



# Hypnosis Audio

## How To Use The Recordings

### Key Points

- This recording will guide you into a deep state of mental and physical relaxation and it is recommended that you listen through headphones while lying or sitting somewhere comfortable where you won't be disturbed.
- Do NOT listen while driving or operating machinery.
- If you suffer with serious depression or epilepsy please consult your doctor before using the hypnosis and meditation recordings.
- At the end of the session you will be gently brought back to full waking consciousness. However, some titles offer alternative tracks with sleep/nighttime endings which guide you to sleep, these tracks are ideal for use at bedtime. On the tracks with wake up endings there are a number of positive subliminal suggestions that are embedded in the fade out music for added effect.
- When you are instructed to repeat affirmations, connect with positive feelings (e.g. happiness, joy, love), as this will help you absorb the suggestions on a deeper level. You don't have to repeat the affirmations out loud but do make a strong connection with them.
- Listen every day initially for 21 days and then as and when you wish. However, this is purely a guideline and you can listen to the recordings as often as you like. It is important to remember that you are being guided, so you will always be in full control of the whole process. If at any time you want to stop, just open your eyes and you will be wide awake.



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#### Credits:

Introduction music written by Glenn Harrold. Individual background music pieces by:  
Glenn Harrold (Diviniti Publishing Ltd) & Christopher Lloyd Clarke (Licensed by [www.RoyaltyFreeMeditationMusic.com](http://www.RoyaltyFreeMeditationMusic.com))

### Useful Links

- Join Glenn's Facebook fanpage: [www.facebook.com/glennharrold.fanpage](http://www.facebook.com/glennharrold.fanpage)
- Follow Glenn on Twitter: [www.twitter.com/glennharrold](http://www.twitter.com/glennharrold)
- Glenn's personal/subscription website: [www.glennharrold.com](http://www.glennharrold.com)
- Subscribe to Glenn's YouTube Channel: [www.youtube.com/user/doctorofthemind](http://www.youtube.com/user/doctorofthemind)
- Glenn's Instagram: [www.instagram.com/glenn\\_harrold](http://www.instagram.com/glenn_harrold)

We are always delighted to hear of your success stories so please feel free to email us with any feedback.

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