



GETTING STARTED WITH YOUR HYPNOSIS RECORDINGS

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Welcome

Thank you for taking this first step. You've received two hypnosis recordings to support you:

- **Learning to Relax** – For daytime listening
- Learning to Relax and Fall Asleep – For nighttime listening

These recordings are designed to help you experience what hypnosis feels like and begin building a foundation of calm in your daily life. Many clients find that simply having these tools available brings immediate relief.

How to Use Your Recordings

Daytime Recording: Learning to Relax

Listen anytime you need a reset - during lunch, mid-afternoon, or right after work. Listen as you first wake up, before the day gets started - an excellent way to begin. Find a comfortable spot where you won't be interrupted for 15-20 minutes. You can listen at your desk, on your couch, or even during your commute (as long as you're not driving). I love listening outside on the deck in the sun when weather allows.

Nighttime Recording: Learning to Relax and Fall Asleep

Listen as you're settling into bed. This recording includes gentle suggestions for drifting peacefully to sleep. Many people set it to repeat using their phone's sleep timer - your subconscious will continue to absorb the calming message even as you drift off. This conditions you for calm. It gives your mind a break as you fall asleep. Feel free to listen if you find yourself awake in the middle of the night.

How Often Should I Listen?

As often as feels right for you. Some people listen to the daytime recording once or twice during the day, then the sleep recording at night. This is common at first! Especially when people aren't feeling well, to listen more at the beginning. Others listen only when they need extra support. There's no wrong way to do this - notice what works for your body and your schedule.

What to Expect

You don't need to try hard. Hypnosis isn't about forcing yourself to relax or "doing it right." If your mind wanders, that's completely normal. When you notice you've drifted away from the recording, gently bring your attention back to the sound of my voice.

You might not "visualize" anything - and that's okay. Not everyone thinks in pictures. Some people feel sensations in their body, hear words in their mind, or simply have a sense of things without clear images. Whatever way your mind processes the recording is exactly right for you.

It gets easier with practice. Like anything else, you'll find yourself settling into these recordings more quickly the more you listen. Your body and mind are learning a new skill - the skill of stillness, calm, and clarity. They tend to go in that order. We allow the body to become still, from there calm emerges, and clarity naturally occurs.

Common Questions

Can I fall asleep while listening to the nighttime recording?

Yes, that's what it's designed for. The suggestions are woven throughout, so even if you drift off before the end, you're still receiving the benefit. Many people use the nighttime recording as a natural "sleeping pill", and listen every night. Especially if they haven't always had good sleep.

What if I can't relax right away?

Don't expect to immediately relax the first time. Relaxation is a process, and some days will be easier than others. Keep listening. Your nervous system is learning, and each session builds on the last.

Should I use headphones or speakers?

Whatever works best for you. Headphones can provide privacy and sound quality, but many people prefer speakers so they can settle in more comfortably, especially for the sleep recording. Even your phone's speaker works fine if that's most convenient. If you have comfortable headphones, the premium experience is listening in a recliner with good headphones - it shuts out the whole world. And you can also experience hypnosis on the bus! The mind is amazing. At home, we go for a premium experience where you can create one.

What about my partner/kids/pets?

The recordings are designed to be calming and supportive. If someone else hears them, there's no harm - many people have told me their partner or child also benefited from overhearing a session. And even an anxious dog loved the recordings! As soon as my client

put the cd player (yes that old) in her lap, her anxious dog would hop up to join her, and settle down.

A Note from Erika

My voice has been described as calm, soothing, and like an old friend. These recordings are designed to support you exactly where you are right now -whether you're managing stress, struggling with sleep, or simply curious about hypnosis.

You don't need to be perfect at this. You don't need to clear your mind completely or relax instantly. You just need to press play and let your nervous system begin learning what ease feels like.

I'm looking forward to speaking with you at your consultation. Until then, these recordings are here whenever you need them.

Questions or feedback?

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Erika Flint, BCH, CPHI is a Board Certified Hypnotist 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 works with the most powerful computing device available—the human mind.