

## *Instructions for using your Hypnosis Recording*

You have now received a very powerful Hypnosis recording that has been created from the successful sessions I have had with my clients.

However this power can only be utilized by you listening to this recording for at least 21 days.

The reason you have to listen to this recording for 21 days is because you are allowing your mind to be reprogrammed with the changes you want and it is only by you putting a little effort into finding the time each day for those 21 one days that you will gain the full benefits of this recording .

**Warning do not listen to this recording while Driving**

*Best way to listen to this recording:*

! ) Somewhere you will not be disturbed while you are listening to this recording.

Why somewhere you know you will not be disturbed ? so you can be totally focused on this recording and not wondering if someone is going to come into the room or where ever you are listening to this recording. Then you can get totally absorbed in your own private Hypnosis session with Me

2) Use Headphones for best results

Why use headphones ? so there are less distractions, however as soon as you begin to listen to this recording any distractions will just fade off into the distance just like when you are having a conversation with a good friend. Because Hypnosis is a consent state where we are working together for a beneficial outcome

3) Why listen to the recording for at least 21 days

Because the positive suggestions you are receiving for the changes you require are just like when you are learning any new skill it needs to be repeated many times before you know you have mastered it, a bit like when you learned to ride a bike or drive a car you had to do it many times before the skill got rooted in the subconscious mind and became easy.