Chantell Tunney C.Ht., MNLP, RHC
Design your life with a single thought.
Hypnotherapy - NLP - Coaching - Training

Hypnosis 101 – The Pro Instruction Sheet

Welcome!

I am so pleased that you have decided to take an excellent step toward dramatically improving your health and wellbeing through hypnosis.

Hypnosis is a natural and powerful tool that can bring deep, permanent changes to your life in 21 days or less! Whether you are looking to make changes to your health, wealth, relationships, career, success, mood, opportunity, confidence or happiness – hypnosis is as adaptable as you need it to be.

It is so healing in fact, that only 20 minutes of hypnosis is equal to 4 hours of sleep!

ALL hypnosis is self-hypnosis, it's that soothing state just before you fall asleep and right before you wake up. There is nothing that you will do in hypnosis that you will NOT do while awake. Before you begin…let's understand what hypnosis is.

Hypnosis is ….	**Hypnosis is not…**
A state of deep relaxation	Sleep
Imagination	State of unconsciousness
An awake state	Loss of self-control
Exercise for you mind	Being controlled by someone else
Rapport with you unconscious	
The ultimate display of control	

Source: Dr. Y. Oswald, 2018

To make the most of your hypnosis download:

- ★ NEVER listen to hypnosis when driving or operating heavy machinery
- ★ Make time for it each day – most people find bedtime to be easiest
- ★ Drink lots of water during the day to flush out the body and mind
- ★ Let go…remember…you are fully in control at all times
- ★ There is only a RIGHT way to do it!
    - If you fall asleep and hear nothing…great!
    - If you hear all parts of it…great!
    - If you hear some parts and not others…great!
    - If your mind drifts off and thinks of other things…amazing!
- ★ Explore how limitless hypnosis really is

When you buy any of our downloads delivery is immediate. As soon as you have completed the payment process you will receive an email from us with the subject line "Links to download your Digital Products". This email contains a link to your order which you can access right away. If this email hasn't reached your inbox, please check your junk or spam folders. It might be a good idea to whitelist our emails to make sure they reach your inbox every time.