***Hypnotherapy and Relaxation Audio Files***

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***07887714892,*** [***www.getmindfit.co.uk***](http://www.getmindfit.co.uk)***: Hypnotherapy, Mindfulness Teaching, NLP, Coaching, Resilience Training, Easibirthing, Corporate Work and individual one to one. Helping you achieve your potential and resolve your issues.***

***Please read this through carefully, BEFORE you play an audio file.***

Learning to relax will help you control your anxieties, cravings and fears and the tension associated with them. Relaxation is generally easier if you follow these instructions:

1 The best time to listen to an audio file is when retiring to bed or relaxing during the day. Some even like to play them first thing in the morning. Experiment and check out what is best for you.

2 Practise in a quiet environment. It is important that there be no disturbance for the duration of the recording; otherwise a tension might be created in the subconscious mind which could act as a barrier to the successful induction of relaxation and self-hypnosis.

3 If you are physically or mentally tired the induction may not have time to work before you pass into a natural sleep. On such days it may be preferable to listen earlier in the evening.

4 Do not use recordings in a moving vehicle or when handling machinery. Avoid practising after a meal.

5 Set time aside to practise regularly to improve results. Every day is recommended. Upto twice a day.

6 After the first week, alternative recordings can be used on alternative days.

7 Lie down with your body in a straight line , feet uncrossed and eyes closed or sit in a comfortable chair with your hands in your lap or on chair arms and feet uncrossed. Remove contact lenses and shoes if possible.

8 Enter your relaxation passively. Just let it happen.

9 There is only one way the recording can fail; that is if you fail to play it. Success is only a matter of time and varies with individuals.

10 The biggest obstacle to playing your recording is the subconscious mind itself. It may try to stop you listening to the recordings or even attending sessions. The reason for this is because the subconscious does not like change which it may see as a threat to its survival. Take no notice of it as it is not a reasoning mind. Your reasoning, conscious mind is always considering change. Every time you consciously do your act of self improvement and survive, you demonstrate to the subconscious mind that the act, after all, is not dangerous and it then withdraws its opposition.

**Precautions and Contraindications:**

11 If you are suffering from epilepsy, you should check with your doctor as to whether it is advisable, as hypnosis can trigger emotions sometimes, which could possibly trigger an attack

12 if you have diabetes, please make sure your blood sugar levels are steady, a syou may fall asleep

13 if you are asthmatic, ensure you have your inhaler by your side, as you may feel drowsy