**How to use the recordings ‘Relax Now’ and ‘Think Positive’**

**How long should I listen and where?**

Set aside an hour as the recording is 45 minutes. Find a quiet space where you can lay down and relax, preferably in a darkened room, with warm blankets and cushions. Ensure you won’t be disturbed by phones or callers, however, if you are you will be able to wake and then resume the relaxation.

**When shouldn’t I use it?**

You must avoid using this when driving or in the bath as you will drift off into a hypnotic trance and this would be a very bad idea!

**What will I hear?**

You will hear my voice and lovely music and positive suggestions about building your confidence and being able to relax and cope with challenges. You may hear my voice all the way through the first time or you may just drift off and relax completely. Use ‘Relax Now’ to begin with and then switch to ‘Think Positive’ when you feel like a change.

**What is trance?**

Trance is a natural state, a bit like when we have driven a long time and forget how we got home, or when we get entranced at the cinema. The more you listen to the recording the easier it is to go into trance. It’s a natural state and a safe place to be.

 It is a lovely feeling like sleep, but it is *different* to sleep – it feels like the stage when you are nodding off to sleep at night or the hazy in- between stage sleep and waking in the morning. So it can be helpful to put you into a relaxed state but the recording will ‘emerge’ you at the end so you may want to listen to it earlier in the evening to put you in a relaxed state of mind, ready for sleep.

**How often can I listen*?***

As much as you like! It’s good before a challenging situation you may face to make you feel positive or to de-stress and help deal with physical ailments.

**What happens if there is an emergency?**

 If a fire alarm was to sound you would be able to snap out of the trance. Even if you are deep in trance there is awareness in your brain that you are alive and kicking!

**How will it affect me?**

Afterwards you should feel relaxed and calm, yet energized, positive and confident. The next day you will normally feel really good!

**Contact Karen Kimberley** **kk@karenkimberley.co.uk** **or phone 07785566468 in office hours. Karen is available for group and individual hypnosis sessions and speaking slots.**