

# How This App Works & FAQ



By Glenn Harrold

# How This App Works & FAQ

If you have any questions please see:

[\*\*www.glennharrold.com/faqs\*\*](http://www.glennharrold.com/faqs)

if you cannot find an answer please  
contact [support@arkenea.com](mailto:support@arkenea.com)

The best way to listen to the audio track is when you are lying down at a time when you won't be disturbed. If you are listening at night, to go to sleep, we advise placing your device in ***Aeroplane mode*** so it won't disturb you.



For full effect you should listen through headphones as this way you will absorb all the post hypnotic suggestions and affirmations that pan across the stereo range.

**Do not listen to the hypnosis track while driving or using heavy machinery, as this is a powerful hypnosis recording that will guide you into a deep state of mental and physical relaxation.**

**If you suffer with serious depression or epilepsy please consult your doctor before using the hypnosis and meditation recordings contained within this App.**

Listen every day initially for 21 days and then as and when you wish. However, this is purely a guideline and you can listen to the recording as often as you like. The subtle background sound effects are recorded in certain musical keys and frequencies to enhance certain states and help with the absorbing of suggestions.



When you are instructed to repeat the affirmations, connect with feelings of happiness and joy as this will help you absorb the suggestions very deeply. At the end of the hypnotherapy session you will be gently brought back to full waking consciousness.

Some Apps offer alternative tracks with sleep/night time endings which guide you to sleep, these tracks are ideal for use at bedtime. On the tracks with wake up endings there are a number of positive subliminal suggestions that are embedded in the fade out music for added effect.

The self-hypnosis eBook will help you understand hypnosis and will show you step by step how to use it; to create goals and overcome problems specific to your needs.

## How to use the recordings

The recordings work in varying degrees and will be different for each individual. It is impossible to give an estimated time, but after a few listens you should begin to notice some positive changes.

Sometimes the positive changes can be instant and dramatic but usually people experience a gradual, subtle progression into a new pattern of behaviour over time.

You can listen to any recording as often as you like and it is said that 21 days is an ideal length of time to change a pattern of behaviour. The key to absorbing hypnotic suggestion is compounding; the more you hear the suggestion the quicker your unconscious mind gets the message.



In summary, it is best to listen to the recording on a daily basis initially, and continue until you have reached your goal or overcome the problem. You may even choose to continue listening indefinitely.



With the Weight Loss recordings for example, you can continue to use them even after you reach your target weight, as it will re-enforce your determination to remain in control of your weight and keep you focused.

Please feel free to email us at [sales@hypnosisaudio.com](mailto:sales@hypnosisaudio.com) with details of your progress as we are always striving to improve the series where possible and your comments are valued.

If this App helps you, please post a positive review, as good reviews will help to boost its popularity. Many thanks!





# Resources

**Hypnosis FAQs:**

**[www.hypnosisaudio.com/faqs](http://www.hypnosisaudio.com/faqs)**

**Glenn's personal website:**

**[www.glennharrold.com](http://www.glennharrold.com)**

**Facebook:**

**[www.facebook.com/glennharrold.fanpage](http://www.facebook.com/glennharrold.fanpage)**

**Twitter:**

**[www.twitter.com/glennharrold](http://www.twitter.com/glennharrold)**

**Instagram:**

**[www.instagram.com/glenn\\_harrold](http://www.instagram.com/glenn_harrold)**

**YouTube:**

**[www.youtube.com/user/doctorofthemind](http://www.youtube.com/user/doctorofthemind)**

Diviniti Publishing Ltd  
Unit 1 Bourne Enterprise Centre,  
Wrotham Road,  
Borough Green,  
Kent,  
TN15 8DG  
United Kingdom

**Tel: 0044 (0)1732 882057**

**Fax: 0044 (0)1732 883532**

**[www.hypnosisaudio.com](http://www.hypnosisaudio.com)  
[sales@hypnosisaudio.com](mailto:sales@hypnosisaudio.com)**



**© Copyright 2014**  
**Diviniti Publishing Ltd**