



6 Tips for Hypnosis Programs

Dr. Jay Stone

Dear Valued Customer,

Thank you for choosing to purchase one or more of my programs. You may listen to each program you buy hundreds of times and derive multiple benefits from your relaxation each time you re-listen to your programs. The programs you bought are a great value when you consider how many times you can listen to them, and what you can accomplish through your hypnotic relaxations. My fondest wish is that the programs you purchase help you to relax multiple times and achieve your goals, including the important, new ones you have to consciously consider.

Here are six tips for getting the most from your hypnosis programs.

Tip #1 Re-listen to Your Programs

Re-listen to your programs as often as you can. Hypnosis is a conditioned response. For example, I am not a marathon runner. I couldn't run a marathon next week, next month, and maybe not even next year because I have to condition my mind and body to run further and faster. Similarly, with practice you condition your mind and body to relax more, and you condition your mind and body to relax deeper so that you accomplish your conscious and unconscious goals that initially led you to your hypnosis programs.

Place the following suggestion somewhere in your unconscious where you can get at it if you need to give yourself a friendly reminder: if you stop listening to your programs you can start fresh even if it's three months, seven months, or a year later. In my experience, my clients, customers, and students who frequently listen to their relaxation programs are the ones who experience the greatest hypnosis benefits.

Tip #2 Create a Quiet Environment for Your Listening Benefit

Before you listen to this program, silence all of your phones' ringers and ask the people you live with to not disturb you for the entire length of your relaxation. My family members and friends have been most receptive when I have asked for 20 minutes of privacy to relax. When I cared for my mother, who was battling cancer, she vigorously guarded my 20 minutes of daily solitude. I helped my mother fight cancer ([create link](#)), and my mother made sure I had quiet time to relax and rejuvenate myself each day. When on overnight trips with friends who don't believe in the power and benefits of hypnosis, my friends still respected my desire to take a 20 minute deep relaxation break each vacation day. I believe that most of your family and friends will initially support your desire to relax, and those who don't will change their opinion as they observe your increasing calmness, energy, and self-improvement.

Tip #3 Listen with Headphones

I strongly encourage you to listen to your program through headphones, especially headphones that cover your ears. The most common definition of hypnosis is “an extreme state of concentration.” Because headphones help you to highly focus on the suggestions and relaxing nature sounds and music, headphones are an invaluable aid to hypnosis and relaxation. If you already own good headphones, then use them for your hypnosis programs as you have experienced what I have said about hearing great sound through headphones. If you’re interested in hypnosis and plan to use hypnosis frequently to better yourself and achieve your goals, then headphones are a great investment. If you plan on practicing 20 minutes of daily relaxation as doctors and experts recommend, then your headphones will serve you well for many years. Headphones that cover your ears will insert into an IPOD or computer, as well.

Tip #4 Wear Eyeshades as You Listen to Your Programs

To help your eyes, nervous system, and body to relax, I suggest you wear eyeshades while listening to your hypnosis programs. At the start of some of my hypnosis programs I suggest fully opening the eyes and closing the eyes in small increments until they’re completely shut. You will still be able to comfortably move your eyeballs if you are wearing eyeshades. I am a huge fan of the eyeshades sold on the Bucky.com (Insert Link) website. Bucky sells two types of eyeshades, the “Ultralight” and “Shades.” I have both styles and prefer the Ultralight eyeshades. The Shades model comes with earplugs that you won’t use because you’ll be listening to your hypnosis programs, preferably through headphones. Since eyeshades will come in contact with your body, choose eyeshades that feel right for your body. (I receive no compensation for recommending Bucky’s products.)

Tip #5 Some Hypnosis and Relaxation is Better than None

Every time you listen to your hypnosis programs you do not have to listen to them in their entirety. You may set an alarm on a clock or countdown timer if you want to shorten the length of your deep relaxation. The length of my programs are as short as 12 minutes and as long as 30 minutes. Suppose you purchased a 30 minute program, but your schedule only allows for 15 minutes of relaxation. Instead of listening to your entire program, set the alarm on your clock to sound 15 minutes after the start of your hypnosis or set a countdown timer so that after 15 minutes of hypnosis your countdown timer signals you to return to your normal consciousness. A shorter amount of hypnosis is always better than none.

Tip #6 Practice Hypnosis and Relaxation During the Day

Many of my clients, students and customers listen to their hypnosis programs just prior to falling asleep. Each day we experience several activity-rest cycles. Our minds and bodies require regular daytime relaxation during the rest portion of our daily activity-rest cycle. The period when you experience your biggest dip of energy is the ideal time for you to relax and naturally rejuvenate your physical, mental,

and emotional energy. Most people experience their low energy during the mid to late afternoon. If you can't practice your relaxation because you're working, commuting, etc., then perform your hypnosis as close to your low energy time as you possibly can. The timing of your hypnosis is nearly as important as the hypnotic technique or suggestions. Because of your mind and body's need for relaxation and its many benefits, I highly encourage you to practice regular daytime relaxation. You may start to notice the benefits of your relaxation immediately. It's almost impossible not to improve if you practice hypnosis daily for 30 consecutive days. If you enjoy your hypnosis before bedtime, please continue your healthy habit, but I highly recommend you add daytime hypnosis to your self-care regimen.

Sincerely Yours,

Dr. Jay Stone