to be pronouncing each and every word perfectly. I only mean that when you do not think about the way you speak when you are speaking, you are doing fine. The more casual you get, the better you are doing.

If that seems Okay for you, go ahead, meet people in the subway, complete strangers, and talk to them. If you see a nice cell phone with someone sitting across the window, ask him or her what model it is, where it was bought it, how does





he/she rate its performance. It does not matter how you start a conversation, but just go out of your way to talk to people. Be humble and lose the mental pressure that you have to do good right from the first day. There is no target in this exercise except to approach and start a conversation. **But this exercise is very very important.**

What if you really make a fool of yourself? That person will perhaps think of you for the next five minutes and then forget about you completely. I am sure there is a one in a million chance that you will come across the same person again, if that's roughly the population of your city, but then the next time you will be able to create an impression on him with your powerful and confident way of speaking. Meanwhile just play along and you'll be fine.

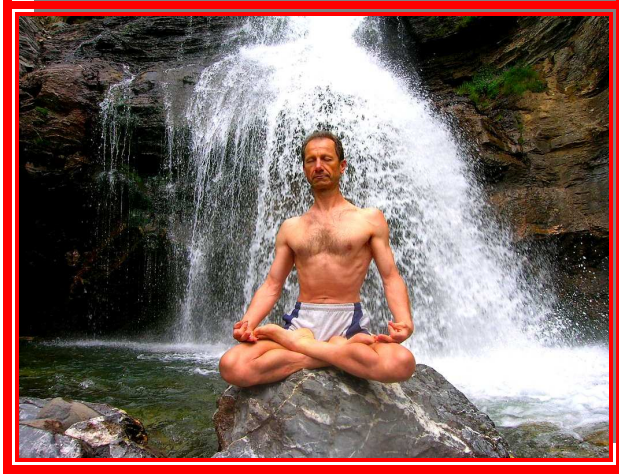
While you do this, be at peace with yourself in the knowledge that you are already into a program of continual improvement. You are now far from that feeling of desperation and agony. Now it's just a matter of time when you rule the world.

Step 4: Select your posture:

Before you start with the Auto suggestion, first, find the posture you feel comfortable in.

I normally sit on a soft mat with my legs crossed and my hands on my knees. My back is straight and head is in line with my back, thus looking straight forward. This is called "Padmasana" or the "Lotus posture" in Sanskrit, an ancient Indian language. In this position I close my eyes and relax while listening to the suggestions. An easier posture is the "Sukhasana" or the "Easy posture", in which the legs are crossed again, but in an easier fashion.

While these postures are great for mental composure and will help you stay awake, imaginative and also attentive, they might be strenuous to do if you are not in the habit of regular exercise. The Sukhasana, though easier, often result in reduced sensation in the lower part of the legs after about 20 minutes for obese people, because of prolonged loss of blood circulation.



Padmasana



Sukhasana

If all these seem difficult, just lie down in your bed, and follow the instructions. As you relax, you will become more and more comfortable. For the first few times, you will fall asleep too. Remember not to fall asleep every time before you reach the suggestive part. Ideally, if you are in that trance-like state between sleep and awakening, it will work best for you.

Step 5: Breath control exercise:

Breath control, or “Pranayam” have always been an integral part of Indian Yoga for centuries. Thankfully due to a few people, this dying art has recently picked up pace among the younger generation of India and abroad. Breath, in the Indian context is synonymous with “Prana” or Life. The immense power of breath control cannot be overestimated.

The following breath control technique is to be performed before you start the recording. Or you can calculate an estimated time required before you start talking when you make the recording. I have included the last phase of the process in my recorded file, so if you are listening to my file, you can start straight away.

1. Inhale slowly, taking roughly ten seconds to fill your lungs with air.
2. Once the lung is full, exhale slowly until the entire air is out. Don't force anything out. The exhalation must also take about ten seconds.
3. While you exhale, feel all your muscles getting relaxed slowly. Feel a wave of relaxation running down your body. Feel your mind getting relaxed too.

4. Repeat this eight times.
5. Now, inhale slower, taking about 15 seconds to fill your lungs.
6. Once they are full, hold your breath for about 5 seconds.
7. Now exhale at the same slow pace.
8. Repeat at least 8 times.

Breath control itself is a vast topic. There are millions of variations and this alone can make you a changed person altogether. For the purpose of this guide, however, this short technique is sufficient for you. Once you feel comfortable you can always increase the repetitions, and also the duration for which you hold your breath.

One important thing is to maintain the even flow of air. Imagine when you inhale that you are rising up along a



smoothly curved slope. When you exhale you are descending along the same slope. There must be no jerky or thrusts of air. In trying to hold your breath for as long as you can you should not end up in releasing all the air in one go. Just take up a rhythm and follow it, which ever seems comfortable to you.

Step 5: Listen to the recording regularly and convince yourself.

Here we will talk about a very important factor. It is called Imagination. Imaginative people are more susceptible to Auto-suggestion than others. Everyone has an imaginative self in them. Perhaps if you work in the stock market or a steel factory, your imaginative cells are not regularly used, but that does not mean they have left you. They will always be there with you and will help you in many ways. So get ready to tap your artistic part and get the best out of this program.

Don't get me wrong. I am not asking you to imagine what the next I-phone should look like, or if they ever made the Aladdin movie in Africa, how would their genie look like. There is nothing complicated that I want you to do. You have been to a sea beach, right? Close your eyes. Now can you try and see yourself sitting in a secluded beach and enjoying the fresh air there? If you can, you are doing great. That's all I need from you.

Take time out to listen to the recording.

You can listen to it as frequently as possible, but only when you are completely in a position to relax. Do not listen to it when you are driving or doing something of importance. It needs to be done with eyes closed. If you feel it is not possible for you to take that much time out in one go, do it before you sleep every day. Take some time out of your daily chores to do it. It will change your life and the way people perceive you. I think it will be worth stretching your comfort zone for a while to accommodate this half an hour every day. It will not be long before you see changes. And it is not something that you need to keep doing over and over for the rest of your life. By carefully changing the words and their meanings, like we spoke about in the Step-2, you can either come out of the habit and still be talking normally, or shape your speech and your life to become even better than other people around you.

As you listen to the recording, imagine the things you hear, and try to see them right before you. Try to feel that they are actually happening to you at that very instant. This way the suggestions reach deep within you. The more vivid the imagination, more effective this program will be. If you say “I am now talking to Joanna and she is smiling softly. She likes my voice; she likes the way I am talking. I can see the glitter in her eyes. When she replies to me, she is looking straight at me and her eyes are honest and cheerful.” See all this before you, or try to visualize it as much as you can.



Don't worry, even if you cannot visualize, the fact that you believe the voice in the recorder itself is good enough to take you all the way. There will not be any less impact, but the same impact will be faster if you can imagine.

Step 6: Keep talking to strangers and be casual about the way you talk. Just talk!!

This is again step 3 repeated, but it is the most important step. Do not stop talking to strangers or shy away from a situation. The greater the difficulty perceived, more the confidence you will get.

Let me explain this from a psychological point of view. If you remain within a very narrow area of comfort, if that is at all possible in your case, maybe you will be at ease and stutter less, but then your confidence will never grow.

It is as if you think you want to play in the World cup one day but you can't stop practicing with your friends in the neighborhood, because you are too scared to lose in the state level. If you never play in the State level you will never know how it feels to have the bar high, isn't it? So what if you win in your home-ground? Is it going to give you the confidence that you might go up to play for the country someday? On the other hand, even if you lose in the State championship

you will be that much closer and confident to play at their level next time, and with little more practice you will begin to rise up the steps quickly till you are capable of representing your nation in the World Cup.

Like I said, your aim is not to speak like a normal person. That is sort a given. Your aim is much higher than that. Your aim is to charm people with your speech and intonation. Your aim is not to be able to simply ask the lady you secretly love “What’s the time please?” in the subway, or ask her on a date someday. That’s just a stop on the way. Your aim is to hold her hands and tell her how you feel and to see her eyes sparkle as she feels lucky to hear those words from you.

Step 7: Modify the recording from time to time

This again is very important. As the improvements start kicking in, try to modify the recordings to fit your situation. Always remember, the text of the recording should make you a ***better*** person. Better than you presently are. Hence if you think one hurdle is passed, aim for the next one. If you feel your speech is now clear and confident with everyone, suggest yourself that you will be able to talk freely on stage in front thousands of people. If that too does not seem to be a problem, aim for improvements in your other personality traits, things which you want to rectify in yourself, such as making friends, or giving up on drugs or getting rid of claustrophobia.

Auto suggestion is enormously powerful. You really cannot fathom how deep its implications go. At least I have not been able to yet. And most importantly there is immense pleasure in the thought that you have taken your fears head on, dealt with them, and have shrugged them off.

Conclusion:

The procedure given is one which will help you in many ways. Anyone who is not a stammerer and reading this can also utilize its underlying principles to their advantage. It is a way to unleash the source of enormous strength and power in you.

Given enough dedication it will work miracles in your life.

