



Here's a checklist to prepare you each time you listen & ensure you're getting the maximum benefit from these hypnosis recordings. Then, on the next few pages, you'll find powerful tools & tips which can profoundly accelerate the changes you're creating by listening to the audio programs. Enjoy the journey!

- ❑ **Not in the car:** This may sound funny, but please listen to these tracks at a time when you are NOT driving a car. With the technology of podcasting and portable audio players, these recordings can be with you anywhere, so just remember that being in hypnosis is a dreamy state which is inappropriate for driving.
- ❑ **Headphones:** Listen using ear buds or headphones, if available. If they're not available, that's fine. They just help with the muffling of environmental noise.
- ❑ **Environment and Timing:** Set aside time with no cell phones, no to-do lists, no obligations, no distractions. Create this time just for you.
- ❑ **Partially reclined:** Listen in some type of reclining position, while keeping your head higher than your knees. Keeping the head above the knees ensures good blood flow, with deep relaxation and profound awareness. Laying down completely is an unspoken suggestion to the body that it's time for unconscious sleep, which isn't a receptive state. Also, your mind has a strong association to your bed, so choose a couch or another comfortable place, if available.
- ❑ **Sleep:** Hypnosis is not sleep, though it is very restful. You will hear every word we say, while feeling day-dreamy and comfortable. While processing the thoughts, ideas, or images being presented, your mind may wander but you will always return to the awareness of the audio you're absorbing. If you find that your mind is escaping into fully unconscious sleep while listening, simply prop yourself up toward more of a seated position and/or hold onto something with one hand to keep you "connected" somewhat to your physical surroundings.
- ❑ **Repetition:** Repetition is the way we form new belief systems, so listen to these positive ideas frequently and consistently until the new pattern is firmly integrated, since. You'll want to demonstrate your commitment to yourself by listening to one track each day. If necessary, every other day. At the very least, every third.
- ❑ **Order and Frequency:** Enjoy the Deep Trance track a minimum of 3 times first to ensure you're able to be deeply comfortable. The Process Tracks should be heard in the order they have been prepared for you, to receive maximum benefit. After listening to each of the Process Tracks at least once, you will have a sense of which ones you'd like to return to and experience again and again to make them stronger. You're one-track-a-day away from the life you want!
- ❑ **Interruptions:** If there is any interruption that requires you to stop the audio program, all you have to do is open your eyes, stand up, and stretch your arms and legs, bringing yourself to a fully aware and refreshed state of clarity.

Enjoy this time you're taking for yourself, reinforcing these positive ideas that you're choosing. Investing in these positive ideas, and listening to them, is a gift you're giving yourself, which means you're ready to create a new life pattern now.

We are always available to answer questions, receive feedback, and hear your success stories at the Contact Us page on the web-site. Have fun with this!

Welcome to your new life, exactly as you choose it to be.

Every choice you make affects your internal environment, which drastically affects the way you perceive your external one. So the good news is that the power is completely within you. You've already heard the bad news, which is that you haven't been using it very well, so you've had to go through some tough times. Want different results? Then develop a combination of new thoughts (use the audio recordings) and new actions (use the info below). **Click on any of the pictures** for more information on each topic! Welcome to your new life, exactly as you choose it to be.

The two most important actions you can choose to create easy release of anxiety are:

Fuel your body consistently.

It's a well-known fact that the single-most powerful anxiety reduction aid is the feeling of internal balance and calm that your body provides you when you provide it with the essential building blocks of nutrition. Specifically, when you give it the long-burning, consistent sources of fuel that can be found in foods rich in lean protein – almonds, turkey, soy bean and soy milk products. Less lean proteins: milk, cheese, peanuts, cashews, beef, and chicken. Balance the protein with whole grains and veggies!



Simple sugars (even the natural sugars in that apple!) and simple carbs (like the ones found in breads, crackers, etc.) burn quickly, so they are delivered in a single rush to the brain, causing it to overload. Moments later, that simple fuel has all burned away, causing the brain to panic. In the absence of food-fuel, the body manufactures adrenaline, giving you the same feeling as an attack of fear or anxiety – it can feel just like a roller coaster!

The importance of how powerfully nutrition affects the proper functioning of your internal systems cannot be stated strongly enough. It is completely within your power to make excellent choices with your nutrition. You can create an internal state of peace and calm by giving your body what it needs. Be sure to consult your doctor or a registered dietician / nutritionist to determine what's right for you.

Get 6-8 hours of sleep a night.



Sleep is a vital part of our mental health. Deep sleep, with full dream cycles is required each and every night in order to process information and release negative emotions. To get this kind of sleep, you'll want your sleep cycles to be unaffected by alcohol, sleeping aids, or the digestion of late-night snacks. You'll also want to get a minimum of 6-8 hours of rest.

Think of your dreams as a night janitor. While everyone else is snoozing, your dreams cleanse away the leftover thoughts and messages from the day before, putting them in their proper place. This frees the mind to return to the waking state the next morning with clarity and focus. Let your mind provide you with your full capacity for calm by choosing to get good sleep.



So you've got nutrition & sleep helping you, now choose a few items from the list of change-creating ideas below. These are quick tips to give you tools for releasing anxiety in your life. Please choose whichever options best fit your lifestyle. Keep in mind that choosing the most challenging technique can often give the most benefit. If you want your life to be different, then consider doing something you've never done, and enjoy the results!



Develop a negative thought replacement.

Wear a rubber band on your wrist. Every time you have a negative thought that leads to anxiety, snap the rubber band on the inner part of your wrist. Then replace the negative thought by repeating a positive one as you soothe your wrist with gentle kisses. Do this often enough and you will create an aversion to negative thinking, and an automatic habit of thinking positively.

Develop a positive self-talk ritual.

The Affirmation Track that you've downloaded has many wonderful statements which allow you to begin to experiment with affirmations to replace the negative thoughts and beliefs. People affirm their reality on a daily basis, usually with negative self-talk. But just as they learned to think about those negatives through repetition, we can replace those thoughts by repeating more useful ones and through repetition teach our subconscious minds the pleasure and benefits of new beliefs.



After hearing the Affirmations Track, you can develop your own affirmations in response to specific situations or beliefs. Affirmations can be written or spoken aloud, and should be repeated 21 times daily – in the morning upon arising or at night before bedtime are most effective. **Bonus tip:** say them to your reflection in a mirror! Smile!

Soothe yourself with scent.

Because of the way our brains receive smells, they are powerfully linked to emotions (as you've experienced any time you walk past someone wearing your ex's scent, right?) The oils below can be helpful in producing a profoundly relaxed state of mind. Massage oil, mists, or bath salts with essential oils are common ways to deliver the smells to your happy, calm nose.



Benzoin, Bergamot, Chamomile, Cedarwood, Clary Sage, Cypress, Frankincense, Geranium, Hyssop, Jasmine, Juniper, Lavender, Marjoram, Melissa, Neroli, Patchouli, Rose, Sandalwood, Verbena and Ylang Ylang.

Need essential oils? We recommend Essential 3 for their high quality.



Your body speaks volumes.

Did you know that *where* you held tension and anxiety in your body was information that was just as important as the fact that it was there? (And have you noticed that we always speak of that old anxiety in the past tense? It's very powerful to think of it that way!) We're not saying that everything is mental . . . if yours happened to be coming from a thought- or emotion-based conflict, though, it's important to know it! Let's learn some really basic things about understanding the science they call *Psychoneuroimmunology* (ahem . . . mind-body medicine, or how thoughts and emotions create health outcomes in the body).

Front side of body = perception by, or connection to, the outside world

Back side of body = self-perception, or inner emotional life

Left side of body = regarding relationships, spirituality, creativity

Right side of body = regarding finances, problem-solving, logic, reason

Head and neck = decision-making

Shoulders and upper back = responsibility

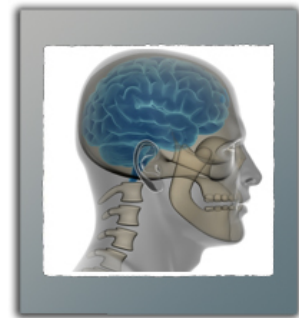
Mid-back = matters of the heart

Lower back = supporting yourself, usually financially but not always

Abdomen and pelvis = sexuality

Arms and hands = reaching for something, pushing something away

Legs and feet = running toward or away from something



Since there are no nerve endings in the brain, it cannot "feel" anything. In order for us to perceive something and receive the message, the brain must process it and then send that perception of feeling into the body for us to receive it (e.g., getting a "gut feeling" or a person is a "pain in the neck.") Using the list above, you can begin to understand better the potential mental/emotional source for any discomforts, anxieties, or places where you've held extra weight just by noticing where they showed up. An example: a discomfort or tension held just behind the right shoulder (back side of body, right side of body, shoulders and upper back = self-perception, regarding finances or problem-solving, in the realm of responsibility). Perhaps this person has a perception of himself as being irresponsible with money, and it's causing him tension or anxiety. He can write affirmations and take actions that are directly opposed to that old thought pattern, now that he knows what his body was telling him!

Daily Gratitude List . . . it feels good to say thank you!



Reminding ourselves on a daily basis of what we are grateful for is a great way to create powerfully positive emotions. Also, focusing on how far we've come in our lives is much more helpful than noticing how far we still have to go. Write out a list of 5-10 items at night before bed or first thing in the morning that you are grateful for. You can also make a list of your past accomplishments and successes and celebrate them. There's so much to feel good about, isn't there?



You're going to laugh about this later anyway . . . so let's start now!

Laughter is a great antidote to anxiety. It releases energy, produces endorphins and allows you to see events from a new perspective. The chemistry of laughter is so powerful, and you get to have fun the whole time you're doing it! Practice laughing at your fears. When you find yourself imagining a future event that is unpleasant, laugh at yourself for imagining things that haven't happened yet. As you're laughing, say out loud, "That's not true. That didn't happen. I'm just imagining that." This is a great way to interrupt an old pattern of worry.



[See if there is a laughter yoga class in your area.](#) Laughing with a group is one of the most therapeutic things we can do. Rent your top 3, all-time favorite comedies and have some friends over to watch. There's so much to laugh about! Enjoy.

Take a deep breath . . . and relax . . .



Breathing techniques:

Sit upright either on a chair or cross legged on the floor. Gently close your eyes. Inhale to a count of 5, hold your breath for a count of 5, exhale for a count of 5. Repeat a minimum of 10 times. As you get better at this exercise, increase your count to 10, 15, or 20.

Exercise regularly. When you feel anxious, go for a walk, to the gym, for a run, lift some weights, whatever you enjoy. Exercise produces endorphins, clears the mind and brings you back into your body.

Practice Yoga. Find a class in your area or purchase a yoga DVD online. Yoga is extremely effective at relieving stress and anxiety and producing a calm mind.

Meditate. Find a class in your area or [buy a book or DVD](#). Scientific studies have recently shown that deep regular meditation increases the size of the frontal lobe. This is the part of the brain that handles the most advanced thinking, allowing you to understand yourself and your world more easily.

Games people play.

It is so fun to just relax and play games. Even more fun is when the game is designed to teach you how to calm your mind and easily control your emotions. It's called bio-feedback, and the Wild Divine company has programmed the most amazing system that combines this education in mental and emotional self-ownership with a game! [Click here now](#) to learn more about this incredible concept.





Let's get creative about this . . .

Draw, paint, sculpt, work with clay, write, solve puzzles. Any activity that activates the creative, problem-solving part of your brain will help you quiet your mind and move it toward more positive states. It will also give your subconscious time to work on your current situation to arrive at new, creative solutions.

This may sound silly . . . but have you scheduled that old anxiety yet?

Pick a time and place to do your worrying. Make it the same time and place everyday, whenever possible. Spend 30 minutes "worrying," thinking about your concerns and what you can do about them. This is not about what "might" happen. Focus on what's really happening. Then let go of the worry and go on with your day. You're only allowed to worry during this time. Pretty soon, at other times of the day, you're saying things to yourself like, "I don't need to think about that right now, I'll worry about it tomorrow." What a powerful way to view anxiety . . . as something that you can always do tomorrow instead.



Calm your internal chemistry.

If you can, consult an herbalist who can properly prescribe which herbs and at what dosage would work for you. Here are a few herbs, vitamins and minerals that help shift the internal chemistry from anxiety to calm:



- Kava Kava
- Valerian root
- Passion Fruit
- Passion Flower
- St. John's Wort
- Hops
- Chamomile
- Magnesium
- B-Complex