



Pain and Chronic Pain Relief

Hypnotherapy Package



Introduction

Our self-hypnosis package for pain relief will help reprogram your subconscious mind and remove it from a place of pain, redirecting it to a place of peace.

Hypnotherapy is effective at managing pain as it targets the signals in your brain, which can focus your feelings on it. Then, it alters your perception and de-focus your attention from the pain. This is achieved with the aid of deep relaxation and de-stressing techniques, as well as boosting your positivity levels. This holistic approach achieved with hypnotherapy helps relieve pain without the need to take prescription drugs.

Chronic Pain can be a traumatic journey, especially if it is relentless or ongoing over time. There is really no need to suffer with this alone. We are here to help you relieve chronic pain, which leads to stress and poor sleep. These two factors can consequently enhance pain. Alongside past trauma and that related to the pain. The sessions in this pack are designed to take you on a healing journey from pain suffering, whilst treating all symptoms related to pain and your overall perception of it. Follow this guide carefully to get the most out of each session and your journey to a happy and healthier life – pain free.

When you reach the end of the 4 week plan, you can still continue to use the sessions to help stay relaxed and for ongoing pain management control. It's important you maintain a positive and calm state of mind.

We understand that everyone's journey is unique.

Remember you have the flexibility to tailor the program to your needs. You can pick and choose sessions that resonate with you better and swap or repeat any – **listen to max. 2 sessions a day.**

If required adapt this program adjusting the schedule to one that suits you.

Should you find yourself in need of guidance or with any questions please **contact** our helpful customer service team.

You can reach out to us at **24/7 via email:**

info@clearmindshypnotherapy.com.



What's Included

There are **five** specialised hypnotherapy sessions in this pack targeted at pain relief, one bonus hypnotherapy for deep relaxation and a morning meditation to start off your day peacefully. Please see included in this pack:

1. General Pain Relief Hypnotherapy
2. Pain Relief Hypnotherapy Sleep Edition
3. Pain Relief Part 1 Hypnotherapy
4. Pain Relief Part 2 Hypnotherapy
5. Arthritis Pain Management Hypnotherapy
6. Deep Relaxation Hypnotherapy
7. Inner Peace and Calm Morning Meditation

Each session is designed to treat receptors in your mind that detect pain with relaxation and stress relief techniques, boosting your motivation and positivity levels. This helps alleviate pain altering your enhanced perception of it. If followed carefully this schedule can be used as an effective tool for long-term pain management.

*"Let this be the moment you decide to steer your life towards the horizon... Change is within your grasp." **Hugh***

Hugh has over 25 years experience as a leading specialist in neuro-linguistic programming, hypnotherapy and CBT used to help treat Chronic Pain Relief.

He use a unique holistic approach with calculated cues to help you reach a state of deep relaxation, fast and efficiently. This allows for complete peace of mind and concentration to communicate clear messages, which helps target and treat acute pain, whilst effectively relieving it.



Getting Started With Recovery

Now You are Ready to Start Your Journey with Clear Minds!

It's time to reclaim control of your life with the treatment of ongoing and chronic pain relief using hypnotherapy. This involves helping you to de-focus your mind from debilitating thoughts and feelings connected to acute pain. Make sure you listen to the hypnotherapy sessions each night and you will start to see a positive difference - with the right thought processes you can achieve anything. This is not just a journey learning to manage pain, but a profound transformation of mind, body, and spirit. You will recapture the essence of life and feel happy again without relying on alternative pain relief medication.

Chronic pain is challenging, but you must remain calm and positive. The more relaxed your mind is - the less pain you'll feel. This is because your mind is no longer focused on it and can't enhance your thoughts of it. Your nervous system that reads pain (e.g. damaged tissue or muscle) is so complex. Yet, your mind is even more so, and often- is the thing that controls feelings and emotions around pain. When you learn to control the mind and thought processes with hypnotherapy, you also help relieve your mind from over-enhanced perceptions of pain.

At the same time you can practice these additional tips to help relieve pain:

1. **Stay active** and do gentle exercises and movements to avoid stiffness
2. **Practice Relaxation** techniques like meditation or listening to hypnotherapy
3. **Manage stress** properly. E.g. yoga, breathing techniques and mindfulness
4. **Maintain a Healthy lifestyle** e.g. balanced diet and light exercise routine
5. **Hot and Cold therapy** (ice packs) calms sensory signals and inflammation
6. **Alternative natural therapies** like massage, acupuncture, physiotherapy
7. **Herbal remedies in plants** used for creams and oils
8. **Eat the right foods** to boost endorphins and alleviate pain & inflammation
9. **Avoid drugs, alcohol** and processed foods that can enhance pain
10. **Practice mind-body techniques** e.g. thai chi
11. **Be patient, be persistent** and keep practicing different techniques

And now - it's time to take the next step listening to the hypnotherapy sessions. So, sit back or lie down - RELAX and *hit play*!

Let the hypnotherapist's words help you drift off and start you on your journey.
Use the meditation in the morning and hypnotherapy before going to bed.



WEEK 1

MONDAY

Deep Relaxation
+
General Pain Relief Hypnotherapy

TUESDAY

Inner Peace and Calm Morning Meditation
+
Pain Relief Hypnotherapy Sleep Edition

WEDNESDAY

Deep Relaxation
+
Pain Relief Part 1 Hypnotherapy

THURSDAY

General Pain Relief Hypnotherapy
+
Pain Relief Hypnotherapy Sleep Edition

FRIDAY

Inner Peace and Calm Morning Meditation
+
Pain Relief Part 1 Hypnotherapy

SATURDAY

Deep Relaxation
+
General Pain Relief Hypnotherapy

SUNDAY

Pain Relief Part 1 Hypnotherapy
+
Pain Relief Hypnotherapy Sleep Edition

WEEK 2

MONDAY

Inner Peace and Calm Morning Meditation
+
General Pain Relief Hypnotherapy

TUESDAY

Pain Relief Part 2 Hypnotherapy
+
Pain Relief Hypnotherapy Sleep Edition

WEDNESDAY

Pain Relief Part 1 Hypnotherapy
+
Pain Relief Part 2 Hypnotherapy

THURSDAY

General Pain Relief Hypnotherapy
+
Deep Relaxation

FRIDAY

Inner Peace and Calm Morning Meditation
+
Pain Relief Part 1 Hypnotherapy

SATURDAY

Pain Relief Part 2 Hypnotherapy
+
Pain Relief Hypnotherapy Sleep Edition

SUNDAY

General Pain Relief Hypnotherapy
+
Arthritis Pain Management Hypnotherapy (if applies)

WEEK 3

MONDAY

General Pain Relief Hypnotherapy
+
Pain Relief Part 1 Hypnotherapy

TUESDAY

Pain Relief Part 2 Hypnotherapy
+
Pain Relief Hypnotherapy Sleep Edition

WEDNESDAY

Inner Peace and Calm Morning Meditation
+
Arthritis Pain Management Hypnotherapy (if applies)

THURSDAY

Pain Relief Part 1 Hypnotherapy
+
Pain Relief Part 2 Hypnotherapy

FRIDAY

Deep Relaxation
+
Pain Relief Hypnotherapy Sleep Edition

SATURDAY

Pain Relief Part 1 Hypnotherapy
+
Arthritis Pain Management Hypnotherapy (if applies)

SUNDAY

General Pain Relief Hypnotherapy
+
Pain Relief Part 2 Hypnotherapy