HOW TO MAKE HYPNOSIS WORK FOR YOU

As you know, most of my clients are very successful with hypnosis, and many receive far more benefits than expected. I have written this to remind you of how you can be one of the successful majority, and avoid the mistakes which account for the few who don't get the results they want. I have explained to you in depth how hypnosis works, how it can help you and how vital your cooperation and commitment are. My role is to help you help yourself. I will provide you with the tools you need to succeed as quickly and easily as possible but I cannot accomplish the change for you. To give the hypnosis a chance to work keep the following in mind:

1. Ignore ALL pre-conceived ideas you have about hypnosis, especially those that came from Hollywood! The truth is that everyone can easily be hypnotized and this includes you. Remember that we are naturally in and out of hypnosis many times each day.

2. Play hypnosis recordings at least once each day and follow all the instructions. Even though you may learn every word on the recording, keep the same level of enthusiasm each time, so you get the maximum benefit.

3. PRIORITIES AND DETAILS. Our hypnosis is whole person centered, which means that rather than just removing or masking symptoms, it is aiming to reframe its cause, establishing a natural state where change can occur. Because of this, the priorities being addressed may seem different than you initially expected. The priorities are planned carefully, based on many years of experience. With the proper foundation to your program you can expect solid, lasting progress. This is our aim - not a superficial, short-lived "quick fix".

4. Two essential priorities relevant to most cases are relaxation and life changes, as has been explained. Both are essential and can't be skipped or applied half heartedly. If you have any doubts or questions about these then speak to me about them as soon as possible.

5. PATIENCE. Hypnosis is extremely fast and effective compared to alternatives, but it can still take time to change. Years of unwanted habits can change in days or weeks, but it is rare for changes to occur overnight. The effects of hypnosis are cumulative. Some people need time to get used to working with hypnosis, so persist with it. As with all change, progress generally has ups and downs - with the general trend being upward. Some days are better and easier than others. Plateaus are not unusual. These are all necessary steps that are a natural part of changing. Some resistance from the subconscious is also natural. It doesn't want to change. If it did you wouldn't have needed help to begin with. Resistance is a sign that the subconscious is responding to the hypnosis, and it will soon pass. Remember that if you are
applying yourself to the program then positive changes are taking place even if you are not consciously aware of them yet. The mind works in mysterious and individual ways, and it cannot be predicted exactly how it will respond at each stage. However, long-term results can be predicted - and this is where your attention should be focused.

6. BE CONSISTENT WITH SESSIONS! Avoid gaps, unless they are a planned part of your program. The largest reason for failure with hypnosis is irregularity of sessions. The cycle of conditioning is broken and you may regress. Also, don't try one or two sample sessions to see how it goes and then base your success on that. Remember that the priorities may be different than your pre-conceived ideas.

Also, changes may need time to show on a conscious level. You may be an excellent subject with wonderful results just around the corner. Don't try to limit your mind's nature. It is a waste of time and money. The sessions complement each other and can only be judged when the program is complete. Be 100% committed to stick with it, if you want to join the thousands of other successful clients. Most of them saw their sessions as an important investment, and knew they had direct control over the dividends they received. Adopt this same winning attitude. Half measures bring half results. By any standards hypnosis is amazingly fast and successful, and extremely economical compared to alternatives. It is hard to find such value nowadays.

7. Be open and honest with me. Also, let me know of any other treatment you are receiving, or have received that could affect what we are doing. The more information I have the better I can help you.

8. When practicing hypnosis and relaxation, remember that no EFFORT is required. Effort creates tensions and blocks. We have been taught to apply stress and effort in order to succeed, but this way of thinking has no place here. Instead, just be open and receptive and let it work for you. You cannot force results.

9. Have realistic expectations and time goals based on your hypnotist's professional assessment.

10. STAY POSITIVE. When you are hypnotized my suggestions AND all your thoughts influence your subconscious mind. If you are thinking of doubts, negative thoughts etc. even to a small degree you are directly helping to sabotage your progress. It is a form of destructive self hypnosis. Avoid thoughts like: "What if I can't do it"...."What if it doesn't work"...."What if I can't be hypnotized"... etc.

Remember this mental attitude: "I like this - this is working!!" This is the correct, and only, mental attitude to keep in your mind when you are hypnotized. Feel and want the changes, and give energy to this feeling. This is like a double whammy to the subconscious. And even if you have to pretend with it at first – still keep this winning attitude. Remember that imagination is real to the subconscious.
So believe the things you create in your mind in hypnosis. And I mean REALLY believe it. Know it. Your past does not determine who you are, what you think and believe NOW determines who you are. If you focus on the past then you will create more of the past … if you focus on what is you will hold that in place … so focus on what you want now – and that’s what you are creating.

Another important point: Remove the words 'hope' and 'try' from your vocabulary. They are negative to the subconscious and breed failure. Instead, COMMIT to absolute success, no 'ifs' or 'buts'.

11. DON'T THINK! All you have to do is be receptive. There's no pressure at all. If your mind wanders (which is perfectly natural) or you are analyzing my suggestions all you have to do is to repeat my words to yourself as I say them, with feeling. I don't want you analyzing during the hypnosis, because this puts more energy in the conscious mind - and we want it in the subconscious. Think afterwards! Also concentrate on proper breathing as you have been taught.

12. If you find anything difficult then you are probably trying too hard or not following these instructions. Just go along with it. If you feel stuck then all you have to do is pretend everything is working the way you want. Imagination is real to the subconscious, and this is precisely what we want! You can’t go wrong! The door to the subconscious will easily open, whether you are aware of it or not. Deep hypnosis means a more responsive subconscious. Because you are not aware of the subconscious you could be in a very deep state without even being aware of it. So again - stay positive! Expect and enjoy the results.

The only person who can stop this working is you. So be sure you understand these instructions. Hypnosis always works as long as you let it. It’s very easy. All of these points are CRITICAL. If you ignore them you can stop the process working effectively. The processes being used are highly advanced and have worked for thousands of people. You can be at least as successful as any of them.

All the odds are in your favor - so PREPARE FOR SUCCESS. Be ready for the positive changes and look forward to them. Remember - if you continue to do what you've always done then you'll continue to get what you've always got. So let your life change - it's for the better!

Make sure that you are familiar with all the points made here, and speak to me if you are unsure about anything. Read them before you play your recording for at least the first 7 days. Don't skip it! I need your cooperation.

Andrew McCole C.H.

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