

Get Dramatic Results with Audio Recordings for Self-hypnosis

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The following tips will help you to get the most out of your audio recordings. If you have comments or questions, please contact me; my phone number is at the end of this article.

Recorded talks which create the trance state, also called trance inductions, are designed to respond to your personal needs. They are guided self-management audio recordings for accelerating change. They are tools for taking control of your life, in areas of your choosing.

Having more positive responses to your daily events may seem unrelated to your therapy at times. That is because the changes are occurring at an unconscious level, and feel like a natural reaction.

First, find a quiet area when listening to your hypnosis recording during your regular waking hours. Turning phones off or forwarding calls, and hanging a **Do Not Disturb** sign on your door might be helpful.

Next, choose a comfortable place. This might be a chair or recliner that provides full body support, a couch or floor mat. Some people find it helpful to place small pillows under their knees, elbows and neck when laying down. Take a few minutes to experiment with your comfort. You might find that dim lighting, burning candles and incense create a special mood. Also make sure that the room temperature is just right.

In addition, you may want to kick off your shoes and take off your glasses, if you wear them. Also remove contact lens, if you need to do so when you sleep. Loosen any tight clothing, and get rid of any gum or candy from your mouth.

Examples of other places for listening to your recordings might include, while resting in a parked vehicle, while meditating or relaxing in a park, a garden, or other special place in nature, while unwinding in a bathtub, while using headphones and riding as a passenger in a car or other vehicle or sitting in a parked car, while on a break at work, while lounging at the beach, while getting a massage, and so on. Be creative!

Please note: Because your recordings will require your complete inner attention, you should play them when you can lean back and fully relax without interruption. Play them as often as you like, day or night. Bedtime is ideal, and an excellent night's sleep is usually the result.

When turning in for the night, a pillow speaker instead of the external speaker on your audio player is better to use, especially if you share a bed or room with someone else.



A pillow speaker is a small device about two or three inches across and about 1/2 inch thick. Plug the cord of the pillow speaker into the earphone jack of your player, then place the pillow speaker under your pillow. Adjust the volume control so you can barely hear it.

Some experts believe that if you listen through your *LEFT* ear to a recording, it may increase the effectiveness of the messages. Falling asleep during playback is perfectly okay as your unconscious mind will continue to listen to the recording. Your ears never sleep!

If you prefer earphones or ear buds, it is better to use them while leaning back slightly or sitting up. Usually, if you fall asleep in bed with them on, they tend to slip off and become uncomfortable, and then you can no longer hear the recording. Go creative; discover a way to use the *left* earpiece only when listening to your recording.

Important: While you are in trance, or hypnosis, you can respond instantly and appropriately to any unusual or unexpected demand for your attention outside the recordings.

Consider listening to each new customized recording nightly for about two to three weeks. After that, you may switch around from one recording to another depending on your personal needs and desires. Some researchers have claimed that the self-hypnosis audio recordings, which are bought over-the-counter, need to be listened to 60 to 90 times, on the average, to work.

Listening to your personal recording from me for only about three weeks, will gradually bring about more and more positive results.

Each time you replay your recording, the benefits will be multiplied. Every positive suggestion I have ever given you will permanently reinforce itself in your unconscious mind. You will be able to reach deeper and deeper states of comfort. And, you will find it easier and easier to relax, not only during the playback, but also in your daily life.

As you develop better communication with your body, your emotions, and with your inner self, you will find a deep sense of peace and harmony that exists within. Discovering that you are indeed a special and unique person inside, you will ultimately reinforce your acceptance of self ... as well as give yourself the freedom for more resourceful and creative living.

What is Hypnosis and How Does it Work?

Hypnosis is a trance or altered state of consciousness. Hypnotherapy is the therapeutic action taken while you are in that state. Being in this state allows you to open up your channel of communication with your unconscious mind. It then becomes a powerful tool for bringing about the changes you want in your life.

The words *subconscious* and *unconscious* are often used interchangeably. One difference between them is, the *subconscious* refers to the realm beneath or beyond conscious awareness. Alternately, the *unconscious* is where psychic material is stored that has a strong influence on behavior.

The unconscious mind is a magnificent warehouse of experiences that are stored in a field of energy. It is centered in the brain and extends throughout the body. The unconscious mind captures and absorbs everything that it is exposed to, and sorts it into retrievable information. It contains all the knowledge needed for optimal mind, body and spiritual health.

Because the unconscious mind takes in everything, nothing is ever lost. Even when it may appear that nothing is happening, the unconscious is often busy reorganizing massive amounts of material so it can accept and use new ideas. Sooner or later, it all comes together over time, and the desired change takes place.

Posthypnotic suggestions are positive suggestions that are given during hypnosis. They are then unconsciously acted on later, and usually produce the wanted changes. Sometimes these changes may appear small at first. They get stronger; however, as they grow, and build on old and new foundations of experience.