

# HYPNOSIS AUDIO CARE GUIDE



This Hypnosis audio was created to transform your mindset on a subconscious level. Rewiring your beliefs and tapping into your inner power. For the best experience and results, make a commitment to yourself. Working with your conscious mind and subconscious mind, this is where the magic happens and long lasting transformations take place.

## WHEN IS BEST TO LISTEN?

You can listen at any time of the day, whenever works best for you. I recommend listening just before going to sleep at night, this will help you get into more of a relaxed state.

## HOW OFTEN SHOULD YOU LISTEN TO THE HYPNOSIS AUDIO?

For the best experience I recommend using headphones. Make sure you are in a quiet, comfortable place and where you won't be disturbed.

***WEEK 1 - listen 4 times***

***WEEK 2 - listen 3 times***

***WEEK 3 - listen 2 times***

***WEEK 4 & beyond - listen once & then whenever you feel you need a boost.***