



How to listen to the Hypnosis recording

The recording you are about to listen to, is the copyrighted property of Mike Proulx. Reproduction of this recording in any medium, in whole or in part is strictly prohibited.

In order to get the maximum benefits from this hypnosis recording, it's important that you honor the following guidelines.

For your safety, please do not drive a vehicle or operate machinery or do any activity of any kind that requires the use of your eyesight and your conscious awareness and alertness.

Listening to this recording with eyes open will be of **NO** benefit. This recording requires that your eyes be closed throughout the session.

Please listen to this recording with **headphones only!** Specific brain entrainment sounds are being directed exclusively to the left ear and others to the right. Make sure your headphones are on properly. There should be markings on the ear portion of the headset indicating the left and right speakers.

The background brain entrainment sounds are scientifically designed to lower your brain waves to the deep Theta level, which is the ideal brain wave for hypnosis.

Be sure to find a quiet place where you will not be disturbed and where you will be **ALONE**. Having another person in the room with you, even if this person is absolutely quiet, causes an awareness shift in you that may lower the effectiveness of your session.

Whether you are at your office or at home, it is important to let others know that you are not available until a specific time. I recommend that you put a note on the door that reads something like this **“Unless it is a life and death emergency, please do not disturb until 3 pm. Thank you.”**

Putting up a sign saying **do not disturb** or **do not disturb for one hour** is too ambiguous. Mentioning a specific time is always best and leaves nothing to chance.

The reasons for this are simple. It takes time for your mind to quiet down and to enter theta brain waves and interruptions may cause you to shift to lighter brain waves, and in some cases, snap you out of hypnosis all together. If you snap out of hypnosis, you will have to start the recording over again from the very beginning in order to gently bring your mind back to the theta brain waves.

Let's be perfectly clear here.

Interrupted sessions are of little or no benefit!!

Hypnosis is all about being relaxed and comfortable. Be sure to loosen any tight clothes, loosen or remove shoes. You need to find a comfortable chair, recliner or sofa, where you will be in a sitting position during the entire session. Some like to have a blanket for warmth and comfort.

If you have a medical condition that prevents you from sitting for long periods of time, you may lie down. Please understand though, that hypnosis lying down is not as effective as hypnosis sitting up.

There is a natural instinctive tendency to fall asleep when lying down. Hypnosis is far more effective when you are aware of the sounds and words being conveyed to your mind.

Please keep in mind that hypnosis is an effortless experience. You are asked to simply follow the instructions in a manner that is effortless. Making a conscious effort or straining to listen to every word is defeating the purpose of hypnosis, which is to quiet the conscious mind and open the sub-conscious mind. It's a lot like listening to music. You don't consciously strain to listen to every word of the song. You simply sit back, relax and enjoy the song. Same thing with hypnosis....sit back, relax and enjoy the experience. Just let the words gently guide you down to deeper levels of relaxation.

While in hypnosis it is OK to move around - **if** it is for the purpose of making yourself more comfortable. It's important that you feel comfortable. If you need to reposition yourself while in hypnosis, please do so **gently**, while keeping your eyes closed.

Comfort is important, so if you have an itchy nose during hypnosis, please go ahead and scratch it. If you have to swallow go ahead. Whatever is necessary to be comfortable **do it**, but do so while keeping your eyes closed. Keeping your eyes closed will maintain the hypnotic trance that you're in.

It is always a good idea to go to the washroom just before your session. A full bladder in the middle of your hypnosis may cause you to be aware of your bladder being full, instead of being aware of the hypnotic suggestions being imparted.

If you feel a little dehydrated, please drink water before your session. Otherwise, your thirst may cause you to shift your focus on your thirst instead of the hypnotic suggestions being imparted to your mind.

When you hear an unexpected sound, like the telephone ringing for example, your brain waves may shift from the deep Theta brainwaves up to the lighter Alpha brainwaves. You are still in hypnosis when in the Alpha state, however the objective is to be in the deeper Theta brainwave state throughout your entire hypnosis session as this is the optimal state for therapeutic hypnosis success.

To prevent the sudden shift to lighter brain waves, it is important that you do whatever is necessary to keep your session as quiet and interruption free as possible.

If you have a telephone, cell phone, pager or other devices such as these, please turn them off completely. You can still hear and feel the vibrate function of your cell phone and this causes your awareness to shift on it, rather than your hypnosis, so please turn off the device completely.

Television sets, radios and stereos in your room or in other rooms that are within hearing range should all be turned off.

Pets such as cats and dogs should NOT be in the same room with you. Please place your pet either outside the home or in a sectioned off area of the home that will prevent them having access to your door. Often time's pets will sense your presence and will make sounds or scratch the door to get your attention to let them in. All pets should be kept as far away from your hypnosis session as possible, to ensure that your brain waves remain predominantly at the deep theta level.

Before you begin, make sure you do a test of the recording to ensure you have a comfortable volume setting, a level conducive to relaxation. If it's too loud it is irritating. If it's too low, you are struggling to hear the words. Find the right volume that is comfortable and relaxing.

Hypnosis can be done at any time with excellent results. However, the **ideal** time to listen to hypnosis is at the end of your day, at night just before going to sleep. Please keep in mind you need to be sitting during the entire session to achieve maximum results.

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