

Tips On How To Use The Hypnotherapy Sessions

Before you get started – have you received your hypnotherapy sessions yet?...

Here are some guidelines to help you when downloading the sessions to your device:

You will receive your hypnotherapy audio session/s or bundle Essentials pack via an email in a link you can download from Google Drive. If you haven't received the email yet, please check spam or junk mail.

If you paid with Paypal, then it will automatically get sent to your Paypal email address.

When you open up your email and see the link highlighted in blue - Select it and it will take you to a page on Google Drive. Make sure you also have the app - Google Drive installed on your device.

You will need a Google Drive account to sign in to and download your hypnotherapy session/s to successfully save them to your files folder - on your android phone, iPhone, tablet or laptop computer.

We advise you save the hypnotherapy session and listen to it on your phone to conveniently access and listen at any time. Then, you can back-up the links and save them to your laptop computer if you wish.

Download and save the session to your device by selecting the downward facing arrow. If this doesn't appear - select the three dotted lines and then (on android) Select 'Download'. And on iPhone - Select 'Open in' - to Download and save to your device.

It may take a few minutes to download and save the sessions to your 'Files Folder.'

Wait and then check most recent 'Downloads' to find them and select Play.

You will need a Media Player app (not Spotify) to play the sessions on.

Most smartphones have a Media Player already installed, but you may need to install one for free. For example, Youtube or Samsung Media Player. On iPhone you can play them on iTunes.

What To Expect When Listening To Hypnotherapy

It is really important to relax during the hypnotherapy sessions. So, when you have trouble relaxing to the hypnotherapy sessions here are some helpful tips to get you relaxing better into a calmer state of mind ready for hypnosis.

When you are under hypnosis - it's like you are asleep. Yet, you are not – not quite, anyway. Instead, you are in a state of deep relaxation. You may well be aware of things around you, but you should be completely switched off from them.

When you've relaxed into this semi-sleep like state of hypnosis - You will be more focused on the hypnotherapist's words and phrases. The hypnotherapist then transmits them as messages to your subconscious to help re-program your mind to think more healthily and positively.

In some cases, you can be so relaxed you actually fall asleep during the session. This is still okay because the hypnotherapist is still able to communicate to your subconscious the right information. The subconscious part of your brain is always active, even during REM sleep.

In the case, where you have difficulty relaxing to the hypnotherapy sessions — Follow the tips included in the 'guide to listening to the hypnotherapy sessions' (find below). There are tips to help you reach a calmer state ready for hypnosis.

As a final note, after you have finished reading 'A guide to listening to the hypnotherapy sessions' and you need any additional help with issues or questions regarding the hypnotherapy sessions (e.g. how to listen or download the hypnotherapy sessions). Please contact us.

Contact us via our Facebook or Instagram page or preferably by email addressed to:
Info@clearmindshypnotherapy.com

We have a friendly customer service team ready to answer all your queries. You can contact us at anytime if you're having issues! Please be patient during busy periods as it may take up to 24 hours to hear back from us.

You may find that you can answer your question via our Helpdesk following this link here:
<https://clearmindshypnotherapy.zendesk.com/hc/en-gb>

I would like to wish you the very best of luck with your journey using the Clear Minds Hypnotherapy!



A guide to listening to the hypnotherapy sessions

- Never use our sessions when driving, operating machinery or in danger should you fall asleep.
- Do not use hypnotherapy if you suffer from epilepsy.
- Do not consume caffeine or exercise for up to 2 or 3 hours before listening.
- Use the bathroom before relaxing to the session.
- You may fall asleep during the hypnotherapy session as they work on your subconscious mind. In other cases, you may just feel relaxed.
- It's preferable to listen to the hypnotherapy sessions in the evening or at night before bed as you will be more susceptible to the cues of relaxation. However, this may depend on your work schedule. In which case, whatever suits you best.
- Wear comfortable clothing - Choose loose-fitting and light clothing (nothing too tight or itchy!)
- Find a quiet and comfortable spot to lie down - like on the sofa or bed. You can also sit upright with your head supported if you want.
- You can meditate or practice breathing techniques a little if you need help relaxing beforehand. Check out the Clear Minds Hypnotherapy App to find additional help with both of these things.
- Make sure you have no distractions during the session- (e.g, kids are in bed, television and radio are off; windows are shut). Switch your phone on flight mode or silent. Fully prepare yourself to avoid any disturbances before you get started listening to the session.
- Use headphones (earphones, headsets or AirPods) - for a better surround sound and listening experience. These will help minimise distractions from background noise.
- You can listen to min. two hypnotherapy sessions a day plus one guided meditation.
- Make sure you focus on one topic at a time. For example, don't listen to alcohol with weight loss at the same time.
- Repeat each session for 7-10 consecutive days to get the best results. Unless, you are following strict instructions to any of the bundle packs. Follow the plan included in there.
- Listen and concentrate to the words at the beginning of each hypnotherapy session to help you reach a state of deep relaxation (hypnosis). This is aided by the repetition of certain phrases and verbal cues. Then, relax and let the session work on your subconscious!