

Thank you for downloading this self-hypnosis program; it contains powerful methods for helping you to achieve your goals. It is recommended that you use this program at night, while in a safe place and a state of relaxation.

Never listen while operating a moving vehicle.

There are several tracks on this recording.

Recording 1, Hypnosis Instructions, only needs to be listened to once, or as many times as needed.

Recording 2, Self-Hypnosis Nighttime Recording, is the activating hypnosis track and the most important recording in the collection. Listen to this track every night when you lay down to sleep for 21 days. It is designed to produce a rapid subconscious change.

Recording 3 is a bonus track designed to compliment Recording 2. It can be listened to after finishing the 21-day cycle. It's a great bonus recording that will help you succeed with new energy and confidence.

Recording 4 is the Alpha Binaural Beat Session. Alpha operates at between 8 and 13 cycles per second. This natural state occurs while daydreaming, fantasizing and during creative visualization, and is often associated with a deeply relaxed state, a light trance or with meditation.

Recording 5 is the Beta Binaural Beats Session. Beta has the highest frequency – between 13 and 40 cycles per second – and is associated with our normal, everyday waking state. Beta helps in logical thinking, analysis and active attention. Stress can throw the frequency into the higher ranges of Beta.

Recording 6 is the Delta Binaural Beats Session. Delta has the lowest frequency – between 0.5 and 4 cycles per second – and is produced during deep sleep.

Recording 7 is the Theta Binaural Beats Session. Theta operates at between 4 and 8 cycles per second. Theta is associated with intuition, and is the state that allows us to access our subconscious. It is activated during dream sleep and in deep meditation. Theta is also associated with

creative thinking, allowing us to tap into our inner genius.

Recording 8 is Calming Brainwave Therapy. This is a very relaxing recording that can be listened to day or night. Great as a background at work, it can also be used during other tasks, and is an excellent meditation tool. Using sounds specially recorded to calm the mind helps to anchor the suggestions given in hypnosis recordings.

What is hypnosis?

Hypnosis is a natural state of consciousness that you probably experience many times a day without realizing it. In this state of focused concentration, your mind pays attention to something other than what's in your immediate surroundings. The hypnotic state can occur while you read a book, watch TV, listen to music, drive a car or daydream. Hypnotherapy is the application of techniques that help the subconscious to discover and release the root causes of your problems. In hypnotherapy, a trance state is induced and visualization is used to relax and guide you to recognize your positive attributes and abilities. This enables you to see new solutions and make the positive changes that you desire. In the trance state, the power is really in the mind of the person being hypnotized; the hypnotherapist is just a guide who facilitates the hypnotic process.

Thank you,

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