

## **Using the MP3.**

Self-hypnosis can be a powerful tool to distract the mind from the whirlwind of negative thoughts. Hypnosis creates a wonderfully relaxed state in which our subconscious mind can be receptive to empowering messages. Research has shown that 20 minutes of guided hypnosis can be as useful to the brain as 4 hours of sleep. The language is designed to help your mind be focused on your body, your breathing or the environment to induce relaxation before talking directly to your subconscious mind. This can result in a peaceful sleep if used prior to bedtime. The following instructions require are applicable to most. Below are some guidelines to help you get the most from the MP3's.

### **When NOT to use this MP3:**

If you are prone to seizures when in relaxed state, it is advisable to seek medical guidance from your GP before using the MP3.

Do not listen to the MP3 whilst driving or operating any machinery that places you or others at risk.

Do not leave candles or other flammable items unattended to (ie your dinner in the oven!).

### **When you should use this MP3 & how to make the most of your new MP3:**

Do listen to it during the day should you wish to feel relaxed with the above caveats.

Make sure you are as comfortable as possible. If you are sitting and listening to the MP3 a blanket will help as the body temperature naturally drops when in a static relaxed state. Closing your eyes helps visualization but is not a requirement. Focus on a spot (ie on the wall or floor) and your mind will gradually enter the same trance.

You may wish to set an alarm if you are listening to this during the day just in case you drift off.

If you are listening to the MP3 prior to bed, get yourself ready and make it the last thing you hear. It should be loud enough to hear but quiet enough that you can drift off if you want to.

Writing a short list of all the things you have enjoyed or achieved that day can aid the process of hypnosis. It also reminds you that not every day is all bad. Do this before listening to the MP3.

There is no expectation to stay awake and listen to every word. Your mind will know what it prefers to do. It may wish to listen to every word or it may decide to drift off- this is likely to vary every day.

The MP3 can be used with children as young as 2 years old at bedtime. There is a specific children's MP3 available on the website.

If you do wake up during the night, you can listen to it again should you wish to do so.