



## GETTING THE BEST RESULTS FROM YOUR HYPNOSIS PROGRAM

Hypnosis programs are specifically designed to prompt deep relaxation in your mind and body. These programs should not be listened to in an automobile or while engaged in any activity that requires your attention. In the event that an emergency situation occurs while you are listening to any of our hypnosis programs, you will immediately return to full conscious awareness and handle any situation calmly, alertly, and appropriately.

You can exit hypnosis any time you wish simply by taking a clearing breath and opening your eyes. Nothing contained in our hypnosis programs is meant to replace or alter any suggestions given to you by your physician or trusted health care team.

In order for you to receive the greatest benefit from your hypnosis program, and achieve the results you desire, we recommended that you listen to the program at least 21 times over a 30 day period. At the end of the first 30 days, we recommended that you continue to listen to your hypnosis program once or twice a week or as you feel so inclined, to reinforce your success.

For those listening to weight loss hypnosis programs, we recommended that you listen five out of seven days per week until you achieve your ideal body weight. Once you achieve your ideal body weight, continue to listen to hypnosis weight loss programs once or twice a week to maintain your success.

For those listening to medically-oriented hypnosis programs to address health issues, we recommend that you listen five out of seven days per week until you experience noticeable change and improvement. Once you achieve your goal, you may benefit by continued listening once or twice a week for six months. After the six month period is over, you can use the program once or twice a month, or as desired, for reinforcement.

It is okay to listen to any of our hypnosis programs at bedtime. Since hypnosis deals with your subconscious mind, the hypnosis will still work even if you fall asleep while listening—your subconscious mind remains fully alert even when you are sound asleep.

Any time you are listening to a hypnosis program, you can freely adjust a suggestion to make it more personally meaningful or pleasurable. You may freely disregard suggestions that do not suit your needs. Any suggestions given in any of our hypnosis program will automatically dissipate from your mind when they are no longer needed. Your mind, body, and spirit will act upon the suggestions in the manner and time frame that that is best for you.



### THE TRUE FEELINGS AND SENSATIONS OF HYPNOSIS

The sensations experienced during hypnosis vary from person to person and from session to session. Hypnosis produces varying sensations in your body and unique levels of empowerment and relaxation. Each time you enter into hypnosis, it will effect you differently because your energy level varies from day-to-day. As you use hypnosis programs repeatedly, you reap their many benefits.

Some hypnosis programs are designed to help you to achieve medium-to-deep levels of hypnosis while others are meant to create an "alert" level of hypnosis. Whenever listening to the sessions designed to produce a medium-to-deeply relaxed state, the most common feelings you are likely to experience are those that follow:

- relaxation
- a feeling of warmth
- a feeling of heaviness
- a tingling sensation
- some numbness
- a floating sensation
- your mind wanders and your awareness of the program fades in and out
- your head might rock a bit or roll forward
- your shoulders may relax or slump
- you may notice your eyelids flutter
- an increased sense of smell
- a sensation of color or light
- an increased awareness of sound
- a feeling of well-being
- a far away feeling
- an increased awareness of your breathing

During hypnosis you may experience a need to swallow. This is because your mouth produces more saliva while your jaw is relaxed. You may also notice your eye lids fluttering or your eyes rolling under your closed eye-lids during the session. Many notice that their head sometimes rocks from side to side or moves slightly forward. All these common signs let you know that the hypnosis is working.

As you go deeper into hypnosis you will notice that your mind wanders. Time distortion frequently occurs during hypnosis. Many clients report that time passes quickly during a live or recorded hypnosis program. You may not experience all these sensations, but it is likely that you will experience a few of them. You are even likely to notice different sensations each time you listen to a program. The more you practice hypnosis, the more benefits you will reap. Hypnosis is to the mind what exercise is to the body: empowering, energizing, strengthening, and relaxing.



# HYPNOSISTODAY

POWERFUL, EFFECTIVE HYPNOSIS FOR TODAY'S WORLD



<http://www.hypnotistoday.com>

## LETTING HYPNOSIS HAPPEN

As you begin your hypnosis session, breathe along with the hypnotist speaking, and imagine the images and sensations described until you begin to feel relaxed. Once you feel deeply relaxed, it is okay to let your mind drift and wander—even if you are thinking about something unrelated to the session. Allowing your mind to drift and wander will help you to achieve deeper levels of hypnosis.

There is no need to worry about falling asleep. It may feel like you are going to sleep, but you are actually just going deeper into hypnosis. Some people even snore when they are in a deep level of hypnosis. Hypnotists are trained to observe certain signs called *Trance Indicators* that make it easy to tell if a client is asleep or hypnotized. For example, sleep breathing looks completely different than what someone looks like when they are in a hypnotic state. Even if you do fall asleep during a session, the hypnosis still works!

Whatever level of hypnosis you achieve, your subconscious will be able to accept any helpful suggestions for change that you truly want to accept since your subconscious is fully turned on when you are hypnotized and when you are sleeping. During a session you can change or modify any imagery or suggestions in any way you choose. If you want to drift deeper during a session, you can simply say silently to yourself: "deeper and deeper relaxed."

You can freely add your own positive intentions and imagery to the session to make it as meaningful and special as you wish. You can choose to exit hypnosis anytime you want, just by choosing to, and by opening your eyes. Hypnosis programs from Hypnotistoday.com are designed so that you will always be in control when listening to any of them.

"The greatest discovery of my generation is that a human being can alter his life by altering his attitudes of mind." —*William James*



# HYPNOSISTODAY

POWERFUL, EFFECTIVE HYPNOSIS FOR TODAY'S WORLD

<http://www.hypnosistoday.com>



## HYPNOSIS PROGRAMS AVAILABLE FROM HYPNOSISTODAY.COM

Hypnosistoday.com offers a wide selection of hypnosis programs. You can read full descriptions and hear samples of our programs by visiting <http://store.hypnosistoday.com/>

**Hypnosis For Creative & Inspired Writing**—Allow yourself to relax and to focus so that your creativity, imagination, and inner-intelligence automatically surface to help your words to flow.

**The Light of Joy Within**—Leads you through the doorway into hypnosis and helps you to release sadness, resentment, and ill health, while fostering joy and self-esteem.

**Unlocking Human Potential**—Fortify your health and to tap into the endless well of universal knowledge, creativity, and love that is there for us all.

**Radiant Health & Happiness**—Hypnotically paints your mind with helpful messages to release needless worry, despair, and detrimental health conditions.

**Relax, Feel Great & Sleep Soundly**—Erases the detrimental effects of stress and reprograms your mind for relaxation, a comfortable and healthy body, and sound sleep.

**The Wellness Extravaganza: Body, Mind & Spirit Healing**—A soothing and revitalizing program that boosts your immune system and fosters balance and ideal functioning of your entire body.

**Body and Soul Restoration**—Create your own miracle and become your own healer, spiritual advisor, and care-giver to achieve body, mind & spirit wellness.

**Inner Ecstasy: The Natural Hypnosis Endorphin High**—Access and release your body's supply of endorphins to become relaxed, happier, and more physically comfortable.

**Cancer Be Gone**—Instruct your subconscious to ideally adjust the functioning of every system of your body—helping you to defeat cancer and reclaim your health.

**Your Happy Head: Hypnosis For Migraine Relief**—Through self-discovery, learn to be aware of any migraine triggers and develop strategies to avoid them on your way to a migraine-free you.

**Pre and Post-Surgical Hypnosis**—Prepare your mind to receive and recover from the healing interventions of surgery as peacefully, comfortably, and effectively as possible.

**Bountiful Harvest: Fertility Enhancement For Women**—Helps you to remain calm, relaxed, and optimistic as you move toward the joys of motherhood using fertility enhancement.



# HYPNOSISTODAY

POWERFUL, EFFECTIVE HYPNOSIS FOR TODAY'S WORLD

<http://www.hypnosistoday.com>



**Drawing Love & Prosperity Into Your Life**—Increase your magnetism, charisma, and confidence and place yourself on course for love and financial success.

**Increased Magnetism & Charisma**—Enter into a rapture-filled state of mind that helps your personality surface, sparkle, and captivate others.

**Growing Rich**—Enter the Prosperity Zone and drive yourself toward the most lucrative ideas, relationships, decisions, and actions.

**Millionaire Mindset**—Your mental launch pad that takes you to new heights of awareness and self-trust, enabling you to achieve prosperity.

**The Mental Massage**—Hypnotically receive a pleasurable massage, aroma therapy, and acupressure treatment for your mind from a gifted therapist, at a luxurious ocean front health spa.

**Hypnosis For Accessing Your God Self**—An inspired, uplifting, non-denominational program enabling you to readily tap into your own spirituality: your God Self.

**Getting In Touch With Your Angels & Guides**—Connect to the all-knowing part of you—your higher-self—and to your angels, guides, master teachers, and other helpers.

**A Slender, Happy & Healthy You**—Experience luscious, calorie-free, images and suggestions that work like "mind-food" to help you to create your happy, healthy, physically fit body.

**A Cleansing Rain Shower: Wash Away Excess Weight**—Free yourself from emotional eating & lift your spirits while dropping unwanted pounds and negative thoughts.

**Hypnosis For Fun & Easy Weight Loss**—A self-discovery journey that helps you to make the process of recreating your body easy and fun.

**Exercise Motivation & Peak Performance**—A highly motivational mental life-line that keeps you going and leads you to the fulfillment of your fitness goals.