

HOW TO USE THE INNER GAME HYPNOSIS SESSIONS

The audio recordings are hypnotic in nature. Do not listen while driving or operating machinery. Only listen to it when you can safely relax completely.

What this is

You will be listening to a series of audio recordings, each of them containing an introduction and a hypnosis session. The hypnosis part will guide you into a deep state of relaxation and heightened suggestibility. The hypnotist will then communicate several suggestions directly to your subconscious mind. Your subconscious mind will then act upon these suggestions and you will notice the effects taking place shortly afterwards.

It usually takes several listening sessions for your mind to fully integrate these suggestions and change your thought patterns.

How to use

First of all, find a comfortable position. There are several positions you can be in, but the most important consideration is comfort:

- You can sit on a sofa, a comfortable chair, a reclining chair, or if you don't mind the possibility of falling asleep - you can lie down. The importance is to find a position that creates no stress anywhere in your body.
- In the beginning, you will want to be awake during these sessions so you will want to sit up with your back erect. It is alright if you fall asleep, but in the beginning sitting up will make you consciously aware of the program that you are implanting in your subconscious.
- And, if you like meditation, you can use the full lotus or half-lotus position sitting on a cushion.
- Remember - spine erect is very important in the beginning or using meditation pose.
- After listening a few times you can lie down and enjoy the audio and even take a nap.

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You may listen to the hypnosis session in whatever manner you wish. However, in the beginning it's most effective to:

- Use earbuds. There are fairly inexpensive technology. Your ears adjust to them quickly and you don't realize you are wearing them. The cause your hearing senses to be strongly amplified and that aids the hypnosis audio to be more effective.
- Quality headphones are a close second and make sure you use good quality headphone. Make sure that they are comfortable and do not bring any pressure to your head.
- No matter what way you chose to listen to sessions be sure it is playing at the right volume. It should not be too loud, nor too soft. You need to be able to hear what is being said, but need to be relaxed at the same time.
- Speakers - if there is a chance that you will disturb others you may consider headphones or earbuds. Speakers are great after you've listened several times through earbuds, or through headphones.

What results to expect – and when

There are many factors that impact results. For example, you should be listening to the audios, in sequence, per instructions. Using the instructions, you may not notice the changes at first - BUT OTHER PEOPLE WILL.

Others will mention that you appear more confident or charismatic. Over time you would realize the changes as you are guided, from insight or intuition, to go somewhere, do something, and you will have fun learning. Within 21-30 days expect some significant change. Over 60-90 days you'll be a champion in the Game.

Do not expect miracles the first day, even though others have experienced major rapid improvement - very quickly. Be patient, use the audios by instruction and soon you'll see results.

Frequently Asked Questions

What happens if I fall asleep? Will I wake up?

If you fall asleep while using the hypnosis audio, it means you were very relaxed or very tired when listening. Enjoy the short power nap - it's on us.

It is absolutely normal to fall asleep and YOU WILL WAKE UP just like you would from any nap. Let us suggest that you use audios 1,2,3,5 which are the shortest audios, sitting up or in meditation pose, and audio #4 when you lay down to go to sleep or take a short nap. They are arranged to be most effective that way.

What happens if I don't remember hearing it all consciously?

Even if you don't remember everything, or anything, that was on the audio that you listened to, your subconscious (unconscious mind) did. It hears absolutely everything and the messages often go directly to the subconscious without conscious memory. This happens due to level of trance induction, or due to falling asleep. There are absolutely normal reactions to hypnosis. If you want to know what the audio is saying - listen to the audio ONCE while awake and standing. This will give you conscious confirmation of the positive material going to your subconscious mind.

What happens if my mind wanders off and I miss part of the session?

If your mind wanders off during the hypnosis audio - not to worry. This is not unusual. Even if it wanders to the point you don't remember everything, your subconscious mind did. It hears everything and the messages still go directly to the subconscious without you consciously listening. If you want to know what the audio is saying - listen to the audio ONCE while awake and standing. This way you'll know what the audio says, and even if you don't pay attention, while in trance - the programming will still bypass conscious mind and go directly in to your subconscious mind and work for you.

When is the ideal time to listen to it? Before going to bed, in the morning, in the car?

There are many theories about when the best time to listen is. Our belief is that there are 3 times appropriate to listen:

1. When you first awaken in the morning, after going to the bathroom, lay back down and listen to the audio before you wake up to start your day.

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2. The second-best time is the afternoon after you have eaten a LIGHT LUNCH. Do not load up on food as it will not be comfortable to be processing food into needed energy while in a trance state.
3. The very best time to listen is when you are ready to go to sleep for the night, because it activates dream stimulation that helps solve problems, and give you insightful guidance (something called intuitive action steps) which will lead you towards your goal.
4. Audio #3 is a long sleep hypnosis process that works best - and you should use it after preparing for sleep. Make the volume like a whisper and sweet dreams.

Can it be harmful to me? Are there any side effects?

There are no side effects for any normal person anywhere. It is not recommended for people with severe psychiatric disorders unless performed under the direct guidance of a licensed psychiatrist. Other than that - it's a HOUSTON - THIS IS A GO! And, there is absolutely nothing to worry about. Undergoing hypnosis for personal growth and self-improvement has never shown to have any negative impact and hypnosis as therapy are recognized by the American Medical Association, the British Medical Association, and organizations in Holistic Health, Chiropractic, and Acupuncture.

How does the hypnosis session actually work?

In simplest language, you will get comfortable, and be directed to close your eyes and follow instructions to relax yourself. Then you will be given suggestions, instructions for positive visualization some educational instruction, motivational suggestions, and no hocus-pokus. Your subconscious will help you follow the instructions and make the sessions successful so that within a short period of time the new Ideal You - the expert in playing the Direct Game - emerges.

Some of the things I hear don't make sense.

Often there are sounds in the background which cover words or phrases, suggestions or concepts, aimed to reach your subconscious. Some people are sensitive enough to hear them, most people - are not. Some words or strange phrases come from variations of hypnosis principles These are not errors but are powerful often we employ strong hypnotic techniques that are triggers for the mind to reach deeper states of relaxation and become more open to positive suggestions.

Is there a way to accelerate the program?

Yes, we recommend that you do this if you are going into rapid gaming or vacation playing and you don't have the necessary preparation period of 60-90 days. Take 3 days off and bring in take-out food. Listen to audios from morning to night each day; use all audios at least 7 times each before going out for your first active gaming.