



MP3 Hypnosis Downloads

Information and Instructions for Your MP3 Hypnosis Download

Congratulations for taking the most important step in taking control of your life. By taking action, you've sent a powerful message to your subconscious mind that change is coming, change that you want and change that you need.

First, some very important information for you:

- Never listen to any of the MP3 Hypnosis Downloads while driving or operating any dangerous machinery. Do not use these in any situation where they might be heard by others that are driving, operating machinery, or doing anything that requires their attention. These downloads make use of hypnosis, suggestion, brainwave technology and isochronic and binaural beats to promote relaxation and a hypnotic mind-state and can cause inattention, distraction, extreme relaxation and sleep. It is always your responsibility to look out for the safety of yourself and others.
- The results of hypnosis are subjective and vary depending on the individual. Because of this, we cannot warrant any results or effects for you. We have found, through years of experience, that the attitude, motivation, expectation and effort used with these downloads are of extreme importance and correlate to their success.
- These downloads should not be used by people with neurological disorders, epilepsy, psychotic disturbance or mental illness. If you have any questions, please consult with your physician before using any of these.
- None of these downloads make any claims to cure illnesses or disorders or substitute for the professional care of a physician.

How to Use MP3 Hypnosis Downloads

- Use your MP3 Hypnosis Downloads in situations where you can get the full benefit from them. All sessions have different uses, applications and lengths, so choose appropriate times and locations for their effective use. Select times and locations to listen where you will not be easily distracted and can fully enjoy and have the time to complete the session. Setting aside regular times every day are often beneficial and regular use can greatly improve your results.
- Headphones are not necessary to utilize any of our sessions, but they can often greatly enhance the experience, especially of the brainwave technologies used.
- Feel free to experiment and use these downloads where and when you feel you get the most benefit from them.

Most of all, enjoy the use of these products and let them help you to make all the changes you want, easily and effectively.

For more information, visit MP3 Hypnosis Downloads at:

<http://www.mp3hypnosisdownloads.com>

or Email us at:

info@mp3hypnosidownloads.com

Hypnotically Yours,

Joseph Nunan C.H.

Joseph Nunan C.H.
MP3 Hypnosis Downloads