



## LISTENING TO YOUR RECORDINGS

### **RELAXATION:**

1. The act of relaxing or the state of being relaxed.
2. Refreshment of body or mind; recreation: played golf for relaxation.
3. A loosening or slackening.
4. A reduction in strictness or severity.
5. Physiology- The lengthening of inactive muscle or muscle fibres.
6. Physics: The return or adjustment of a system to equilibrium following displacement or abrupt change.

### **TAKING CARE WHEN LISTENING TO CD'S**

I do not advocate complimentary therapies over conventional ones, but to be used in conjunction with or otherwise as being guided or instructed to by a professional clinician.

The following points should be considered carefully before and whilst deciding on a course of hypnosis or any complimentary therapy:

1. Please seek the advice of your physician in regards to illness and injury.
2. The therapeutic content of the products do not promise to fully prevent or cure any particular medical condition, either physiological or psychological.
3. No medical diagnosis is made. The products are available to treat what you find is a presenting problem.

### **INSTRUCTIONS FOR EASY LISTENING- PLEASE READ CAREFULLY**

Learning to relax will help you to control your anxieties, cravings, fears and the tension associated with them. Effective listening can be achieved by following these instructions:

1. The recordings should never be used whilst operating machinery, driving a vehicle, or riding a bicycle, or when needing to be fully aware.
2. The best time to listen to the CD is when you are prepared to set aside some time in which you will not be disturbed. Bedtime is often good so that natural sleep follows. Although if you are too tired at bedtime, you may fall asleep before the induction has had time to work sufficiently. On such days it may be preferable to listen at a different time.



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3. Practise in a secure and safe environment, where you can switch the phone off for the duration of the CD, otherwise a tension might be created which could act as a barrier to the successful induction of relaxation and hypnosis.
4. Practise regularly and often to improve your results.
5. Listen every day for at least 2 weeks, maximum twice a day. After this, every other day is recommended.
6. Either lie or sit in a comfortable position, feet, arms, and hands uncrossed to allow full circulation throughout your body.
7. For best results, be sure to use headphones.
8. Don't try to relax. Just allow yourself to achieve what you are able to achieve at that time, on that day. No pressure is the best pressure.
9. It's natural to have thoughts run through your mind when you begin your relaxation. When you become aware of them, let them go and bring yourself back to the recording, listen and enjoy.
10. Each time you listen you will achieve a deeper level of relaxation. The recordings are designed to help you learn self-hypnosis, as well as achieve your chosen goal.

When placing an order on the Products Page, please note the following:

1. Shipping & packaging - 1st class Recorded Postage £3.50 for UK deliveries.
2. International Shipping incurs a flat rate of £6.50.
2. Items purchased on this site will be posted by the following day. However, due to different circumstances that may occur, please allow 7-14 days for delivery.
3. If your purchase is a part of a special offer via the Newsletter, your extra products can be sent with your purchase.
4. Bulk orders will be eligible for a discount.
5. In the case of a product being out of stock, you have the choice to wait for re-stock, or order from an online store such as iTunes or Amazon, or CD Baby.
6. You can pay by PayPal.



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Alternatively, email [info@ninepeachestherapies.com](mailto:info@ninepeachestherapies.com) and a purchase can be completed via direct bank transfer.