



HYPNOSIS LISTENING MANUAL

and frequently asked questions

What is hypnosis?

Hypnosis is the bypass of the critical faculty. You know that little voice in your head that obnoxiously judges your every move? In hypnosis we experience a more relaxed and healthy level of mind, without the voice, where we are able to accept selective thinking, thoughts, concepts and ideas to facilitate positive change. Hypnosis is an awake state of mind where our imagination is increased. Hypnosis functions on the same brain wave length as meditation.

Where, when and how should I listen to hypnosis?

The best time to listen to hypnosis is when you first wake up, about 30 minutes before bedtime, or when you have 30 minutes to relax uninterrupted. Do not listen to hypnosis in your car or when you need to have your attention on another task. Hypnosis works best with your undivided attention.

How often should I listen to my session?

My suggestion is to listen to your hypnosis session once a day for at least one week, preferably two weeks, then once a week as desired. If you have a series of sessions, such as the *Excellence In Fitness Hypnosis Series* or the *Competitive Advantage Hypnosis Series*, I recommend you listen to *Starting Your Journey*, once a day for one week, then, *Healthy Body* once a day for one week, then *Dieting With Ease* once a day for one week, then listen to *Stage Might* when you start practicing your posing (for competitors) and continue to listen to a session of your choice once a week.

What if I fall asleep?

Sometimes you may fall asleep and that is ok, there are plenty of multi-level suggestions so you will still receive benefit. Also sometimes you may think you have fallen asleep and you are actually in deep hypnosis. The best way this can be described is the feeling that you consciously "leave" and the unconscious is working on something and then it seems we come back. If when I count up and you wake up, most likely you were not asleep rather in deep hypnosis.

I don't feel like I was hypnotized, what is it supposed to feel like?

Many people think they are supposed to feel something foreign. The fact is hypnosis uses the same brain waves as meditation. So if you have ever meditated before or been completely lost in a yoga session, most likely you were in a state of hypnosis.

What if I forget what was in the session, will I still receive benefit?

Yes absolutely. Even if you are asleep you will still receive benefit. But I like to get people to practice finding a good time to enjoy hypnosis so they can experience it completely and remember it. But whether you remember or not, makes no difference. Your unconscious mind thinks and works very differently from your conscious mind.

How do I know it is working?

If your behavior is changing in the direction of your desired outcome, then consider your efforts a success. I recommend people listen every day for at least a week, because the benefits get stronger after each listening.

FUN FACTS: You will hear everything in hypnosis, you will be in complete control, you will not do anything that goes against your values, or against your will. Hypnosis is an awake altered state of heightened awareness in a relaxed state of mind. We do our best thinking when we are relaxed. Hypnosis is great for facilitating change at the deepest level.