

A person with curly hair, seen from behind, sits on a boat on a calm lake. The sun is setting behind mountains, creating a warm, golden glow on the water and sky. The person's hands are on their lap, and they are looking out over the vast landscape.

Free Your Mind, Heal Your Life

Using Hypnosis To Elevate Your Life

Kelly McLoughlin

You Have Taken The First Step

Congratulations on the purchase of your hypnosis recording! I hope that this recording will change your life in a very positive way.

It will if you are consistent in listening to it and practicing the imagery exercises.



How to Make the Most of Your Hypnosis Recording

Carve out at least 40 mins in your day to listen to your recording where you are comfortable and won't be disturbed. Sit in a comfortable chair or lie down if you plan on listening before bed and falling asleep. Ideally you will want to stay awake for the whole recording.

Listen with headphones as the recording contains brainwave technology, binaural beats which optimize your brain as you listen. The hypnosis will still work if you don't use headphones but it will work that much better if you do.

Listen for 12 weeks, everyday if possible. After 12 weeks you can listen whenever you feel the need, to be reminded of how powerful and strong you really are.

What is Hypnosis

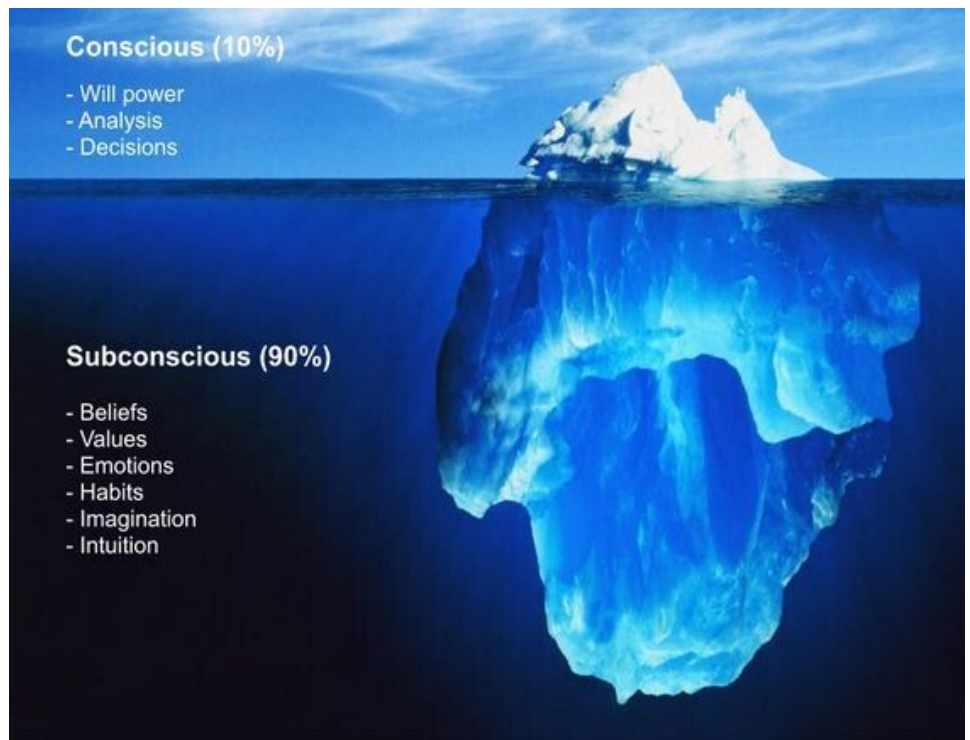
Conscious Versus Sub-Conscious Mind

There are two parts to your mind, the conscious mind and the subconscious mind.

The conscious mind is your rational thinking brain or your ego. It's where your decisions are made, judgements etc. The conscious brain uses 10% brain power and can only perform one or two things at once. Try rubbing your belly and patting your head at the same time - there you go that's the conscious mind.

Your subconscious mind on the other hand uses 90% brain power and it is enormous. It is what keeps you alive. It beats your heart, pumps blood through your veins, keeps your body working. The subconscious is the seat of your emotions and beliefs. It takes its orders from the conscious mind. If the conscious mind believes something to be true e.g. money is hard to come by, I'll never find love, I'm terrible at math, etc., it then embeds that lie into your subconscious where it then becomes a belief. If your subconscious believes something to be true it will go about making sure that shows up in your life good or bad.

The conscious mind is your rational thinking brain or your ego. It's where your decisions are made, judgements etc. The conscious brain uses 10% brain power and can only perform one or two things at once. Try rubbing your belly and patting your head at the same time - there you go that's the conscious mind.



Elevate Your Life

Let's think about a big ship - the titanic. Think of the conscious mind as the captain of the titanic up on top at the helm guiding the ship, and the subconscious is the crew below deck who are shoveling coal into the huge furnaces that make the ship move. Not only are they supplying fuel but they are making sure everything is running smoothly. The captain up top on the deck gives them orders and they fulfill those orders without questioning. That is how the conscious and subconscious mind work.

The subconscious does not question what is good or bad, right or wrong, it believes everything the conscious mind tells it. Maybe the conscious mind believes "red wine is good for you, I'm an insomniac, my lot in life is to be poor", these beliefs have come from social programming, maybe you read an article or saw it on TV, heard it from your parents, your doctor or teachers. The subconscious mind doesn't question whether it's true or not. The conscious mind says, "I am weak, I am a loser, I'm fat, I'll never beat this", What does the subconscious say? "Your wish is my command" and it goes about creating more of that in your life because that is what it does. It is non-judgemental.

Beliefs are formed by listening to authority figures e.g. our parents, teachers and doctors, from repetition like affirmations and from being in a trance state like hypnosis.

How Does Hypnosis Work?

Hypnosis is merely a very relaxed state of being. The therapist then gives suggestions and imagery to your subconscious mind to replace negative beliefs that may be causing suffering in your life. You may or may not be aware of these limiting beliefs. If there's an area in your life that is not working as you'd like, you more than likely have a negative limiting belief holding you back.



Elevate Your Life

During the hypnotic trance, there's a feeling of complete relaxation. Your conscious mind sort of takes a nap, which is a good thing because it is always analyzing and sorting through information, making decisions, being judgmental and critical, negative self-talk etc. It is the EGO. You cannot reprogram the subconscious if the conscious mind is wide awake. The conscious mind may seem like a bad seed, but it's just trying to protect you. Unfortunately, it is still operating from caveman days where it had to protect you from saber-tooth tigers.



So, during hypnosis the conscious mind takes a nap and the subconscious, which never sleeps, becomes highly aware and responsive. This is the time when you can program the subconscious with new beliefs by giving it positive suggestions for change. By adding imagery and feeling your subconscious begins, right away, to make those changes in your life. The great thing is, you don't even have to believe it, just keep listening to the recording and you will begin to notice gradual improvements in your life.

Imagination

The subconscious works with imagery, it loves images and pictures, the more goofy and over-the-top the more excited it becomes. During these hypnosis recordings you will be asked to imagine or visualize certain scenarios. It's very important that you try to picture these scenarios as vividly as possible, adding sounds and especially adding feeling. Feeling is of paramount importance. How would you FEEL if your goal was already achieved? Excited, joyous, appreciative? This is the hard part but with a little practice you can begin to conjure up these positive feelings.





How to Visualize

There are a few people who say they cannot visualize. Truth being told most people can but are not sure they are doing it correctly.

Let's try something.

Take a moment to picture your kitchen. It helps if you are not in the kitchen right now ;). Think about where the fridge is. Open the fridge and look inside, imagine a lemon sitting on the shelf, grab the lemon. As you open the fridge feel the coolness coming out of it, the temperature change. Feel how cold the lemon feels on your skin. Now take your time to really get a sense and the imagery of what we are going to do next. Maybe read the paragraph and then close your eyes and imagine it with great vividness.

Go to drawer and take out a knife and cut the lemon in half. See the juice dripping on the counter. Now cut those halves in half again. Now pick up a quarter of the lemon and bite into it. Feel that sour juice squirt into your mouth, your taste buds squirming. Just close your eyes now and imagine that scene vividly, taste that lemon!

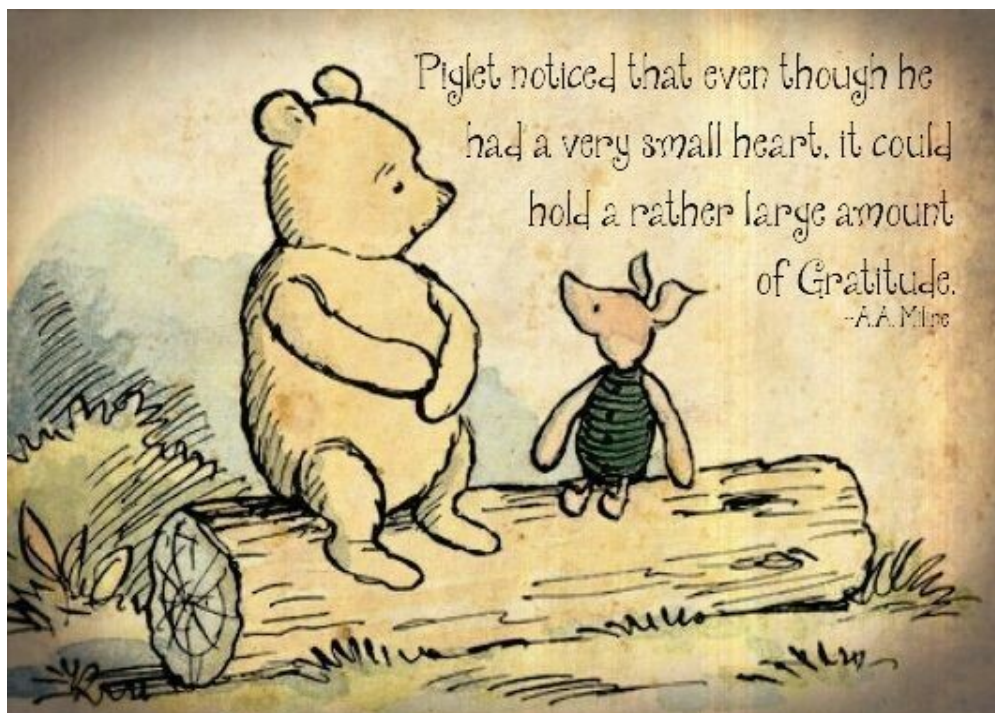
Elevate Your Life

How was that? If you felt your tastebuds puckering up, or you began salivating, then you have just activated your subconscious mind and you visualized! Visualizing is merely using your memories to create your picture, that is all that visualization is. If I tell you to imagine being on the beach and you've never been to the ocean you will pull images from things that you've seen on TV or read in books – it's all good.

Feeling

The most important part of reprogramming is getting into a feeling. For example, I may say: "I want you to see yourself 10 lb's lighter, how does that feel to you?" If you've never been 10 lbs lighter, or if you can't remember being pain free, or sleeping all night long, you have no idea how that feels right?

The feeling we want to feel is joy, gratitude and appreciation. Think of a time in your life where you were overwhelmed with joy and gratitude. Maybe it was a nature walk in an absolutely gorgeous setting. A breathtaking sunset, the day your baby was born, your wedding day. Think of this time, close your eyes and try to recreate those feelings inside. Feel your heart expanding, smile. This may take some practice, but it is imperative that you do practice so that you can conjure these feelings at will during your hypnosis session. During your day to day activities, take 3 minutes to close your eyes and bring up the feeling of joy or gratitude. I do it whenever I go to the bathroom. 😊

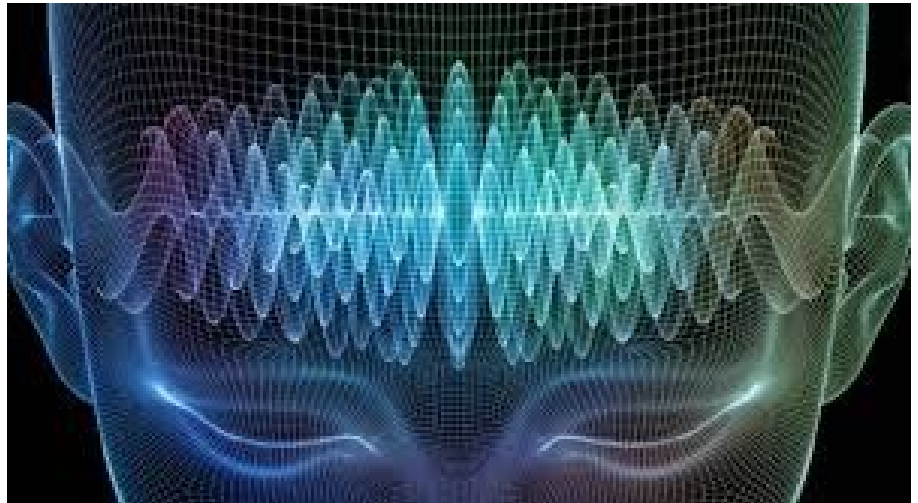


The Words "Sleep Now"

During your recording you may hear me say the word "sleep now" or "sleep deeper". These words are not intended for you to sleep, they are merely words to program your subconscious mind to allow you to relax deeply. Once your subconscious has been programmed like this you can put yourself into a deep relaxation by finding a comfortable place to sit or lie down, taking a few deep breaths and saying to yourself "sleep now". With practice you will be able to get into a nice deep relaxation without having to spend too much time focusing on relaxing all of your body parts like we do in the beginning of the recording. It is also great if you're having trouble falling asleep at night. As you lay in bed take a few nice deep breaths and say "sleep now" and feel your body and your mind automatically relaxing.

Binaural Beats

I have installed brain wave technology into the recording. This allows both sides of the brain to get optimized for success. You may be able to hear it in the background but not to worry if you don't, your brain is still getting the positive messages. Basically, what binaural beats do is put your brain into different brain wave states based on the recording you received. This allows



your subconscious mind to absorb the positive suggestions more readily. For example, the recording for Sleep and Healing will put your mind into a "theta" state and then into a "delta" state.

Saliva

This may seem a little strange and you may hear this on the recording. Put liquid saliva into your mouth as you make an affirmation. Putting saliva into your mouth puts your body into a more calm state of mind and tends to strengthen your affirmation.



Misconceptions

Common misconceptions about hypnosis:

- When hypnotized the hypnotist has control over your mind.
- You can be made to do something that violates your moral code
- Hypnosis is truth serum
- You lose self-control in hypnosis
- You will not be aware of what is going on around you in hypnosis
- You will become stuck or trapped in hypnosis

Remember, in reality, hypnosis is just a very relaxed state of being where your critical conscious mind takes a nap and your subconscious mind becomes highly aware and open to new beliefs and suggestions.

In Conclusion

Hypnosis is a very safe and effective way to heal your mind and body by reprogramming your subconscious mind. By listening to this recording for a minimum of 3 months you will begin to notice dramatic changes in your life. Please remember that it took you a lifetime to get this way and it will take some time to heal, not a lifetime but at least a few months of regular, consistent listening. You may begin to feel compelled to do more, to take action, look for opportunities. This is normal and please listen to your body and your mind and take action.

I suggest you keep a journal and begin to document the changes that are happening in your body and your life as it's always fun and a great confirmation to see the progress that is happening.

Above all keep a positive mental attitude. What you focus on you attract in your life so make sure you're focusing only on what you want. And make sure to visualize what it is you want too, conjuring up those feelings of already having it.

Remember, gratitude will move mountains! Thank you for your support! My love goes with you!



the face behind the voice

In 2012 Kelly McLoughlin received her certification in Hypnotherapy as a Certified Medical Support Clinical Hypnotherapist as well as a Natal and Past Life Regression therapist at the Hypnotherapy Academy of America, regarded as the leading training academy in the world. She believes that in order to heal the body you need to heal the mind first and regards hypnotherapy as complementary to western/allopathic medicine.

