



Desire for Change Hypnotherapy

Hello & thank you for purchasing a hypnosis download from **Desire for Change**.

Here are just a few pointers to make sure you get the most out of your download.

- 1) When you listen to your download make sure you are nice and comfortable, and that you will not be disturbed for around half an hour. Don't forget to turn your phone off!
- 2) When listening to your download concentrate on the recording. Try and clear your mind of wondering thoughts and being disturbed from the everyday noises around you. If you do start thinking about other things, just bring your mind back to my hypnotic voice.
- 3) Hypnosis is very relaxing; just enjoy having time just for you.
- 4) If you are visual (can see pictures in your mind) visualise what the download is talking about. If you are not, just feel the descriptions. Either way is totally fine. Remember we are all individuals.
- 5) Ideally try and listen to this recording every day for 2 – 4 weeks. This will give you the best long-term results. However I understand we all have very busy lives! If this is not possible listen to it as much as you can.
- 6) Never listen to this download while driving or operating equipment.
- 7) If you have any concerns about your health and hypnosis, please speak to your GP before listening to your download.

If you have any questions please email me - ali@desireforchange.co.uk

I hope you enjoy this amazingly relaxing state and the wonderful positive changes it will bring you.

Ali

Clinical Hypnotherapist