

How to STAY MOTIVATED

w/out DISCIPLINE!

(Yes. It's possible.)

THERAPEUTIC HYPNOSIS

If you are not familiar with therapeutic hypnosis it is simply a process that makes empowered use of a naturally occurring mental phenomenon that all humans experience called hypnosis. If you have ever almost missed a turn or freeway exit while driving, or your bus stop exit because you were deep in thought about something – you were actually in a subtle state of hypnosis; advertising uses hypnosis on unsuspecting consumers all the time. Imagine if it were used potently on behalf of your well-being!

CONSIDERATIONS FOR USING YOUR AUDIO HYPNOSIS TREATMENT

- Listen to Treatment at anytime EXCEPT DRIVING OR OPERATING MACHINERY
- Therapeutic Hypnosis is for the subconscious mind so it matters not where your mind focus wanders (if it does) during the listening. The subconscious' nature is that it always remains in the present and is absorbing the re(alignment) of the hypo treatment regardless of where the conscious mind may wander or ruminate.
- It is a good idea to listen to your hypnosis treatment while falling asleep as your subconscious is absorbing the potency while sleeping.
- You do not necessarily have to be still or engaged in any specific posture while listening. Although the quality of a hypnosis treatment may remind you of meditation its absorption does not require a meditative state or environment. (You can listen while engaging in mundane task like washing dishes or vacuuming, etc., or if desired, you can choose to make it part of your meditative practice – it just isn't required for effectiveness. The subconscious mind is always listening under any circumstance!
- You cannot listen too much – the more often you listen, the more the brain acclimates to the hypnosis treatment message's reference point!

ENJOY THE REALIGNMENT RESET TO YOUR WORTHY, POWER-FILLED SELF!



Isaiah McGee, C.Ht.



Call and Schedule your liberating session today!
(in-person, phone, skype)
Isaiah McGee, C.Ht.
aconsciouslifenow.com
1-323-653-3463



A CONSCIOUS LIFE HYPNOTHERAPY

QUANTUM HYPNOSIS & EMPOWERMENT ALIGNMENT

