

HYPNOSIS

Explained & Explored



The Hypnosis CD's

INTRODUCTION

Thank you for your request for our FREE E-Course "Hypnosis Explored and Explained".

You have made a wise choice.

Self Hypnosis is not only effective but often proves to be the ONLY effective means people have had to overcome their deeply entrenched habits and challenges.

You can relax....Hypnosis is NOTHING like what you see on stage or TV!!

I can only guess why you have requested this report but my feeling is that this is because you have some questions, and even doubts, about just what Self Hypnosis is, how it works, is it safe etc

If the truth be told, you would probably desperately like for it to work for you, whether it's to "Quit Smoking Once and Forever", "Lose Weight Without Dieting" or just "Play Better Golf From Your Easy Chair", you want to make some changes for the better.

DISCLAIMER:- Hypnotherapy (Hypnosis) should be used in conjunction with, and not as a replacement for any conventional medical treatment. You should check with your Doctor before using any Hypnotherapy or Self-Hypnosis for any ailment or treatment.

Self Hypnosis should never be used whilst driving, or operating ANY machinery or performing any potentially dangerous tasks.

{ Please make sure you have a suitable disclaimer for where you live. We are NOT responsible for the contents of this email series - you are!}

So here is some of what you will be learning:

What is Hypnosis?
How to Relax
How Does Hypnosis Work?
Is Hypnosis Safe?
Who Can Be Hypnotized?
What Does Being Hypnotized Feel Like?
Can Self Hypnosis Help You?
What Is Hypnotherapy?
Can I Be Stuck In a Trance?
and much much more.

KEEP READING

Stay with me to the end and you can find out how to download this complete course in an Adobe Acrobat file (pdf).

So hang in there, keep smiling and keep an eye out for the next part "What is Self Hypnosis?"

So don't miss it

Every blessing

Johnnie Gentle

The Magic Touch - and - Health & Vitality

Relieve Pain, become more Confident and Prosperous...
Change the Negative aspects of your life easily with:
The Hypnosis CDs : at www.thehypnosiscds.com

Welcome to the first instalment of "Hypnosis Explained and Explored"

PART 1 - WHAT IS SELF HYPNOSIS?

Self Hypnosis is one of the most widely misunderstood issues of the day.

Unscrupulous "experts" and "gurus" along with some TV "hypnotists" have left large sections of the public misinformed and even deceived about what Hypnosis really is, what hypnosis and self hypnosis can do and how effective self hypnosis can be.

I'll bet when at the mention of the word "hypnotized" or "hypnotist" you probably think of people on stage or TV making fools of themselves.

Hypnosis is nothing like that, and indeed you cannot be made to do anything against your beliefs or will. So make sure you learn the facts about Hypnosis before dismissing it.

What Is Self Hypnosis?

People, scientists and hypnotists themselves have been arguing and disagreeing with what Hypnosis is for hundreds of years. What is largely undisputed is the results of Hypnosis. In other words like electricity, we cannot see it, we cannot always explain it well, but we can see the results of its use.

However, we do understand the general characteristics of how it works, how to induce it etc.

Self Hypnosis is a safe trance like state characterized by extreme suggestibility, relaxation, and heightened imagination. It's not like sleep. You are not unconscious. In fact your senses are heightened. It is most often compared to day dreaming, or that feeling of "loosing yourself".

Examples Of Self Hypnosis In Every Day Life

A good example is like driving your car on "auto pilot" down a familiar road, and suddenly realizing that you have travelled several miles without being able to remember details of that part of the journey. However, while driving, you were perfectly competent, adjusting to road conditions, avoiding dogs and children, stopping at red lights and so on, and reached your destination safely.

Yet you realize that you have no memory at all of the last few miles and probably cannot remember what you were thinking about during that period.

Or, you may be engrossed in watching a film on TV or reading a book, when someone asks you a question, and you answer them. Later perhaps, that answer you gave is mentioned again, you have absolutely no recollection of it.

A personal example - I was totally engrossed in reading something when my wife was talking to me. I was responding (with grunts admittedly) but not really paying attention.

Even though all my thoughts were on what I was reading. I could still hear my wife and respond to her questions etc. and I soon came safely out of my "trance" or "hypnotic state" (whatever you care to call it) when she said "I want a divorce"!

I "came out" safely and she got my attention in exactly the same manner as if I had been paying full attention to her.

Also if she had stopped talking to me and quietly left the room, I would still have safely come out of the "trance" at some point, either when I had finished reading or been distracted in some way...in other words you can safely use and "come out" of a state of hypnosis, in exactly the same manner as if I had not been in a "trance".

You see it is perfectly safe.

Keep smiling until the next issue which is "How To Relax"

Johnnie Gentle

The Magic Touch - and - Health & Vitality

Relieve Pain, become more Confident and Prosperous...
Change the Negative aspects of your life easily with:
The Hypnosis CDs : at www.thehypnosiscds.com

Welcome to the next Part of "Hypnosis Explained and Explored"

PART 2 - HOW TO RELAX?

Your boss is in a bad mood. You are behind on the all your deadlines. One of your kids is not well and at home with your wife. You are behind on your mortgage payments. You have a throbbing headache.

STOP. Take a DEEP breath.

That's better!

Taking control of your life can be difficult at the best of times. Taking control of your subconscious can be even more difficult if you don't learn to "calm it".

So how do you relax, and "calm" your subconscious?

Here's a sample basic procedure.

1. Find a quite room or place: make sure the room is a comfortable temperature (not too hot or cold) with soft lighting.
2. Play relaxing music. Turn on a water feature. Hang some chimes or play soothing music. Nothing with a "beat" or drums etc.
3. Get Comfortable. Sit, lie in a comfortable position. Surround yourself with pillows, blankets, etc.
4. Tell yourself: "I am calm, I am comfortable, I am at ease with myself , my life and my environment. All my worries and anxieties are gone. I am calm, I am comfortable, I am at ease with myself." Repeat this while breathing deeply.
5. Visualize your life as you'd like it to be. Visualize every detail. Every person involved. every situation that you want to happen (positively of course) Make sure you imagine it as if it is has already happened.
6. Repeat no. 4. Breathe in and out deeply. - REALLY deeply. Imagine a bright light starting in your head and eventually filling the whole room.
7. Wake up when you're ready.

Do this regularly. This helps you clear your thoughts. You will find you have better perspective on life. Your challenges will not be insurmountable. Goals will appear achievable. Solutions will come "as if from no where".

Relaxing is VITAL, especially in the loud, fast moving world we live in.

=====
50% Discount
=====

The art of Self Hypnosis is entirely dependent on your ability to relax. So...

I have put together special offer on our "Guided Relaxation" CD

<http://www.thehypnosiscds.com/special-relaxation.htm>

Every blessing and keep smiling until the next part, which is -
"How Does Hypnosis Work?"

Johnnie Gentle

The Magic Touch - and - Health & Vitality

Relieve Pain, become more Confident and Prosperous...

Change the Negative aspects of your life easily with:

The Hypnosis CDs : at www.thehypnosiscds.com

Welcome to the next Part of "Hypnosis Explained and Explored"

PART 3 - HOW DOES HYPNOSIS WORK?

You have a conscious mind and a subconscious mind.

CONSCIOUS MIND

Your conscious mind is what you use to make decisions. Do I pay this bill today or tomorrow? You have to actually think about it. This is the part of your brain you are aware of, if you like.

SUB CONSCIOUS MIND

This is the part of your mind that regulates your bodily sensations, like taste, touch etc as well as your emotions or feelings. It is also the storehouse of all your memories. This works without you having to actively think about it.

Self Hypnosis works on your subconscious mind.

Once relaxed and in a self-hypnotic state you will be both more focused and relaxed. Your subconscious will be "open to suggestions" (direct and indirect). Your Hypnotist or Self Hypnosis Audio will plant these positive suggestions in your sub conscious mind whilst it is most susceptible to receiving them and therefore changing them.

Once the suggestion is accepted by the person hypnotized the suggestion becomes the stable, safe strong pillar in that person's new belief. You see your sub conscious mind does not know the difference between a "real" experience" and an "imagined" or "suggested" one.

So you can literally change the way you think about almost anything...but only if acceptable to the person being hypnotized.

This now means that the deep-seated habits and memories in your sub conscious that largely control your behaviour can be changed for the better.

Whether it is to help you Quit Smoking, Lose Weight, Control Migraine Pain and even Play Better Golf. Self Hypnosis will help you change your behaviour to achieve these results.

NOTE:

Suggestions contrary to your beliefs and wants cannot have any effect. Even though in a trance you still have complete control.

Self Hypnosis is NOT Mind Control. Sadly many of the searches on the Internet are for mind control because people have been misled and misinformed about what hypnosis can do.

SUMMARY

Self Hypnosis does not make you lose weight or stop smoking - you have to eat sensibly and stop lighting up to do that.

What Self Hypnosis does do, is make you "want" to stop smoking, over eating etc.

Every blessing and keep smiling until the next Part of the eCourse, which is - **"Is Hypnosis Safe and Who Can Be Hypnotized?"**

Johnnie Gentle

The Magic Touch - and - Health & Vitality

Relieve Pain, become more Confident and Prosperous...
Change the Negative aspects of your life easily with:
The Hypnosis CDs : at www.thehypnosiscds.com

Welcome to Part 4 of "Hypnosis Explained and Explored"

PART 4 - "Is Hypnosis Safe and Who Can Be Hypnotized?"

IS HYPNOSIS SAFE??

Yes! Yes! and Yes again. Self Hypnosis is 100% safe....

Self Hypnosis is NOT Mind Control.

You cannot be made to do anything you don't believe in or want to do. Self Hypnosis is merely a relaxed, but focused state of mind more open to positive suggestions at the sub conscious level. You are always in control.

It is just like driving on "auto pilot" down a familiar road, and suddenly realizing that you have travelled several miles without being able to remember details of that part of the journey.

However, while driving, you were perfectly competent, adjusting to road conditions, avoiding dogs and children, stopping at red lights and so on, and reached your destination safely.

Yet you realize that you have no memory at all of the last few miles and probably cannot remember what you were thinking about during that period. This driving example, is a perfect every day description of what Self Hypnosis is and how safe it is.

WHO CAN BE HYPNOTIZED?

Anybody who wants to be!

There is nobody in the world who cannot be hypnotized. It's simply a matter of whether they want to be or not.

Please remember NOBODY can force you into a Hypnotic State and NOBODY can control your mind. If you are resistant to being hypnotized it is very unlikely you will be. Simple.

However....I'm prepared to guarantee that if you are looking for a solution it is because you ARE open minded and would like the Positive Changes that Self Hypnosis can provide.

So.....I will GUARANTEE you can be hypnotized or I will give you your money back.

Don't forget - Relaxing is the key and so we have a 50% Discount on the "Guided Relaxation" CD to help you get the best and most effective start.

<http://www.thehypnosiscds.com/special-relaxation.htm>

Every blessing and keep smiling until the next Part of the Course issue, which is - **"What Does Being Hypnotized Feel Like?"**

Johnnie Gentle

The Magic Touch - and - Health & Vitality

Relieve Pain, become more Confident and Prosperous...
Change the Negative aspects of your life easily with:
The Hypnosis CDs : at www.thehypnosiscds.com

Welcome to **PART 5** of "Hypnosis Explained and Explored"

WHAT DOES BEING HYPNOTIZED FEEL LIKE?

The feeling is great and whilst in a hypnotic state you may feel:-

1. Physically relaxed - muscles etc.
2. Mentally relaxed - No clamped jaw, tense eyes and forehead etc
3. Calm - No racing thoughts about work, etc.
4. Drowsy - ready to doze and hard to keep eyes open.
5. Dry mouth - want to swallow
6. State of well being.
7. Can have tingly feeling sometimes
8. Body may feel heavy
9. Desire to giggle, smile etc.
10. May go hot and cold.
11. Carefree feeling
12. Time will fly - minutes seem like hours and visa versa.
13. Feel light and "floaty"

You may feel as if you are somewhere else. It feels similar to just before you fall asleep and when you "wake" you will feel relaxed, refreshed and revitalized.

Compare it to watching TV but having the CD playing in the background. You can switch between the two and still be aware of the other.

Keep smiling until the next Part, which is - "**Can Self Hypnosis Help You?**"

Johnnie Gentle

The Magic Touch - and - Health & Vitality

Welcome to the next Part of "Hypnosis Explained and Explored"

PART 6 - CAN SELF HYPNOSIS HELP YOU?

Yes, Self Hypnosis can help you if you want helped.

How can I be so bold?

Consider any challenge, fear or issue in your life. Do your feelings, emotions, beliefs have anything to do with this issue.

Could you be being held back because of negative feelings, bad past experiences and negative beliefs about yourself?

You see Mind, Body and Emotions are all closely related and connected and I am not, therefore, aware of any problem that could not be helped, improved or relieved with Self Hypnosis.

You can be helped to deal with many wide ranging challenges and we currently have 17 Programs to help you with.

Stop Smoking,
Lose Weight,
Stress Relief,
Play Better Golf,
Back Pain Relief,
Time Management,
Allergy Relief,
Money & Prosperity,
Migraine Relief,
Goal Setting,
Guided Relaxation,
Master Martial Arts,
Creative Thinking,
Sales Power,
Effective Public Speaking,
Problem Solving,
Improve Your Memory.

I'm sorry to keep harping on about this issue, but.....before you consider any of the above it is vital your learn the art of relaxing.

We currently have the "Guided Relaxation" CD on a 50% discount Special.

<http://www.thehypnosiscds.com/special-relaxation.htm>

Every blessing until the next issue, which is -
"Who Is Randy Charach?" (The Author of the CD's)

Johnnie Gentle

The Magic Touch - and - Health & Vitality

Relieve Pain, become more Confident and Prosperous...
Change the Negative aspects of your life easily with:
The Hypnosis CDs : at www.thehypnosiscds.com

Welcome to Part Seven of "Hypnosis Explained and Explored"

PART 7 - WHO IS RANDY CHARACH?"

My Affinity with Randy is through the wonderful world of Magic.

Randy Charach launched a full-time career as a Comedy Magician, Mentalist and Speaker in 1981. He is currently one of Canada's top comedy variety entertainers and motivational speakers but his vast experience is not limited to performing.

He has mastered extensive studies and training in the areas of body language, hypnosis and personality profiling. He is a certified trainer in the D.I.S.C. Personality Profiling system and author of over 20 books and audio programs. His "face to face" fees start at \$5,000.

Randy has authored 17 different audio programs with topics ranging from Losing Weight to Stress Reduction. His famous self-hypnosis workshops, clinics and audios successfully solve problems, in all areas of his clients business and personal lives, all around the world.

He has performed alongside such notable celebrities as Hootie and the Blowfish, Henny Youngman, Richard Dean Anderson, Tony Curtis and John Travolta.

His list of corporate clients includes man industry giants like, AT & T, CBC, Chrysler Canada, Coopers & Lybrand, Disney Corporation, Esso Petroleum, Holiday Inn Hotels, HSBC Bank, IBM, McDonald's Restaurants, Microsoft and many, many more.

Read some rave reviews of Randy Charach and his work.

".....A combination of David Blaine, Billy Crystal and Tony Robbins."
Richard Coughlan - General Manager, Sidus Systems Inc.

"Randy Charach is one of our nations brightest stars." Tony Parsons - Anchor, BCTV News

"I urge anyone to experience Randy Charach in person." Bruce Allen - Manager of rock star Bryan Adams.

"Randy is an amazing man." Jason Lee - At wrap party for movie Jason starred in called "A Guy Thing" and many, many more..

You only have to look at Randy's own life to realize he obviously knows what he is talking about. He walks the walk so to speak.

So you can be confident that these CD's will be of the highest quality and, most importantly - EFFECTIVE at helping you with those life long challenges.

You are in safe hands.

Every blessing until the next Part, which is -
"Other Frequently Asked Questions"

Johnnie Gentle

The Magic Touch - and - Health & Vitality

Relieve Pain, become more Confident and Prosperous...
Change the Negative aspects of your life easily with:
The Hypnosis CDs : at www.thehypnosiscds.com

Welcome to the next Part of "Hypnosis Explained and Explored"

PART 8 - OTHER FREQUENTLY ASKED QUESTIONS?

WHAT IS HYPNOTHERAPY?

Hypnotherapy is simply the therapy provided by using hypnosis as a means of treatment, whether that treatment is provide one on one or via video and audio programs like those provided by us.

DOES HYPNOSIS CONFLICT WITH RELIGION?

Only if relaxing does? You cannot be made to do, or think anything you don't want to, and at no time can your beliefs be overridden or changed without your acceptance first.

The conflict with religion only comes about because of the false impression people get from watching TV and Stage Hypnotists apparently manipulate people against their will...which they can't and don't.

So.....how can relaxing and having a positive life changing experience, which you have complete control over, be against any religion?

IS HYPNOSIS MIND CONTROL?

Absolute not. No one under hypnosis can be induced to do anything against their will or beliefs. Whatever your moral codes or beliefs are before being hypnotized, remain whilst under hypnosis, unless you accept these changes.

Normally if anything is suggested whilst under hypnosis that conflicts with the hypnotized persons beliefs, is embarrassing to them or in any way conflicts with what they would be prepared to do, the hypnotized person often "wakes up" or comes out of their hypnotic state anyway.

It may appear like mind control with the stage and TV hypnotists, but generally speaking those who volunteer are normally a certain type of person, outgoing, out to impress, village idiot, you name it.

They've paid for the show and want their moneys worth. Many volunteer because they want to be hypnotized and get their 15 minutes of fame.

There is also the pressure on volunteers to comply and not be a "spoil sport" from the Hypnotist, the other volunteers and the audience.

Remember too....that when it comes to Hypnotist shows on TV you are only getting to see what they want you to see.

If you, as a volunteer on the show, don't do something stupid they will have you cut from the show - after all which TV producer wants to produce a boring TV show?

Unfortunately many peoples only understanding of Hypnosis is based on what they have seen on TV and on the stage and they think Hypnosis is a way to control and manipulate people - it isn't.

We Use Self Hypnosis To Help People - Not control and humiliate them.

So if you really have a challenge, fear, objective you would like to conquer you must give Self Hypnosis a try – remember I will be "nowhere to be seen", so how could I possibly "control" or "manipulate" you?

And of course.....I GUARANTEE your success or your money back.

CAN A PERSON BE "STUCK IN A TRANCE" WHEN USING SELF HYPNOSIS?

Absolutely not! Hypnosis is a natural and normal state that cannot hold or make anybody do anything against their will.

If people experience a deep hypnotic state they will simply fall asleep and wake up as they would after natural sleep.

Say you relaxed and listened to a Self Hypnosis Audio CD's and fell asleep - you would wake up as normally as if you had been listening to a music CD.

Or imagine you are being treated by a therapist and he/she leaves the room - you would soon realize the session was over and return to your pre Hypnosis state perfectly naturally.

So relax. Self Hypnosis Audio Programs can help you overcome deep seated fears, habits and anxieties perfectly naturally.

IS SELF HYPNOSIS DIFFERENT TO STAGE HYPNOTISM?

Yes. Stage Hypnosis is entertainment. Self Hypnosis is therapy.

WILL I REMEMBER AFTER SELF HYPNOSIS?

Yes you will remember everything.

You'll remember what was said, everything you experienced etc just as you would remember what happened in a movie.

Bare in mind we NEVER remember everything in a movie and being under Hypnosis is not different. You will remember what you want to or, need to remember.

We are nearly done and then you will be able to download the complete course.

So....until the next Part - **"What Are Self Hypnosis Audio's?"**

Johnnie Gentle

The Magic Touch - and - Health & Vitality

Relieve Pain, become more Confident and Prosperous...
Change the Negative aspects of your life easily with:
The Hypnosis CDs : at www.thehypnosiscds.com

PART 9 - WHAT ARE SELF HYPNOSIS AUDIOS?

Self Hypnosis Audios are professional recordings done by a Therapist for people to use at home and at their convenience.

The Self Hypnosis Audio Programs mean a therapist can treat more people and it also means a patient can receive treatment without having to make an appointment with a Therapist.

These recordings usually come as Self Hypnosis CD's, Self Hypnosis Tapes and Self Hypnosis Audio Downloads. We do not offer downloads because experience shows people try to play the programs on the computer - and the computer is not place to relax.

These recordings are largely for habit changing treatments such as Quitting Smoking, Loosing Weight, Back Pain Control, Playing Better Golf etc

Self Hypnosis takes practice like most things and some people will achieve positive results quicker than others.
The key is to be consistent because it can be difficult in this fast paced world we live in to relax for even five minutes.

You don't believe me? Try and sit in a chair, with no TV, no music, no distractions and relax without thinking of work, deadlines, your wife, boyfriend, money problems etc for only 5 minutes.

You probably wont even get past 30 second. As Self Hypnosis Requires you to be in a relaxed "trance" like state to have the best effect it may take a while to perfect the process. That's why we offer our customers "Guided Relaxation CD" for a 50% discount

<http://www.thehypnosiscds.com/special-relaxation.htm>

Only one more part to go...- "**Why Order From Us**"- and details of a monster deal.

Every blessing.

Johnnie Gentle

The Magic Touch - and - Health & Vitality

Relieve Pain, become more Confident and Prosperous...
Change the Negative aspects of your life easily with:
The Hypnosis CDs : at www.thehypnosiscds.com

Welcome to the final Part of "Hypnosis Explained and Explored"

PART 10 - WHY ORDER FROM US"

There are lots of providers of Self Hypnosis CD's out there, so why choose Health & Vitality for your solutions?

That is a good question and here are the reasons we believe we are unique and miles ahead of our competition.

First of all, our Aim is to **ENHANCE the Lives of others** and to this end we make it our priority to seek the BEST...

EFFECTIVE SOLUTIONS - We use safe, tested and proven techniques - that work!

PROFESSIONALLY RECORDED AND PRODUCED - These were produced to the highest standards and quality and can play on any CD player including your computer

100% 365 DAY GUARANTEE - Or your money back. No questions asked and no excuses given.

FAST SERVICE - usually Despatched within 2 working days (often same day)

EASY TO ORDER - Order Online, by Phone, Fax or even send us a Check by mail

FIXED PRICE SHIPPING - Only \$2.95 within the UK and \$10.95

WORLD WIDE SHIPPING - \$10.95 whatever the order size (up to \$100 when it's FREE).

FREE SHIPPING - For all Orders Over \$100

CONVENIENT - Play the CD's at your convenience. No need to leave the house for an appointment with a therapist. The CD's are NEVER to be played whilst driving the car or using any potentially dangerous tools, machinery etc or performing any potentially dangerous tasks.

GREAT VALUE - What else can you buy for \$27.00 to change your life?

SPECIAL INTRODUCTORY OFFER - offering savings of up to \$160
So, whether you are trying to lose weight, stop smoking or improve your golf, we have the solutions for you here.

I hope you liked this email course and have found it easier to read in this complete PDF format – Readable with Acrobat reader.

I hope you have benefited for sticking with me and as a “thank you” keep an eye out for the next email as I'll have something special for you.

Thank you once again for your interest in The Hypnosis CD's.

Kind regards,

Johnnie Gentle

The Magic Touch - and - Health & Vitality

**FOR MORE LIFE-ENHANCING PRODUCTS and SERVICES
PLEASE VISIT “HEALTH & VITALITY” AT:>>>**

<http://www.health-vitality.com>

And Get Your FREE Health eBook and Newsletter

**BRING A TOUCH OF MAGIC INTO YOUR LIFE!
VISIT – THE MAGIC TOUCH – AT:>>>**

<http://www.magictouches.com>

Get Your FREE Magic Tricks eBook and Newsletter

**GET THE WORLD'S LEADING RANGE OF
SUCCESS, PERSONAL DEVELOPMENT and
HYPNOSIS CD's and TAPES PROGRAMS...
VISIT: [HYPNOSIS DOWNLOADS](#)**