

HOW TO USE THE HYPNOSIS SAFELY

Please read this fully before your first session.

The recording lasts approximately 40 minutes. It is designed to be listened to while sitting comfortably, with your attention free. This page explains how to prepare, what to expect, when not to listen, and what this product can and cannot do.

Reading it takes two minutes. It is worth doing properly.

BEFORE YOU LISTEN

Complete The Message I Have Been Avoiding first. Choose one warm potential client, and have the opening message prepared before the session begins.

Sit somewhere safe and quiet. A supportive chair is better than a bed if you would rather not fall asleep, though either is fine.

Allow approximately 40 minutes without interruption. Turn off notifications.

Use this session only when you have enough time to finish it and return fully to normal alertness without rushing.

Keep your device nearby so the message is easy to send afterwards, but do not use it during the session.

Headphones can make the audio easier to follow if you find them comfortable. They are not essential.

Do not listen while driving, while operating machinery, or while doing anything else that requires your full attention.

DURING THE SESSION

You remain in control throughout.

This is not something being done to you.

You can open your eyes, move, adjust your position, or stop the recording at any point. Nothing is lost by doing so.

Background noise does not need to disturb the process. Traffic, voices, and household sounds can simply be there while you continue listening.

Do not try to force relaxation. Effort works against it. Let the session be whatever it is on the day.

If you feel uncomfortable at any point, stop the recording and bring your attention back to the room around you.

AFTER THE SESSION

Take a moment before doing anything else.

Move your hands and feet. Sit upright. Notice the room around you. Open your eyes fully. Wait until you feel completely awake and alert.

Only then pick up your device. Read your prepared message once. Make only the corrections that are necessary. Send it.

Then close the app and get on with your day. Do not sit and watch for a reply.

Do not drive, operate machinery, or do anything requiring full concentration until you are fully alert.

WHEN NOT TO LISTEN

Do not listen while driving or using machinery.

Do not listen while under the influence of alcohol or recreational drugs.

Do not listen if medication or illness has left you unusually drowsy or confused.

Do not listen in any situation where reduced attention could create a risk to you or anyone else.

If you are unsure whether hypnosis is suitable for you, please consult a suitably qualified healthcare professional before using this recording.

HEALTH AND WELLBEING NOTICE

This is an educational self-hypnosis and personal development product.

It is not medical treatment. It is not psychological treatment. It is not therapy. It is not designed to diagnose, treat, cure, or prevent any condition, and it is not a substitute for qualified professional care.

If you are experiencing significant distress, panic, severe anxiety, trauma symptoms, or any mental health concern, please seek appropriate professional support.

If the audio causes you distress or discomfort at any point, stop listening.

BUSINESS AND RESULTS DISCLAIMER

This product helps you prepare for and complete one action: sending a respectful first message to one relevant person.

It cannot control how another person responds.

It does not guarantee replies, calls, clients, sales, or income.

Results vary according to the person, their message, their audience, their offer, their circumstances, and the actions they take.

YOUR RESPONSIBILITY

You remain responsible for who you contact and how you communicate with them. Message people who have shown genuine interest in you or your work. Keep your messages honest, brief, and respectful. Follow the rules of the platform you are using and any applicable law in your country. If someone asks you not to contact them again, respect that immediately.

FINAL REMINDER

You are entirely in control throughout this session. Prepare one message. Listen fully. Wait until you are clear and alert. Send it. Then move on with your day.

PREPARE. LISTEN. SEND.