

Self Hypnosis – The Ultimate Self Help Tool

By Alan Crossley

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Self Hypnosis is considered by some to be the ultimate self help tool. Hypnosis Downloads make accessing this powerful state of mind for self improvement is easier than ever.

Self Hypnosis is quickly becoming one of the most popular ways for people to relax, de-stress, get to sleep, lose weight and improve self esteem. Now, accessing this powerful state of mind is easier than ever thanks to HypnosisDownloads.ORG, a web site that provides Hypnosis MP3 recordings for instant download.

Site owner Alan Crossley is a Master Hypnotist and NLP Practitioner who believes that people can regain a sense of comfort and optimism while reducing stress by regularly entering the state of deep physical relaxation, combined with positive visualizations and suggestion known as Hypnosis. According to Alan, “One of the biggest challenges is demystifying Hypnosis and explaining what is actually is. Once people understand that all Hypnosis is Self Hypnosis and that they are the one in control of the experience, they find themselves getting excited about all the possibilities”.

One of the benefits of choosing our recordings is that we use Ericksonian techniques to give people a deeper and more personal trance experience. The Ericksonian method uses vague language to allow the listener to make their own choices and apply their own meanings to what is offered. This allows the listener to quickly move from an external focus to an internal focus on thoughts and physical sensations, while creating deep relaxation.

Today, people are experiencing more stress than ever and using Self Hypnosis recordings provides a quick and effective way to let go, relax and bring things back into balance. Getting into a deeply relaxed state can take as little as two minutes and spending 15-20 minutes in the deeply relaxed state while visualizing and hearing positive things can be as refreshing and revitalizing as a two or three hour nap. This makes it a perfect tool for busy people that need to quickly de-stress and recharge.

According to Mr. Crossley, “we want as many people as possible to discover the incredible power of this self help tool”. With that in mind, we have created an affiliate program that allows people to earn a share of the revenue by simply signing up and then referring people to the web site. When people make a purchase, the affiliates get a share of it. How often do you get the opportunity to share something so positive and get paid for it? It’s simply a win, win situation.

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