

## Answers to some commonly asked questions...

### Frequent Qs & As

#### **Q: How to best use the app?**

A:

1. Click 'favourites' at the bottom of the app and create an album for yourself "+" button top right-hand corner. We recommend you name the album based on what you want to achieve, for example, personal development. You can create multiple albums; one may only have music/sounds for meditation and another, your hypnosis program which focuses on your specific area of improvement.

2. Once your album is created, click 'explore' at the bottom of the app, and you will see various categories; each category will have multiple hypnosis programs. Press the category that interests you to view the hypnosis programs.

4. Select the program you may be interested in; at the bottom of the recording, you will see 'about'; lightly press to read the information and its benefits.

**NOTE** (a) We recommend the user select 1 or 2 hypnosis recordings best suited to their current situation at one time. Listen daily for a minimum of 8 weeks before deciding on another program.

5. Once you have chosen your 1 or 2 hypnosis programs, click on the 'heart' icon. Your album will appear; click the album of choice (you may have a few) and place the program in your album. Only have 2 recordings max in one album.

6. Every time you use the app, you can go straight to your album, click on the recording, lie down in a quiet, safe space with no distractions, and press 'play'.

#### **Q. What is Hypnosis**

Hypnosis is completely natural. Your conscious mind is always there, it's just moved to the background whilst your subconscious mind is paying more attention. Hypnosis resembles sleep or a daydream state, it's considered focused relaxation and feels like meditation. However, in meditation, you are the observer whereas hypnosis is about actioning towards a new outcome. Both are considered a trans-like state known as detached awareness.

Hypnosis is a state of focused attention and heightened suggestibility induced for various purposes, including personal development. During hypnosis, your body enters a state of deep relaxation and your mind becomes more relaxed, which allows access to the subconscious mind. This is where deeper thoughts, memories, beliefs, and emotions reside, by accessing the subconscious mind, hypnosis aims to bring about positive changes in behaviour, thoughts, and feelings as it is more responsive to new suggestions during hypnosis. You only accept the suggestions that you really want to accept.

#### **Q. How do I know I've entered Hypnosis**

Hypnosis, and how it feels is different for each individual. In principle, the moment when you close your eyes and anytime your imagination becomes active you are automatically in a light trance, known as the Alfa state of mind (daydream). The hypnosis recordings are designed to deepen your state to Theta state of mind so that new thoughts and suggestions can be absorbed even better. Hypnosis is a natural state of mind that individuals go into when they are not thinking and act out certain behaviours or patterns without thought

(autopilot). The depth of your hypnosis will vary depending on how you feel on the day. Sometimes you may go deep; at other times more everyday thoughts will come to the surface. The more practice, the easier and the better it'll be.

**Q: I feel dehydrated or have headaches after I listen to the hypnosis.**

A: It is highly recommended always to have a glass or two of water before you listen to our hypnosis programs. Hypnosis can often leave you feeling dehydrated (the cause of headaches). When we make changes on a deeper subconscious level, a lot of energy is redirected to our physical body. It is perfectly normal and happens when advanced mental processing occurs and its effect through the mind-body connection on your physical self.

**Q: How long do you listen to 1 Hypnosis recording?**

A: As often as you like. For many people, self-hypnosis becomes an essential part of their daily routine. To receive the program's full benefits, we recommend listening to the recording daily for a minimum of 8 weeks. However, everyone is different and may require longer or less time depending on the changes required.

**Q. When will changes start to happen?**

Every individual is different. Some suggestions take a while to be effective and require constant repetition. Some may experience change after the first or second session. We recommend not putting a timeframe on yourself, giving yourself time, and being consistent. For any big issues, always seek professional advice and help from a therapist.

**Q: I have been experiencing vivid dreams during/after using the hypnosis sessions.**

A: Subconsciously, when we are processing extremities of new thoughts or feelings, our dreams begin to reflect these changes. No reason to worry as it is just a natural process of your subconscious adapting to changes and internally playing a metaphorical movie to consciously reinforce or put closure to your changes within. Often these are represented by abstract or nonsensical imagery/characters, which is indicative of dreams in general, whose purpose is to convey an indirect message; such is the way our subconscious works.

**Q: Are all the hypnotherapy titles suitable for children?**

A: All the hypnosis recordings in our catalogue are suitable for children so long as they have a basic comprehension of the English language. Hypnosis is 100% safe and effective for children and adults alike. However, we recommend that children under 18 not listen unless it's in the children's catalogue.

**Q: What is the pulsating sound in the background of our hypnosis recordings?**

A: These sounds are unique brainwave entrainment frequencies. They are designed to help lower your mind into a hypnotic state. If you feel distracted by them, turn the recording down a little or just try not to focus on them too much and let yourself flow with the recording.

**Q: Some of the spoken words on the recordings are not grammatically correct?**

A: We purposefully use grammatically incorrect words and phrases as what is referred to in hypnosis as 'confusion techniques'. These are designed to distract/bypass your conscious mind to engage your subconscious further, increasing the efficacy of the hypnosis. There is no need to analyse every word spoken on the recordings; try to switch off and let your mind drift without thinking about things too much.

**Q: Does Mind Motivations only have recordings in English**

Yes, all our recordings are in English