

Christian Hypnosis Instructions

1. Find a quiet, comfortable place where there are no distractions. If you have a phone, turn it off; pets, place them someplace where it is quiet. If you have any other noisy devices or distractions, take care of those beforehand. They may bring you out of hypnosis by hearing them.
2. You can either lie down or sit up. As long as you are comfortable, it doesn't really matter. It's probably best to lie down at first, but if you fall asleep while listening to the sessions, then you should start to sit up. It is ideal to lie back at a 45-degree angle, a slant, such as in a recliner, but it doesn't really matter. As long as you're comfortable.
3. You will be able to hear the session all the way through, you will also hear any noises around you. You will probably feel like you could get up and stop if you wanted to, but you should feel so relaxed, so comfortable, so great, that that thought shouldn't even come into your mind. It's common for your mind to drift in and out and pay attention part of the time. It's ok if you find yourself not paying attention at times, just let go and don't worry about it. Don't worry if your mind is racing or constantly questioning yourself if you're hypnotized or not, just sit back, relax and enjoy the ride.
4. Some of you may fall asleep or not remember what happened during the session. This happens because you got so deep into hypnosis that you basically fell asleep, or at least entered into the light stages of sleep. Don't be worried or afraid, it's not a bad thing, just do it again at a time when you're less tired. Even if you do fall asleep the sessions can still be effective. Although for maximum results it's best not to fall asleep if you can help it
5. Start out by listening to whichever program you feel you need. It is recommended to go in order. **IMPORTANT NOTE:** make sure you listen to at least 3 sessions. The more you listen to the programs the better. Listen to the one you particularly need at least 3 times, then move on to the others. The order is not completely important but it is important to do all the sessions. You can rotate as needed.

NOTE: You should listen to the session that is most important to you at least 3 times. This is to ensure maximum results. *Each time you do it your mind conditions itself to go deeper and deeper, so be patient.*

The Effects of Hypnosis

Some of you will notice the changes immediately and they will feel instantaneously life changing. It will feel wonderful, and you may feel like you don't even need any other sessions. *Listen to the programs at least 3 times anyway to ensure long-lasting results.*

Some of you will barely notice a difference at first, but over time will notice the difference getting even better and better. Some of you will notice a profound difference immediately and will be amazed.

It sometimes happens that you will not be completely aware of the results. This is because it is your *subconscious* that we're working with. Sometimes when your subconscious has changed, it's hard to notice. Programs are designed to create positive, permanent behaviors. They're made so your habits change to where it's natural and automatic to do good habits (or whatever it is you're working on), this is why in some cases you might have to really think hard of the benefits it's giving you. Just as some of you may have found yourselves driving down the road while daydreaming and all of a sudden realize that you hadn't been paying attention and you wonder how you stayed on the road.... sometimes the effects of hypnosis are a lot like that. You do them but don't necessarily realize that you're doing them. I find many times my clients have their spouses noticing the changes more. Most people will notice a difference after the first time. As you continue to listen to the sessions more, the results will be even more and more subconscious, you will realize it less and less, this is because it is being engraved in your subconscious mind and you are doing things naturally, without thinking about them.

Thanks for Purchase and We Wish You the Best!

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