

# How to Make the Most out of Hypnosis Audio Recordings



*A Guide by Erika Flint, BA, BCH, CPHI  
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# How to Make the Most out of Hypnosis Audio Recordings

The most important aspect of having success with hypnosis audio recordings is repeated listening. This is similar to other things in life where repetition, or daily practice, is one of if not the most important part of achieving your desired result. The more you listen to an audio recording, the more the message will become part of your daily life.

Daily listening is recommended. Choose a time that is right for you and your lifestyle. Most people find that before going to bed, upon waking, or lunch time are great times to listen to hypnosis audio, but it does need to work into your lifestyle. Another great time is during a mid-morning or mid-afternoon break or immediately after work.

In general, it's advisable to listen to a single hypnosis recording twice daily, in a comfortable position where you will not be interrupted. However, in this modern world full of interruptions even listening at your desk during lunch can provide benefit and will likely produce meaningful results. Or if you take public transportation, you can listen while during your morning or evening commute ( as long as you aren't driving ).

These recordings were designed to be on average less than 15 minutes in length which gives you an opportunity to listen during the course of your daily routine one or more times with minimal interruption.

You will find the more you listen, the more powerful the results are. This is because with everything in life we get better with practice. Don't worry if you're not able to "visualize" or believe you're not a "visual" person. Not everyone learns in the same manner, and therefore what is important is that you are able to think or imagine the changes you want to take place in your life – whether you're able to visualize it or not does not matter.

## Frequently Asked Questions about Hypnosis Audio

### **What does a good listening routine look like for optimal results?**

For optimal results, listen to a single hypnosis audio recording 3 times per day. The audio recordings are designed to be less than 15 minutes in length and allow you to fit them into your daily routine as soon as you wake, then again around lunch time, and lastly right before bed. Another common time to listen is immediately upon ending the work day, if you go to work during the day. Listening immediately upon ending the work day provides a nice segue enabling you to fully transition to your evening routine - leaving behind so to speak the day at work and be fully present for your evening.

## **When and where should I listen to the self hypnosis sessions?**

Anytime you'd like except when driving or operating heavy machinery. A good time to listen is right before bed, and again as soon as you wake up. This twice per day method has the added benefit of beginning and ending your day with the intention and change you want to make in your life.

## **How often do I need to listen to each self hypnosis session?**

There's no clear answer to this question, however repetition is the key to success. The simple answer would be until you achieve the results that you desire. But you will find the powerful positive message becomes even more powerful over time, and the recordings soon become part of an enjoyable routine that becomes part of daily life helping you sleep better and feel better over all.

## **Should I listen to different recordings or stick with a single one?**

It's more powerful to focus on a single issue at a time. Consider any change that we desire to make in our life, it's better to focus on one task, then move on to the next. That being said there are some hypnosis recordings that are of general benefit and can be listened to along with other recordings. There are also some sessions that are complimentary to each other.

## **Can I listen to multiple sessions in a row?**

You should focus on one issue at a time. The subconscious mind will tend to focus more closely on the last thing it heard, so if you want something to really "sink in" listen to the recordings individually. However, if you do want to listen to more than one in a row you can find complementary recordings that can make sense. One method for listening to more than one in a day is to listen to one session in the morning or lunch, then a second in the evening or before going to bed.

## **Can I put the recordings on my phone, tablet, ipod, etc. ?**

Yes. As with any audio recording that you have purchased, you can add the hypnosis audio recording to your music library and listen as you choose. Check your product manufacture guidelines to learn how to transfer music to your favorite device.

## **Is there a limit to how many I should listen to in a day?**

For the full benefit of each recording, I recommend listening to a maximum of three sessions per day that compliment each other.



## **Are these recordings suitable for falling asleep to?**

Yes, and you'll find that the recordings are designed to be relaxing and therefore make falling asleep to very easy. The end of most of the recordings include a suggestion for emerging feeling refreshed and energized, however if you're tired and have an intention of falling asleep you will find you are easily able to do so and may even fall asleep before the end of the recording.

## **Will I still benefit if I fall asleep while listening?**

The recordings do not work by osmosis - they are more valuable to listen to while in a light or medium state of self-hypnosis or while relaxed, however you can still benefit if you fall asleep because they are often used as a holistic sleep aide. Most people find they are able to fall asleep faster, sleep deeper, and over time are just sleeping more soundly in general from regular listening.

## **Do I need to listen with headphones, or can I use speakers or my phone's speakerphone?**

This is entirely up to you. Some people prefer the privacy and sound quality of headphones, while others prefer the comfort of speakers or the convenience of their phone's speakerphone. Either works just fine, although the quality of a phone speakerphone is usually not very high yet the convenience of this method often makes it the most used. Some find that using speakers allows them to more easily drift off to sleep without having to remove headphones.

## **What about my spouse, children, or pets?**

Some people have commented that they don't want to disrupt their (spouse, children, dog, etc.) with the recordings and therefore want to listen with headphones or completely alone, and there is good reason for that if you prefer a higher sound quality and don't want to be disturbed. But keep in mind that I've heard many stories of happy clients and customers stating that their family member overheard a recording and benefited from it. The music in the recording is specifically designed to be relaxing. Even without fully comprehending the meaning of the words, there is benefit it listening to the recordings. Also, it's important to note that the subconscious mind can easily reject any suggestion it does not like. Therefore there's no danger of someone overhearing a hypnosis recording that is not intended for them. The message is always uplifting and positive.

## **I'm finding it hard to relax, what should I do?**

Some people do find it hard to relax. This could be for a variety of reasons. But most people will eventually be able to relax. One thing to keep in mind is that you don't need to try so hard. Don't expect to just immediately relax. Relaxation is a process, and some times it will be easier for you than other times. If your mind wanders, that's normal. Once you are aware of your mind wandering, gently return it to the sound of the recording. Self hypnosis and relaxation become easier and more effective with practice, just as everything in life. So just continue along the path of listening daily and you will find that it becomes easier and easier for you to relax and you will begin to enjoy the full benefit of self-hypnosis and hypnosis recordings.

## **I'm not a "visual" person, is that a problem?**

Not being a "visual" person, or visual learner is not a problem at all. The audio recordings are designed to work with your preferred learning method - whether that's visual, audible, or kinesthetic which are the primary three ways people learn and think. Most people are a combination of all three. What is important is that you just allow yourself to go with the flow, go with the process. Relax, and settle into the session.

If you can not "picture" yourself in your mind's eye - that's OK. It's actually common, and normal to not be able to actually visualize something in your head. Some people can do this, and others can not. There's no right, and no wrong. Every person is different, every person learns their own way and each is unique and good - whatever way is best for you is correct.

All you need to do is think about it, in whatever way works best for you. That's why as a hypnotist I tell my clients to "imagine or think in any way you can" of the change they want to make. Imagining may be a picture in their mind, a feeling in their body, or a voice in their head. Any way that works best for you is right. Optimally, you would do what we call "embodying" the change. This means to use any and all forms of imagination and thinking about something - visually see it, hear it audibly, and feel it kinesthetically. Furthermore, you can smell and taste it as well although we now know that the human body is not limited to those 5 senses either! Just allow your own beautiful and creative mind to imagine in it's own way the best it knows how. Notice how you get better over time at doing this!

## About the Author

Erika Flint, BCH, CPHI is a Board Certified Hypnotist and Certified Professional Hypnosis Instructor with a full time practice in Bellingham, WA.

Before becoming a hypnotist, Erika was a software engineer and spent years problem solving in the high-tech industry. Now she enjoys working with the most powerful computing devices available - the human mind. She loves helping her clients make sweeping changes in their lives using the power of hypnosis. Erika is also a hypnosis instructor and loves sharing the skills and power of hypnosis with other hypnosis professionals and students.

Erika's voice has been described as calm, soothing, and like an old friend. If you are a client of Erika's you will benefit from listening to her hypnosis recordings by deepening and supporting your ongoing work. If you're not a client of Erika's, you can benefit from her recordings by knowing that these hypnosis session topics have worked for hundreds of Erika's clients - and by listening to them on your own it can prepare you for one on one sessions, or to expedite progress on your own or with another hypnosis professional.

Erika is an author of multiple online hypnosis articles at [hypnosis.org](http://hypnosis.org), and regularly appears on the popular online hypnosis educational video series, Cal Banyan's Hypnosis, etc., at [calbanyan.com](http://calbanyan.com).

Erika is a regular speaker on topics such as self-hypnosis, stress relief, healthy sleep, and hypnosis topics for hypnosis professionals.

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We would *love* your feedback on this guide, please send your comments and questions to [erika@CascadeHypnosisCenter.com](mailto:erika@CascadeHypnosisCenter.com).