



Hypnosis user guide

& FAQ

How do I listen to my session?

- The best way to listen to the pre-recorded sessions, is in a comfortable reclined position with your eyes closed. Avoid lying flat as this might inspire sleep.
- Try to be undisturbed for the duration of the session. If you briefly open your eyes, you can close it again but if you are interrupted for longer than 3 minutes, you may need to start from the beginning.
- Using earphones will help to focus your attention on what is being said.



Will I fall asleep?

- Hypnosis is not intended to make you fall asleep, however it is possible and factors like the time of day, how tired you are and where you listen to it (i.e. sleep is more likely in your bed) will play a role.
- A deep trance state may make you feel like you have fallen asleep, however if you are counted out at the end, you did not sleep but just achieved a very deep trance state. If you wake up a while after the session had stopped, you were possibly asleep.



Is it wrong to fall asleep?

- Falling asleep is not a problem, however if you keep falling asleep, try the following remedies:
 - Change your position (listening in a sitting position)
 - The time of day you listen to the session or
 - Listen to the session in a place you do not normally sleep, i.e. a chair instead of a bed.



What will it feel like to be in a trance state?

- Trance is not sleep. When you are in a very deep trance state, it may feel like sleep but in most cases, is not sleep. Please refer to above question about how to differentiate between trance and sleep.
- Hypnosis induces different states of trance and there are many factors that contribute to which state you achieve in your hypnosis. Everyone experiences hypnosis in a different way and it may even differ from session to session. Factors like how tired you are, how stressed you feel, if you have something that you have to do after your session, caffeine consumed, to name but a few.
- Please consider all factors if you have trouble reaching the trance state. If it is the first time you listen to the session, trance may not be as deep, as it is a new experience. The more you listen to it, the more comfortable you will get with the experience.



What are the different levels of trance?

- In hypnosis, the hypnotherapist guides you to either Alpha or Theta brain wave. In an Alpha state of mind, you will be very aware of your surroundings, feeling more aware of sounds and surroundings than in Theta. However, when you think back after your session, you may not be able to recall all the detail you experienced during this state. We all go into Alpha state naturally throughout our day. If you have ever driven somewhere and gotten to the other side, realizing you can't remember the detail of the road, this was a natural Alpha state of mind.
- Theta is a very deep level of trance; this is the state we naturally achieve just before we fall asleep. This state is much deeper, to the point that you feel like you have fallen asleep. However, if someone should call your name or try and get your attention, you will easily be able to come back to conscious awareness.



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What if I do not see anything the hypnotherapist is describing?

- We all experience hypnosis in our own unique way and everyone experience these images described from your own subconscious. If you receive different imagery than the hypnotherapist is using, trust that this is your subconscious showing you the way. The hypnotherapist is only a guide through your own inner experience; however, the focus and intention will be in line with the sessions purpose.
- If you do not experience the session visually (which is quite common), that is also okay, try and sense, feel or imagine what is being described.
- Often people feel like it should be experienced like a dream, however this is not true for everyone. It can be a subtle experience or in some cases even a directed imagination.



My thoughts are too busy and I can't focus, what do I do?

- If you are prone to overthinking, anxiety or thoughts being intrusive, try and acknowledge the thought and bring your attention back to my voice, music or your own breathing. Try not to resist the thoughts or pushing them away, as this will make them more prominent. Gently focus your attention on either your breathing, my voice or the music in the background.
- If you have trouble relaxing into the session. Try to drink a natural calming aid. Chamomile tea is a lovely relaxation aid. There are also herbal remedies, like rescue or Tenseaway that can help you enjoy the session more.



Will the hypnosis work right away?

- Hypnosis can work right away and feelings of relaxation is common after a session. I recommend listening to the session as often as you can to reinforce the conditioning you are trying to achieve. Each condition, and person, is different. However, the more you listen to the session the more success you will have.
- Listening to the session for at least 6 months is highly recommended for optimal habit/behaviour change.



How do I know if I am doing it right?

- There is no right or wrong way to experience hypnosis. Each person experiences hypnosis in their own unique way. The intention and purpose of all hypnotherapy sessions is for your highest good and the purpose is focused on the theme for each session example, Smoking cessation focus on stopping smoking completely.
- There is no promise or guarantee made for specific results or outcomes. However, guided imagery, hypnosis and hypnotherapy can help you explore and resolve issues that may be bothering you. And your motivation and participation contribute greatly to achieving your desired outcome.



Cancellation and refund policy

- Due to the nature of this product, refunds will not be actioned under any circumstances.

Dissemination of this product is strictly prohibited. These sessions are only intended for personal use and may not be distributed in any way.



Thank You



Ilana Smidt

Should you be interested in a personal session, you are welcome to contact me