

FEMINIZATION

SELF-HYPNOSIS



- *Tips and Advice for Transgenders*
- *Feminine Expressions*
- *Hypnosis : a tool for femininity*
- *Feminization Programs*
- *Voice, Walk, Posture,*
- *Expressions, Gestures*
- *Image, Dating, Confidence*

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Feminization Hypnosis

The guided meditation Feminization sessions for transsexuals have been compiled using highly advanced hypnotic techniques, producing amazing effects such as various trance stages, meditating states, and deep hypnosis. These deep trance effects are used for implanting messages to convert old male habits and gestures into automatic feminine expressions into the subconscious mind.

You've probably known for a very long time that you feel very comfortable in your female role, and that this is your destiny. The problem you may have now in your life is how to start the process of sharing your new role and to come out of the closet. Coming out should start with close friends and family, especially with your parents. This program will teach you the exact steps to take, and boost your confidence, pride, self-esteem, and courage, ready to free those chains and become your true self.

Feminization

For the male to female transgender. The image of your desire will be embedded and forced deep into your subconscious mind. All the mental, physical and social blocks will drain away out of your body and mind and leaving you completely natural, vital and energetic. Using the hypnotic audios, by day and by night you will be more and more feminized, gradually losing those male gestures, it is a progressive process.

You will feel more and more ladylike every day. The girl is flourishing and very soon bursting out of you. Natural power inside you will be activated, the flow of hormones into your system. Your body will be forced to convert testosterone into estrogen.

Walk, Posture, Tone, Gestures

The mp3 sessions help you to experience the delight of soft and silky hair, as they grow, they become full strong and soft, feeling so feminine and natural.

You will find the perfect tone for your voice, the true pitch, and you will hear your inner voice that is feminine inside out without being forced. Soon you will concentrate on talking with a higher tone of voice the flow of sexual hormones into your body, vital and natural for powerful change.

Recreate your sexual system and transform your body and mind. Your subconscious mind will be checking and copying other ladies, from the television, street, and wherever you see them. You will automatically copy gestures, mannerisms, posture, walk, smile, waves, and every detail of other women.

The guided meditation sessions have been compiled using highly advanced hypnotic techniques, producing amazing effects such as various trance stages, meditating states, and deep hypnosis. These deep trance effects are used for implanting messages to convert old male habits and gestures into automatic feminine expressions into the subconscious mind. Recreate your sexual system and transform your body and mind. Your subconscious mind will be checking and copying other ladies, from the television, street, and wherever you see them. You will automatically copy gestures, mannerisms, posture, walk, voice, smile, waves, and every detail of other women.

The Clinton program is the process that fulfills the mental, physical and emotional processes on your quest for complete transformation. The full mp3 session will enable you to feel and look more like a woman, and will also help you to feel more confident with your new self, as a woman. Looking like a woman means that society must accept you as a lady. 99% of people will judge someone by how their looks, and so physical appearance, gestures, posture, walk, is one trick we can use to improve our image.

Soon you'll achieve full feminization for the male to female transgender. The image of your desire will be embedded and forced deep into your subconscious mind. All the mental, physical and social blocks will drain away out of your body and mind and leaving you completely natural, vital and energetic.

Using the hypnotic audios, by day and by night you will be more and more ladylike. Gradually losing those male gestures, it is a progressive process. You will feel more and more lady-like every day. The sensual romantic flower is flourishing and very soon bursting out of you. Natural power inside you will be activated, the flow of hormones into your system. Your body will be forced to convert testosterone into estrogen causing noticeable changes. Hypnotherapy will help you to change into the woman of your dreams.

Feminization can be achieved using various mental techniques of which self-hypnosis has several advantages. Hypnosis is more permanent and less likely to have any rebound effect. It is automatic making it easier to use. The outside world is the single greatest influence on the conscious thoughts of a person. This can be seen when others have a bad image of you, and as a result you are insulted and taunted by them. This often causes an inferiority complex that could spiral and could find yourself feeling worse about yourself, leading to a less positive outside image.

Self-esteem is a very important part of a feminizing process because self-worth and self-image is also part of your new lady appearance. Self-confidence is also a large step to achieving full feminization.

Hypnotic suggestions can program your inner mind to become totally ladylike. This is the great full advantage of hypnotherapy. Get your mind to control and shape your new messages and the body will soon start behaving like a lady. With the audio pack using it's possible to make fast progress and see noticeable results, while appreciating comments about your new look from your friends. Hypnotic suggestions can influence the mind and will also result in a change in physical appearance, allowing you to become the lady you always wanted to be.

Case Study

The root of most of my transforming problems came from within...deep in my mind. So the science of hypnosis trained my subconscious mind to accept my new image. I needed more elegance, feminine, natural, flowing to become a true woman, but all in an automatic way, without even thinking about it. It is definitely possible to change from male to female and also achieve an attractive beauty.

The image of what I wanted to achieve was embedded , and forced deep into my mind forcing the old male habits to become blurred until extinction. New messages left me with a new gender identity. All the mental, physical and social blocks drained away out of my mind and body leaving me completely natural, energetic and vital. Using the mp3, daily, I became more and more like a woman. I used the audios after surgery, to lose all my old unwanted male gestures, and each day seeing greater fuller benefits, and progress until I became satisfied with my sexuality. I continue to feel more and more beautiful every day; a full total lady is flourishing and bursting out of me. Having always a natural beauty since teen age, I needed to increase the softness of my skin, and change the distribution of my fat deposits to become a real woman. I listened to the audios twice per week, and I did experience the flow of natural feminizing sexual hormones into my body, vital and natural. It was like a recreation of my sexual system, transforming my body and mind. The Clinton Method was working.

Transgender Image and Appearance

Full feminization can be achieved using hypnosis, a process that fills the mental, physical and emotional processes needed for a complete lady image. You have to try and find the perfect tone for your voice, the true pitch, and you will hear your inner voice, that is feminine inside out without being too forced (unlike some unfortunate male to female transgenders) After listening to the audios you will concentrate on speaking with a higher tone of voice.

Feminization Hypnosis will help you to change into the woman or girl of your dreams, whether you are a transgender, crossdresser, transsexual, or for anyone wishing to change perfectionize their transsexuality. Our physical appearance is very important in today's society. These amazing guided meditation hypnotic trance sessions have been compiled using advanced hypnotic techniques, and are used for implanting useful messages into the subconscious mind, to replace the old thoughts and ideas with new feminine expressions, feelings, and thoughts.

The music and sound effects such as the wind, birds, and ocean waves have been blended with binaural beats or brain waves. The Hypnotic Induction techniques have been produced using a progressive journey script, tones, nature sound effects, and hypnotic music.

Foods which contain natural estrogens and estradiol, and also plants which lower testosterone and androgen levels.

Androgenic food	Androgenic food	Estrogenic Food	Estrogenic Food
angelica Anti-estrogens: brussels, broccoli, oats. asparagus <u>avocado</u> beef berries buckwheat cabbage contains indoles (anti-estrogen) carrots cauliflower celery juice chickweed <u>choline</u> choline chrysin citrulline citrus corn curcumin (cox-2 inhibitor) damania sprouts strawberries tapioca tomatoes : lycopene tribulus tuna turnip vanilla wild yam yarrow zinc	epimedium fava beans figs ginger ginseng Goji berries grapes green beans honey l-arginine amino acid maca <u>melons</u> millet monounsaturated fat mucuna nettle root olives oysters have zinc and dopamine parsnips, corn, pine nuts, oats, garlic, onions, celery. phyto-androgenic plants include: <u>pineapple</u> radish red kidney beans sage saturated fat saw palmetto watermelon contains citrulline white flour white rice	all plant phyto-estrogens all types of soya anise, fennel apples, cherries, dates aspartate barley, brown rice beer and hops beets black cohosh black currant black-eyed peas, chickpeas bloodroot carrots, celery, cucumbers chestnuts clover coca cola light corn, lentils damiana, verbana, thyme don quai dried apricots dried dates eggplant, peppers evening primrose flavonoids flax seed glutamate grapefruit tumeric wheat yucca	green tea hummus isoflavonoids <u>jumper</u> licorice lignans lima beans, navy beans mistletoe motherwort MSG :chinese food multigrain bread mung bean sprouts nutrasweet <u>oregano</u> papaya, plums, bananas parsley, sage, alfalfa peanuts, almonds polyunsaturated fat pomegranates, pears potatoes, rhubarb pumpkin seed, sesame seed red beans, soybeans red clover selenium sesame seed soybean sprouts split peas, stilbenes sunflower seed thyme tofu

Some questions

Can everyone be hypnotized for feminization?

Almost all of us.about 10% of us can go into a very deep trance, while 85% can achieve a medium trance which deepens with practice. The programs include five different trance inductions to make a wide variety of trance deepeners and hypnotic tricks to help you to first relax and then gradually relax even deeper into trance until you achieve the perfect state for receiving your new important messages that will replace the old unwanted male thoughts.

Is this feminization pack successful?

Very effective! One client found the audio too powerful and asked for "Masculinization Therapy" because he was leading a double life, and wanted his lady side to be kept secret from his family. Because of popular demand I have some new audio downloads for part time crossing, for those who wish to find a soul mate or even for same-sex partners, and for those who cross on a part time basis and wish to revert back to their manly image for the sake of their family, friends or workmates.

Can I achieve bigger breasts?

It is a slow process. We implant messages in the subconscious mind to produce more estrogen, and more breast cells, send more blood to the breasts, and increase fat cells in this area to produce a more natural change.

Can I higher my tone of voice?

With hypnosis you can change your voice in many ways to make it sound higher the mp3s contains various exercises and methods to higher the tone. It's easy to talk with a higher tone; the difficulty is maintaining that pitch, which can be achieved by placing new messages into the subconscious mind making the procedure automatic.

Can everyone be hypnotized or just some?

Almost all of us can achieve a normal state of trance, while only about 10% of the population can go into a very deep trance. As much as 90% can achieve a medium trance, which is adequate for planting new messages into the subconscious mind. This medium trance often deepens with practice and is perfect for gender reassignment for transsexualism.

What are the trance inductions?

Choose between the four hypnotic voyages (tropical beach, jungle, secret garden, spring meadow) and each induction uses various hypnotic techniques which are used to achieve very deep relaxation. Anchoring (to get back into a trance the next time)

Can I start before the transformation male to female surgery?

Yes, this is the best option, the sooner the better. Before a transformation operation it is very wise to undergo hormone treatment and feminization hypnosis for at least 12 months. This is the usual procedure that doctors recommend, as to adjust and normalize your customs and habits, as they become the norm.

What are male to female hormones?

The typical male characteristics are deep voice, more muscle, more hair growth on chest and beard, bigger voice box, and these are produced with higher levels of testosterone. There are certain drugs which can reduced testosterone levels, and are often used for men with prostate cancer, and to stop male pattern baldness. Estrogens are hormones which make our skin and hair more smooth and silky and make our breasts bigger. Estrogens change our distribution of fat in the body to give us more fat around our thighs, buttocks, and triceps, and less fat on the upper back.

Feminization hormones

Of course you'll obviously consult your doctor first before starting any hormone therapy, but just as a quick guide the following information will give you some extra knowledge about the subject. In my opinion the following program is the best to date, taking into consideration the side effects (physical and emotional) and the feminization results.

The main goals of the process of feminization are:

Breast development

Fullness in the hips

Softer smoother skin

Less masculinity

Less muscle mass

Finer body hair

Less beard

Prevent male pattern baldness

Better fat distribution

The main method of feminization consists in raising your levels of estrogen to that of a typical woman.

The second method is by reducing the levels of testosterone.

Taking female hormones is not enough to reach full feminization and therefore we add anti-androgens to the program to boost the synergistic result. The goal is to reduce DHT (a strong androgen) as much as possible using drugs such as finasteride. The combination of Proscar and Aldactone (spironolactone) is very powerful and most men can reach full feminization in about two or three years.

Typical dose regime:

Estradiol sublingual tabs 3mg

Estradiol gel twice daily

Proscar 5m in the morning

Spirolactone 100 - 200mg /day

Estradiol can also be given using injections and patches.

Estradiol tablet (Etrace, Estrofem). To be taken under the tongue in the morning and at night. Taking the tablets sublingually will give the same advantages as a patch, gel or injections

Finasteride (Proscar). The 1mg finasteride tablets are branded as Propecia, but generics are usually available. The brand name Proscar contains 5mg finasteride.

Spirolactone is well tolerated anti-adrogen, but can increase your levels of potassium and excess urine

Feminine Voice

- Voice quality
- Pacing
- Resonance
- Articulation
- Pitch and tone
- Loudness
- Melodic intonation
- Fluency
- Phrasing

Pitch and phrasing

Men usually speak in a more monotonous tone, with an even pace, while women tend to talk faster and speak in quick phrases followed by a pause. If you vary the pace of your conversation you'll give your voice a more feminine sound, and also try to vary the pitch.

Feminine Tone

Just like a professional singer if you warm up your vocal chords first by humming a word and then gradually increase the pitch then the result will be more feminine. You can do this for each vowel.

Feminize the resonance of your speech

Resonance is the whole result of your vocal tone, and is probably the most important aspect for achieving feminization. Even when the pitch is the same a person with a larger throat will have a deeper voice. To make your throat appear smaller you can practice contracting your throat muscles.

The cartilage of the larynx

Try speaking with a higher tone, but without going too high, because a squeaky voice is not so pleasant. You can do this by controlling your glottis. The position of the glottis is important because it controls how much air will pass by, so when we shout the glottis

lets more air pass through. If the glottis is closed, then more air is forced through and the voice will sound deep and masculine. So by speaking quieter but not a full whisper, we can easily higher the tone, and reduce the resonance

Tips

To create a more feminine voice try to start and finish the sentence slowly unlike men who prefer to emphasize the beginning and end of each phrase. You should try to find harmony between a voice that isn't too quiet and a completely full deep masculine voice. Try to avoid concentrating on the volume and practice more with your tone. Men usually work with a variable tone while women tend to keep their range shorter.

You need to use a lot of lip movement, so avoid talking between your teeth, and emphasize each word, making your speech clear, precise and controlled.

The Feminization Process

Ever wondered why no matter how hard you try certain male gestures and customs keep slipping through? Maybe you can concentrate on walking like a lady with a feminine posture, but when something distracts your attention, the old masculine traits sneak up on you.

This is because you still have all those male memories deep inside your subconscious mind. Maybe your mind has been bombarded with a lifetime of thoughts, and customs, and these thoughts come from deep within, from the old male shell. To become fully feminized the first important pass is to become an expert in makeover. The perfect shade of lipstick, the length of your eye lashes, highlights, rouge, and the shape and length of your eyebrows for your type of face, using the correct colors.

It's very difficult to become a passable with short hair unless your facial characteristics are very feminine. It can work for some transsexuals but more often than not, it's better to grow your hair, and the longer the better. Some volume also helps to create femininity, but some MTFs and transvestites also look fantastic with Japanese style long silky straight hair, depends on each individual bone structure. You could have gorgeous long wavy hair for part time cross-dressing, and then just tie it up as a ponytail when back at the office.

Some transsexuals are just blessed with small rounded feminized faces and can get away with anything. When this is not the case, special care must be given to your facial expressions. While we are talking to someone we are using thousands of facial muscles. We use thousands of various expressions using our lips, eyebrows, forehead, cheeks, and 99% is done automatically. These automatic gestures are controlled by our subconscious mind, and this is where all the data is stored just like a hard drive. We can change this data and rewrite new messages by opening the door to the subconscious using self-hypnosis. See the program, click

Some cross dressers like me have the unfortunate task of having to hide a manly jawline. This can be done by an expert make over and by using the correct muscles. This is very difficult to do in public

without slipping back, but with the help of hypnosis the muscles can be trained to stay a certain way, feminine and ladylike.

"Having always a natural beauty since teen age, I needed to increase the softness of my skin", says Janet, "and change the distribution of my fat deposits to become a real woman. I listened to the audios twice per week, and I did experience the flow of natural feminized sexual hormones into my body, vital and natural. It was like a recreation of my sexual system, transforming my body and mind. The Clinton Method was working. "

"I felt myself continually checking and copying other ladies, from the television, street, and wherever I saw them. I was unconsciously and automatically copying gestures, types of walk, smiles, mannerisms, posture, and details of other men. It was for me a truly natural way to become a true woman even before transformation surgery."

Sometimes looking pretty is not enough. Many gorgeous FTMs lose it when they start to talk. Some transgenders may even have a high tone, but they haven't mastered the art of speech. Women say different things, and different words. You must know how to construct feminine phrases. This is a very important part of cross-dressing and transgenderism.

A very important part of the life of a transgender is finding a perfect partner. This does not always mean male, a large proportion of crossdressers are sexually attracted to women. Psychological self-help programs can boost self-esteem and confidence to amazing levels. With a new powerful sense of self-worth, value and self-love, it's so easy to flirt, seduce and attract a partner. With a high level of self-confidence, it's much easier to break the ice, and feel proud of yourself. I listened to my own audio programs with self-hypnosis to become confident enough for dating and to seduce my partner.

A message from Carol: "I felt the size of my breasts growing every day naturally, nothing extraordinary; it was slow, but steady. I always wanted to own bigger full breasts. I could feel the muscles and tissues around my breasts slowly transforming making them rounded, and bigger. I could feel the flow of blood in the chest zone, more concentrated as if I had more oestrogen hormones

making my breasts feel more heavy and attractive, I don't know if it was psychological or real but it makes me feel great anyway."

The male body can convert the male hormone testosterone into a female hormone called oestrogen causing gynocomastia (bodybuilders who take too much testosterone often grow "bitch tits" because the body is very clever at counteracting the effects of too much testosterone, by converting it to estrogen). Some transgenders may experience the delight of silky hair, it becomes full, strong, soft and shiny.

The best way to become truly feminine is to have lots of female friends, open your mind and become receptive to learning. There's no need to copy their exact attitude in that particular moment, because sometimes when it's overworked or not done right it looks ridiculous. Sometimes it's better to just observe and get into the aura, and later at home or even while you sleep your mind will be organizing all those female thoughts.

Another great trick is to place a notepad and a pen by your bed at night, and say to yourself "I want to dream of being a woman" three or four times. When you wake up, just take the pen and write down the first word that comes into your head, soon after you'll remember the rest of the dream. We dream every night, and we forget them, but by using the notepad technique we'll remember 90% of our dreams. I have over 8 years of dream recollection which often help me in life.

You must take great care of your skin, especially on your face and hands. It's wise to take advice from an expert, and do many tests on various cosmetics and creams to find one which suits you best. Maybe use a cream on one half of m your face for a few months and see the difference.

With the help of hypnosis your mind will be constantly copying other women, especially the more feminine ladies, and learning how to express yourself with feminine gestures. Men and women have a different way to move the arms and hands, especially when we are talking and making hand movements. A masculine hand gesture just gives off a bad signal.

Dress sense

You may think it's obvious to say that dress sense is important, but it's not enough just to put on a dress, stockings and high heels. You must take into account your age, height, build, and whether you need to take off a few pounds or to place a few extra pounds in certain areas.

Pink is a very feminine color but it doesn't suit all of us. Sometimes being overdressed looks ridiculous. In the beginning you should ask as many people as possible for honest critical advice, and get to know what suits you best.

You will feel more feminine every day. The lady is flourishing and very soon bursting out of you. The natural power inside you will be activated; the flow of feminizing hormones circulating around your system....your body will be forced to convert testosterone to estrogen. The audio recordings will enable you to feel and look more like a lady, and will also help you to feel more confident with your new self, as a woman. Clinton hypnosis will help you to change into the woman of your dreams. Your physical appearance is very important in society, and with this help, you will achieve success.

Are you tired of people noticing your masculinity slipping through, and fed up with giving yourself away, and getting distracted, the male shell slips back. Would you prefer to walk just like typical women without being too forced? My feminization program will help you to achieve a perfect feminized appearance. It's easy enough to copy a woman, but being a woman is another matter. You can copy certain expressions and gestures, just like an actress, certain speech, walk, posture, but not everything and not all at once. To achieve complete feminine movements and natural expressions you need to change the old messages in your subconscious mind and overwrite them with new fresh female affirmations.

Female Image

To become fully feminized you have to learn about using the correct jewelry, depending on what you want to hide, or to highlight, but too much jewelry looks too obvious and not very ladylike.

Here's the importance of expressing femininity through your eyes. When you learn to do this, it will boost your femininity more than makeup. The sparkle has to shine through and give off the message of "I'm adorable"

A slight pencil line around the lips will create necessary volume and enhance the female beauty, must not be overdone. Facial hair must be kept invisible at all times. I use a hand held laser hair removal device and it works great for me, it's a slow process but works well. Five years ago I did my eyebrows and the hair never grew back. I'm now working on my beard, but I've got thousands of nasty hairs to remove.

Feminized & Famous

- Kimberly Devine, actress
- Meghan Chavalier, actress
- Aaron H. Devor, trans academic
- Jennifer Finney Boylan, transwoman, author, and educator
- Jenny Hiloudaki, Greek model
- Jin Xing, Chinese dancer
- Adèle Anderson, cabaret singer, actress, member of Fascinating Aida
- Alejandra Bogue, actress; most-known for being in the mexican comedy show Desde Gayola
- Alexandra Billings, actress; singer; professor
- Alexis Arquette, actor, musician, member of the Arquette family of actors
- Allenina, actress
- Ana Paula Botelho, actress
- Andie DeRoux, transgender American artist
- Angela Clayton, British trans woman, physicist and campaigner
- April Ashley, model
- Arcipello a British digital artist
- Ben Barres, neurobiologist
- Bibiana Fernández, Spanish actress, model, performer
- Brianna Austinwriter, gender columnist and publisher of TG Life
- Buck Angel, world's first FTM
- Bulent Ersoy, Turkish singer
- Calpernia Addams, actress, author, autobiographer, entrepreneur, activist, fiddle player
- Caroline Cossey, also Tula, British model, author, and Bond girl
- Jayne County, U.S. rock singer
- Charles Busch, drag performer
- Christine Burns, British trans campaigner and educator.
- Clover Honey, drag
- Colin Kennedy Donovan, /trans disability writer and anti-racist activist
- Courtney Act, singer, gender illusionist, Australian Idol semi-finalist
- Cristan Williams, founder of the CATS TG Homeless Shelter,

- Dana Baitz, musician (pianist, producer, songwriter)
- Dana International, Israeli pop singer
- David Harrison, performer
- Del LaGrace Volcano, transman, performer and photographer
- Dreuxilla Divine, drag
- Enza "Supermodel" Anderson, drag performer
- Estelle Asmodelle, actress, author, dancer & Australia's First Legal
- Georgina Beyer, New Zealand's (and the world's) first trans mayor (1995) and member of parliament (1999)
- Ginger Coyote, San Francisco punk scenester and founder of Punk Globe magazine, singer for the White Trash
- Harisu, model, singer and actress
- Holly Woodlawn, U.S. drag, part of Andy Warhol's Factory "Walk on the Wild Side"
- House of Diabolique, drag
- J. S. G. Boggs, Florida-based money artist
- Jackie Enx, drummer for the heavy metal band Rhino Bucket
- Jacob Hale, transman, philosopher
- Jacqueline Elizabeth Gaynor, female illusionist, trans activist, drag show promoter, promoter for Miss Gay Harrisburg
- Jamie Faye Fenton, computer game designer
- Jamison Green, transman, writer & educator
- Jason Cromwell, trans academic, cultural anthropologist
- Joan Jett Blakk, drag performer
- Julian Eltinge, drag performer
- Karine Espineira, Communication manager, Activist, Director of the trans' association Sans Contrefaçon
- Kate Bornstein, author, playwright, performance artist and gender theorist
- Katherine Cummings librarian
- Kelly Van Der Veer, Big Brother Holland contestant
- Kim Coco Iwamoto, transgendered woman elected to the Hawaii Board of Education; the highest transgender
- Lady Bunny, drag performer
- Lauren Foster, Vogue model, events promoter
- Lauren Harries, famous as child prodigy 'James Harries'
- Leslie Feinberg, transgender activist and author
- Loren Cameron, transman, photographer
- Lynn Conway, computer scientist, electrical engineer and transgender advocate
- Maddie Blaustein, New York-based VA and comic book writer

- Mark Angelo Cummings, writer, educator, owner of Bodies under Construction.
- Mary Ann Horton, (also Mark Horton), transgendered (bigendered) Internet pioneer
- Mauro Cabral, transman, educator
- Meryn Cadell, writer and singer-songwriter
- Mianne Bagger, golfer, woman
- Michelle Dumaresq, professional mountain bicyclist
- Mike Hernandez, writer and activist
- Miss Understood, drag performer and entrepreneur
- Molly Cutpurse, English author
- Monet Dupree, drag performer
- Morty Diamond, transman filmmaker and performance artist
- Nadia Almada, Big Brother UK 2004 winner,
- Nina Arsenault, writer, columnist
- Paisley Currah, trans man, educator, executive director of the Center for Lesbian and Gay Studies
- Patrick Califia, a writer
- Pieter Dirk Uys, drag performer
- Pussy Tourette, drag performer and singer
- Qwo-Li Driskill, writer, activist, and educator
- Roberta Close, Brazilian model
- Roberta Cowell First British
- Sam Brodie, competitor in UK Big Brother 7
- Sara Davis Buechner (née David Buechner), concert pianist
- Sister Boom-Boom, drag queen
- Stasha Goliaszewski, corporate activist, minister, TransPhillyRadio host and producer
- Stephen Whittle, British trans man, lawyer, writer and educator
- Sylvia Boots, actress
- The Lady Chablis, drag queen
- Tracy Dean, British campaigner for trans people's rights
- Vaginal Davis, drag queen
- Wendy Carlos, American composer and electronic musician
- Adrya Stembridge, musician, motocross rider
- Ali Saleem, Pakistani TV personality better known as Begum Nawazish Ali, drag artist
- Amanda Lepore, icon and model
- Andrea James, transwoman, entrepreneur, film producer, screenwriter, actress, and activist
- Andreas Krieger, transman, athlete

- Angela Morley, (née Wally Stott), composer and conductor
- Angela Piland, model, musician, artist formerly known as Delia Death
- Annah Moore, Musician, Artist, Author
- Antonia San Juan, Spaniard actress.
- Billy More, drag queen
- Brini Maxwell, drag performer
- Charles Pierce, drag performer
- Christine Mancini, drag performer
- Danny La Rue, drag performer
- Dean Spade, transman, attorney, and founder Sylvia Rivera Law Project
- Dee Palmer, (née David Palmer), musician
- Dr. NapéWastéWiñ, Clinical therapist, museum lecturer, horse breeder/trainer, farrier, boat builder
- Dr. Renee Richards, , professional tennis player
- Erik Schinegger, 1966 women's world champion downhill skier for Austria
- Ethan St. Pierre, man, transgender activist, hate crimes survivor, radio host transfm.org
- Eva Robbins, Italian model and actress.
- Fay Presto, magician
- Genesis P-Orridge, androgynous musician, performer, artist
- Grayson Perry, artist Winner of the 2003 Turner Prize
- Hedda Lettuce, drag performer
- Jan Morris, author, winner of English Golden Pen Award for a Distinguished Service
- Jennifer Diane Reitz, computer programmer, cartoonist and gender rights advocate
- Jennifer Jane Leitham, jazz bassist
- Joan Roughgarden, professor of biology; evolution and ecology expert
- Jolene Sugarbaker, drag queen
- José Sarria, drag performer, first LGBT person to run for elective office in the USA,
- Karen Taylor (aka Rodney Taylor), Australian drag queen
- Kathy Padilla, , aka Kathleen Padilla, the first openly transgender official in Pennsylvania,
- Kemal Shahin, UK celebrity, Big Brother contestant and former esctoday.com news editor
- Kymberleigh Richards, former publisher of Cross-Talk magazine, public transportation

- Larry Paciotti, porn movie director, transvestite
- Lily Savage, drag performer
- Lisa Lawrence, actress
- Lypsinka (John Epperson), drag queen
- Mado Lamotte, drag performer
- Mara Keisling, , founder of the National Center for Transgender Equality
- Mark Rees, activist
- Martine Rothblatt, a transhumanist author.
- Melissa Sklarz, the first openly transgender public official in New York State, Democratic county
- Michelle Josef, Canadian musician
- Mimi Marks, Chicago transgender entertainer
- Miss Shangay Lily, drag performer
- Nancy Nangeroni, trans activist, GenderTalk Radio founder/producer/host, writer, musician, engineer
- Olivia Love, actress
- Parinya Kiatbusaba, also known as Parinya Charoenphol Muay Thai (kickboxing), model and actress.
- Pauline Pantsdown, Australian drag queen and musician
- Rachel Pollack, author
- Richard J. Novic, crossdresser (as Alice Novic), psychiatrist, author
- Roberta Perkins (née Robert Perkins), anthropologist
- Rocco Kayiatos, or Katastrophe, San Francisco FTM hip hop artist, activist, musician and performer
- RuPaul, AKA RuPaul Andre Charles, American drag queen
- Ruvic Rea Filipina, first politician in the Philippines
- Sally Mursi, first legally accepted Egyptian MTF-
- Sandy Stone, transgender activist and author
- Scott Turner Schofield, writer, performer
- Shannon Minter, man, attorney, legal director of National Center for Lesbian Rights
- Shirley Q Liquor, drag queen
- Siobhan Meow, member of Howard Stern's entourage, The Wack Pack
- Stephen Thorne, transman, police officer
- Susan Stryker, author and editor
- Terre Thaemlitz, musician
- Terri O'Connell, stock car racer, previously participated in NASCAR under the name J.T. Hayes

- Tina Dee Taylor, transgendered actor, artist and writer in Hollywood
- Vladimir Luxuria, member of the Italian Chamber of Deputies, first transgender member of Parliament
- Roslyn Manley, advocate/activist, first openly out to hold elected office
- Deirdre McCloskey, noted American Economist, argued The McCloskey critique
- Eddie Izzard, comedian who cross-dresses and calls himself an "executive transvestite"
- Kamikawa Aya, or Aya KAMIKAWA Tokyo municipal
- Margaret Stumpp, co-manager of Quantitative Management department at Prudential Financial Inc.

Sissy Training

After listening to this audio recording you'll soon change into a feminized sissy, because this is what you want, this is what you enjoy, and each time you listen to this audio by Paul Clinton you'll become a very feminized lady-like sissy. You'll be enveloped into a web of lady panties, garters, lipstick, stockings and high heels, to become a sissy slave. Picture yourself right now crawling around the floor with your stockings and high heels. It will feel brilliant. You'll be addicted to wearing feminine items such as panties, pantyhose, stockings, high heels, corsets, bras, degraded and transformed.

You will find the perfect tone for your voice, the true pitch, and you will hear your inner voice that is feminine inside out without being forced. Soon you will concentrate on talking with a feminine tone of voice, vital and natural. You'll learn how to shine out of your feminine side.

You will feel more and more feminine every day. The lady is flourishing and very soon bursting out of you. Natural power inside you will be activated. The full Mp3 session will enable you to feel and look more like a woman, and will also help you to feel more confident with your new self, as a woman. The Paul Clinton hypnosis program will help you to change into the woman of your dreams. Your physical appearance is very important in society.

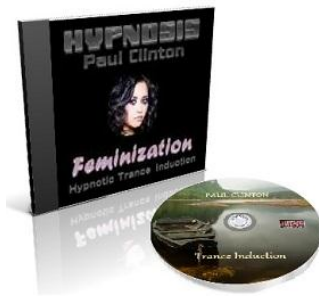
Now you have a burning urge to be more feminine and become the woman of your dreams. Full audio pack for the male: Using the hypnotic mp3s, by day and by night you will be more and more feminized, losing those male gestures, to convert into a feminine woman. Excellent program for sissification. Feminize your mind and body. Bring out your inner girly sissy, and experience every female gesture, wink of an eye, facial expressions, body movements, tone of voice, choice of clothes, and your special way to walk, stand and crawl.



Weekend Woman

This pack has been designed for transvestites and crossdressers who wish to feel like a lady for a short time, and then revert back to giving off a male image for the sake of family or work, and for those men who have not yet made the step of coming out, but wish to experience a deeper feminine attitude and to give off female gestures, expressions, attitude, and feel like a real woman. This audio course also contains two special tracks for masculinization, which may be necessary to reverse the effects of the Feminization when required.

Many men are either just not ready to reveal their secret, or are perfectly happy with their male role, while now and again wishing to become a feminine lady for the day or weekend. This program is ideal for crossdressing to walk, stand, talk, and feel like a woman, and then when the time comes, you're ready to listen to the masculinization program to revert back to your male role. Ideal for incloset TVs with a family.



Dating Men

This pack has been designed for transsexuals and crossdressers to attract or seduce men. Now not only can you enhance your flirting abilities using body language, but with this self-hypnosis pack you can also find your soul mate.

Your subconscious mind will help you to track, to read and decipher the subliminal messages coming from men, and help you to adjust your own expressions, and gestures, the correct way to stand and walk, the correct eye contact, conversation, and seduction. Although the "Hypnotic Feminization Pack" is very successful, and

convert most people into authentic, feminine ladies, there is still a problem for crossdressers wishing to find a partner.

But now with this program you'll boost your chances of finding, meeting and dating nice men, and even to find your special soul mate.

Many transsexuals have a hard time finding a partner because they don't express the right subliminal messages, and give off a false message about themselves. This program will boost self-esteem and confidence, giving more pride and self-love. You will judge yourself with more value and worth. Then you'll learn numerous techniques for flirting and dating. You'll give off the right signals using your gestures and facial expressions, eye movements, and even the way to stand and walk.



Dating Women

This pack has been designed for transsexuals and crossdressers to attract or seduce women. The aim of this session is to attract a woman who is capable of accepting your sexuality, to give mutual love and care, with a passionate relationship filled with respect and understanding. Now not only can you enhance your flirting abilities using body language, but with this self-hypnosis pack you can also find your soul mate. Your subconscious mind will help you to track, to read and decipher the subliminal messages coming from women, and help you to adjust your own expressions, and gestures, the correct way to stand and walk the correct eye contact, conversation, and seduction.

Although the "Hypnotic Feminization Pack" is very successful, and can convert most people into authentic, feminine ladies, there is

still a problem for crossdressers wishing to find a partner. But now with this pack you will boost your chances of finding, meeting and dating nice women, and even to find your special soul mate.

Many men have been born with a male shell while their inner strong desire is to become a flourishing feminine lady, to look and to feel like a woman. Many of these men have a strong sexual attraction towards women, just like any other heterosexual male. The problem that this type of person can come across is trying to find a partner to accept love and understand, and of course having a mutual sexual attraction. This program will help you to concentrate on attracting your soul mate, to find love, and to have a happy relationship.



Hypnosis for Dating

The art of seduction is far too complicated to simply place in a list of rules. Men are not robots and don't respond to pre-programmed orders. You can copy the exact attitude, looks and style of a famous beauty, but a man will see right through you, because your subconscious mind is giving off the wrong impression. To pick up men you have to give off an aura of virility, masculinity, pride, and confidence, and this cannot be done with practice, forced expressions are obvious, they must be automatic.

Great conversationalists are rarely at a loss for words because they do so many things and go so many places that they have lots to talk about or they prepare. Good conversationalists never leave home without something to say to men, they think they'll be seeing that day. Self-hypnosis is one of the best tricks we can use to achieve an instant flow of interesting conversation.

If they're going to a party, they brush up on topics of interest to men they know will be attending. Before returning to work they think about the activities their colleagues had planned for the weekend. They brush up on current events, like the weather and anything else that might be the small talk they need to get a conversation going or to keep it going. As you get in the habit of preparing things to say each day, the preparation phase will become so automatic; you won't even notice you're doing it anymore. At least not until you do what most of us do. You get lazy.

And you'll know when it happens, too. You'll start running out of things to say and it will be harder to carry on conversations with others. But don't despair. Just get back with the program and prepare yourself to meet men. Hypnosis will teach you automatically to build a strong foundation of social skills one skill at a time, to concentrate your energy and increase the likelihood you'll be successful at dating men. Shyness has a way of building on itself. Because we're shy, we don't do things. We don't go to the party, take the class or join the club.

Have you ever been driving and you spot a beautiful man in the distance, and when you get closer you are right. How does your subconscious mind know from so far away that this man is handsome and hot? Men give off signals and messages. Women also give off signals, and they must be programmed to send the right message about yourself.

Remove shyness, and then burst in with an attractive new self, full of charm, seduction and power using flirting techniques. The art of seduction can be achieved by reading books or articles but the expert also has the help of hypnotherapy to use the best techniques of flirting, practicing new skills, and better socializing.

SUBLIMINAL GESTURES

The art of flirting can be significantly improved using self-hypnosis in various ways. The main factor is the subliminal or unconscious secret messages casting out through our eyes, facial gestures, posture, smell, voice, walk, and hundreds of other hidden communication messages, helping you to seduce men. Many experiments have proved that 90% of our real communication is done subliminally, and only 10% with actual words, although the voice is also important, especially the way we move our lips, the tone and pitch, the perfect rhythm, pauses, and hundreds of factors.

Being attractive is enough for effective flirting?

Many handsome women are struggling to get out and connect, when trying to pick up men. On a first date many women may come across problems when trying to seduce men simply because their face is only a minimal help, and without a pleasant personality, it becomes nothing, or perhaps a quick chat and goodbye. When trying to attract a man it's very easy to learn to smile properly, things to say, how to walk, etc., but its automatic implementation all at once is impossible.

When we try to attract men how can we talk about an interesting topic, and at the same time ensure that we have a good smile, and the correct use of gestures, without being too obvious.... No way. That's why we need to plant new orders in our subconscious mind using hypnosis, which will automatically work for us all the time, whenever we want to attract women.

In this way we can even make mistakes, and say silly things, but in the end we will give a new image of pride, safe, loving, a kind honest, sincere person with many interesting qualities ready to seduce beautiful men.

Shyness

Letting the man know that you're shy. This is a controversial subject. Some women recommend that you never tell them you're shy, because people will use that information to label you.

Then again, if you try to avoid people, and look down instead of making eye contact, stammer and stutter when you're uncomfortable in social situations, then they are going to draw conclusions of their own, and odds are they'll be less favorably impressed with you than if you just tell that you are shy.

There are two ways to be shy and lack confidence the obvious way and the not so obvious way. The obvious way to be shy and lack confidence is to blush, tremble, twitch or otherwise physically manifest your shyness in front of men.

The not so obvious way is to avoid eye contact with persons, not have much to say, or decline offers from others you'd like to accept, but that are too far outside of your comfort zone for you to feel comfortable attending.

Not so obvious shy women are often mistaken as arrogant, and even when nothing could be farther from the truth. We're terrified on the inside. It's just that we don't show it on the outside. So the best hypnotic dating tricks to attract men teach you how to become confident without giving off an arrogant image.

When trying to attract a partner, then confidence is highly important, but mixed in with some care, loving, friendly, sociable, witty, and intelligence then we become much more attractive.

How to attract a date

Hypnotherapy is the most effective technique for seduction. Sometimes, in a timid first date we may make mistakes, say stupid things, become nervous, the misuse of gestures, and sometimes we do all the right things, but our own subconscious mind gives off a poor signal. On a first date trying to flirt, we can come across as big headed, pompous, too forward, too serious, too silly, and we can't do anything to stop this picture, because the signs are almost invisible. When trying to pick up, what you should do is to reprogram your subconscious mind to change those automatic facial expressions, eye signals, hand and arm movements, how to move our hair, the way we touch, handshake, smile, yawn, talk, shout, laugh, and the list is endless Thousands of gestures that are really beyond our control and our brain can interpret them very quickly, even though we emit these signals without even knowing it.

SELF REWARDING

If you see a nice man and you give him a smile and he smiles back. You must reward yourself! It may be something as simple as a silent pat on the back. The size of a risk is determined by how big it is to you, not how big it is to your mates. If it's big to you, then it's big, so give yourself a big reward. You deserve it.

Sometimes your efforts will fail miserably, and you feel rejected. So miserably you'll want to crawl under a table and hide. And when you get home, you'll have that sick feeling in the pit of your stomach.

I know from personal experience that being rewarded for your efforts feels very nice. It's important to acknowledge all of your efforts. Sometimes shy people construct a silent barrier of avoiding glances, sagging bad posture and general subliminal body language that discourages men. Hypnosis can help to overcome this to attract men.

The only thing we can control in our life is our self, and even that can be a stretch sometimes. We can't control the other sex and we certainly can't control how they'll react to us and the things we do. Nevertheless, most of us define our successes and failures by the way other men relate to us.

SOCIAL CONFIDENCE

Learn and put into practice new socializing skills, to be friendlier, to see others as more friendly and approachable, and to give off a friendly image. Most men love honest, sincere caring women. Seducing can be fun, enjoyable, easy and pleasurable. Most men are quite friendly. Shyness is not that helpful if the other person is shy too. The Clinton Method will help create attractive gestures for attraction. Flirting is a way of signaling attraction without commitment. When trying to attract a date, the fear of having a conversation with a stranger, and worse than that, being rejected by that person is one that most people can identify with, because we all fear rejection.

When you learn to understand rejection and pass it away without any importance or significance, then you create a more positive approach to flirting. Rejection never means that you are any less of a woman, but part of many thousands of factors including DNA. Lucky enough there are millions of men to choose from, and it would be extremely difficult to get it right first go. But at least by using the power of hypnosis we can do our very best and increase our chances.

Pride, Image, Style

You can easily pick up anywhere, as long as your mind is connected. If you are trying to meet men in a cafe, the supermarket, or a bar the basic rule is the same. Let the other man know that you are interested in getting to know them. Most men will not mind being approached, they will find it flattering, and even if they are not interested in taking the approach further, most men will generally be polite and good humored about it, simply introduce yourself, with a smile. Smiles tend to elicit smiles. Your mood or is very important when you set out to flirt. You need to make sure that you feel confident as that will inspire confidence in the other person. When you feel good about yourself you will make the other person feel good too and you will seem attractive as a result. The wonderful thing about complimenting someone is that everyone loves receiving them, they make you feel good and you can never be annoyed with the person offering you one. It makes them feel good and it will make you feel good. On a first date or trying to meet men, the more relaxed you become about it the better, some shyness, is better than being cocky, and tends to work much better at creating closeness. It's far better to convey a genuine sentiment of what is happening at the time than some clever one liner. There is quite simply nothing attractive, and more likely to create intimacy and success on a date than whispering, but of course only works well in quite places.

Attraction skills

The art of flirting can be significantly improved using self-hypnosis in various ways. The main dating factors are the subliminal secret or unconscious messages given off via the eyes, facial gestures, posture, smell, voice, walk, and hundreds of other hidden forms. To meet the perfect man these subliminal messages, as well as lots of booming confidence and self-esteem can help enormously. The attraction of the perfect mate is complicated and depends on many factors the power to give off a sincere honest image, a dependable, intelligent, witty, and friendly looking man will boost your chances. Eye contact is also very important for flirting; the subconscious mind can communicate quite well with the eyes and gestures, facial expressions and posture.

Facts about Hypnosis

- 1) Hypnosis is a science
- 2) Many hospitals use hypnotherapy, even the UK national health
- 3) You cannot do anything against your will, you're always in control
- 4) At first, only 8% of the population goes into a very deep trance
- 5) Trance states can be deepened with practice
- 6) Paul Clinton has over 30 years' worth of recordings and experience
- 7) Hypnosis is not a placebo effect, hypnosis is very powerful
- 8) The effects of hypnosis can last for months, years or decades
- 9) Hypnosis is the tool used to enter the gateway to the subconscious
- 10) Many top athletes use hypnosis to enhance their sport performance
- 11) Sometimes hypnotherapy is the only cure available
- 12) The police have solved many crimes using hypnosis
- 13) Hypnosis is an alternative to mind altering / enhancing drugs
- 14) Hypnosis can be used to wash away unwanted memories
- 15) Hypnosis can be used to recall long forgotten memories (regression)

Myths about Hypnosis

1: Hypnosis Myth : I could get stuck in a trance forever

Maybe the trance is so pleasurable that you don't respond to the order to wake up, in this unusual case, what will happen is that you fall asleep for 30 minutes or a couple of hours and wake up normally.

2: Hypnosis Myth: Self Hypnosis will only work on certain people

while each person responds to different stimuli and suggestions. About 10% of the population can reach a very deep trance, while another 5% cannot be hypnotized because of mental disability. It's very difficult to hypnotize children. Most adults can achieve a state of trance, some very deep while others are medium, and this is perfectly adequate for making positive changes. A study done by American Health Magazine on Psychoanalysis, Behavior Therapy, and Hypnosis as treatments for mental health issues reported the following results: Psychoanalysis = 38% recovery after 600 sessions, Behavior Therapy = 73% recovery after 22 sessions, Hypnosis = 93% after 6 sessions.

3: Hypnosis Myth: I'm too logical and dominant to get hypnotized

Contrary to the popular belief logical dominant men can be easily hypnotized. Some people like to think that they are in control of everything and that no man could "put them under" or take control of their thoughts and decisions, but in reality this is not the case. First of all, the hypnotist never takes over your thoughts, cannot force an order on you, cannot make anyone do anything against their will, the hypnotist only gives suggestions, and you may carry out these suggestions only if you are willing. Secondly normally people who are always in control, those that like to be independent and strong minded, usually fall into a deep trance quite quickly, especially if the hypnotist is using the confusion method. This technique will confuse and bore the left hemisphere of the brain and let the right-side take over, leading them into a trance.

4: Hypnosis Myth: Hypnosis is magic or occult

Most Hollywood movies and fiction books are seldom based upon fact. Hypnosis is actually a perfectly natural state of mind which

most of us pass in and out of many times each day such as daydreaming. Hypnosis has nothing to do with the occult or magic power.

5: Hypnosis Myth: Hypnosis is Dangerous

Hypnosis is not dangerous because you are always allowed to agree or disagree with the hypnotists suggestions. The deep relaxation during a trance state is very healthy. Website

The Self-hypnosis Programs

I have over 500 self-hypnosis programs. Some of the inductions contain Shamanic rhythms, used for centuries to transport the shaman healers into deeper realms of consciousness. The sounds of nature have been mixed with the voice using a progressive journey script, with many hypnotic techniques such as Re-induction, Indirect suggestions, Overloading, Mental Misdirection, Anchoring, and Sensorial Stimulation blended with special effects, hypnotic music, and isochronic tones, and hidden behind the sound of the ocean, river or wind I have placed binaural beats in the theta range to stimulate the brain waves.

You are slowly guided into an amazing beautiful journey filled with exciting and relaxing quests. You are able to swap and choose from a pack of many trance inductions including the tropical paradise beach where you can relax with the ocean waves, seagulls, and dolphins, the rainforest jungle where you'll meet up with a native tribe and shaman, the space voyage, where you have the chance to meet up with other beings, a beautiful secret garden, or drift down a country river on a small boat in springtime. When you reach a deep enough state of trance then you'll listen to certain affirmations to implant special messages into your subconscious mind.

The Shamanic Rhythms Produced using a 22" Shaman rosewood drum. The cycles are produced using 4.5 beats per second (theta) this is the typical traditional rhythm used for centuries to transport the shaman healers into deeper realms of consciousness, and excellent for alternative self-hypnosis, and deeper trance.

The Hypnotic Induction Multiple self-hypnosis techniques have been blended into the voice using a progressive journey script, nature sound effects, hypnotic music, and tones.

The Binaural Beats Blended into the sounds of the ocean waves, running streams, wind, and bird sounds. Brain waves are generated using a 346 Hz sine wave, played into the right ear and 339 Hz into the left ear, the brain is entrained towards a beat frequency of 7 Hz : Theta.

I use the following techniques in my audio recordings:

- Hypnosis Re-induction
- Overloading
- Binaural Beats
- Isochronal Pulses
- Hypnotic music
- Guided Meditation
- Progressive journeys
- Shamanic Rhythms
- Nature sound effects
- Theta cycles 4.5
- Ericksonian Hypnosis
- Indirect Suggestions
- Mental Mis-directioning
- Subliminal self-hypnosis
- Self-Hypnosis Anchoring
- Multiple Sensorial Stimulation
- Mental Confusion for induction
- Hollywood Sound Effects

Basic Hypnosis

Hypnosis is a very normal altered state of consciousness, one we all experience now and again in which the mind remains clear, and focused on something, like while watching a movie or driving to work on "auto pilot?" well this is the same kind of state as hypnosis. Some misconceptions about hypnosis are that one might not wake up, but even the deepest most suggestible persons always wake up. Maybe some think it might be a frightening experience like a bad trip, but it's actually very normal and very pleasant.

After being in trance many people are surprised at how relaxing and happy they feel. Clinton' audio mp3s have been designed to make the journey pleasurable, exciting and peaceful.

Hypnosis has evolved greatly in the last 10 years. Unfortunately, many hypnotists are still using old methods of hypnosis which only

work for a few people. Not everyone is the same, so different techniques must be used depending on each person. In the most difficult of cases we can utilize special brain wave training using binaural beats and isochronic pulses to speed the mind into a theta trance.

A drum rhythm uses the same technique to produce deep trance states. A live hypnotherapy session has the advantage over self-hypnosis in that the hypnotist can judge which type of induction to use for each person, this is why in my mp3 self-hypnosis sessions I try to include every trick possible to cater for all types of people, with the advantage of the special techniques that have powerful effects when using stereo headphones.

Does Self Hypnosis work?

There is the factor of personalization, where each person responds to different stimuli and suggestions. About 10% of the population can reach a very deep trance, while another 5% cannot be hypnotized because of mental disability. 85% of the population can reach a medium trance state. Hypnotherapy is a growing science and is often used by the British National Health Service. Numerous dentists are using hypnotherapy to numb pain, and some doctors are even using hypnosis to perform surgery.

Contrary to the popular belief, logical dominant men can be easily hypnotized. Some people like to think that they are in control of everything and that no man could "put them under" or take control of their thoughts and decisions, but in reality this is not the case.

Firstly, the hypnotist can't take over your thoughts, cannot force an order on you, cannot make anyone do anything against their will, the hypnotist only gives suggestions, and you may carry out these suggestions only if you are willing.

Secondly normally people who are always in control, those that like to be independent and strong minded, usually fall into a deep trance quite quickly, especially if the hypnotist is using the confusion method. This technique will confuse and bore the left hemisphere of the brain and let the right-side take over, leading them into a trance.

Most people when watching a good movie will fall in and out of a trance without even realizing it. Artists, who paint, draw or make music will often say how they worked for 6 hours and it felt like only a few minutes, because in the trance state time can be distorted, slowed down, or speeded up. When we are in a state of trance the right side of the brain takes over, and this part of the brain has no interest in time.

Many people think that being hypnotized means acting like a zombie or a slave to the master, but this is only Hollywood and stage hypnosis trickery. In reality self-hypnosis is being able to achieve a trance state where the mind and body is totally relaxed and open to suggestions. This state can be like a day-dream, or like lying in a Jacuzzi after a few glasses of wine.

Questions about self-hypnosis

What is a hypnosis trance?

A light mild trance is like a day dream, a medium trance feels like that moment just before going to sleep, or the time when you are deeply involved in a good movie, or doing some artwork. A deep trance can take away feelings of pain, produce somnambulism, the eyes tend to move similar to REM sleep or lucid dreaming, and the subject becomes highly suggestible, and often has no recall (depending on the hypnotist instructions)

Does the hypnotist control me?

Nobody under a trance can be induced to do anything against his or her will. In your normal waking state you have moral and ethical values, which will remain even under a deep trance.

What kind of people can reach a deep trance?

About 10% of the population can become deeply hypnotized. But a light/medium trance is also perfectly adequate for working with problems, cures, habits, phobias, and improved performance, bodybuilding, and with quit smoking, and for weight loss, etc.

What does a hypnotic trance feel like?

Many of us can experience a "trance-like" state while listening to a pastor at church, listening to some good music, or reading a gripping novel, or even watching TV! Here are some of the most typical feelings one may experience when in a self-hypnosis hypnotic state: The eye lids may start to flutter, a general feeling of drowsiness, very relaxed, hypnotic feeling, the eyelids may seem heavier, the jaws muscles become relaxed, with the teeth unclenched, and maybe a dry mouth, some twitching or jerking of the muscles, a sense of wellbeing, some may experience a strong urge to laugh or cry while under hypnosis, and feel warmer or even colder, with tingling or numbness in the limbs, unable to open the eyes, a sense of liberty, no sense of time or date, having less

bodyweight and feeling lighter, or even floating, lucid visions, lack of pain, euphoria, happy, tranquil and content.

Hypnosis feels very nice and relaxing, a natural state that feels similar to that feeling you get just before you fall asleep at night. When you awaken, you feel refreshed, and just feel as if you are relaxing in a very comfortable place with your eyes closed. You can hear everything. Your subconscious mind uses the same set of ears as your conscious mind.

Can I be hypnotized in one session?

Everyone can be hypnotized but one has to be willing to do it. All hypnosis is self-hypnosis, which means if you want to do it, you will. The very small minority of people who have difficulty in a session are usually those who don't really want to be hypnotized (perhaps to debunk the idea); or can't relax and let go enough (perhaps fearing loss of control, which we know is a myth, or fearing the unknown) to go with the experience. Some things you can do to increase your ability to go into a trance easier and faster are practicing meditation, visualization, and yoga or relaxation techniques.

Are the self-hypnosis results fast?

There are too many factors at work here, and also depends on your motivation level and commitment. Certain professional hypnotherapists can help to stop a phobia using suggestion, psychotherapy and subliminal messages. Some use reflexology and others acupuncture, or other self-help alternative medicine. Shy and timid persons have been known to use hypnotherapy for self-confidence. There are various types of hypnotherapy in the form of mp3 or cd's such as insomnia that can be downloaded and played at home with a cd or an mp3 player.

What happens if I stay in the hypnosis trance? Can I get stuck in there?

Hypnosis is a very natural and normal state and cannot hold anyone against his or her will. If a subject decided to stay in a deep

trance and ignore the words of the hypnotist, then about 30 minutes later would fall into a normal usual sleep and wake up. During a session, if there were an emergency, they could easily awaken themselves at any time at will.

Can I wake up when I want?

At any time you want to emerge from the state of trance, for any reason, you will instantly, naturally open your eyes and become fully alert. No one can force you to stay in a hypnosis trance against your will. People suffering from insomnia would prefer to stay in the trance the whole night long.

Will I lose my memory using hypnosis?

Most people remember everything after hypnosis but that also depends on the depth of the trance, and also the particular commands of the hypnotist. (He may suggest, from now on you will forget everything about your ex-husband)

Is hypnosis dangerous?

Even drinking too much water, but generally hypnosis is harmless. A problem area would be with hypnosis regression therapy, where an uneducated therapist could bring back unwanted memories or even provoke false or invented memories that could lead to false accusations etc. It is a complex and sensitive procedure and must be studied and carefully planned by top hypnosis professionals.

What is self-hypnosis?

Hypnosis is a physical condition in which most people that are induced into a hypnotic trance or hypnotized can have different and variable thoughts and actions. Some people are very susceptible to hypnotic suggestion and can reach an altered state of consciousness. It is a very normal and natural altered state of consciousness (an altered state of awareness), one we all experience from time to time in which the mind remains clear, alert and focused on something. Have you ever "become really

absorbed" while watching TV? Or driven to work on "auto pilot?" That's the same kind of altered state as hypnosis. A misconception about hypnosis is that it's a frightening but it's actually very normal and very pleasant. Some people ask if they've really been hypnotized, just because it feels like such a normal state and they were expecting. Unlike meditation the mind is wide awake and full of thoughts, and unlike subliminal hypnosis, where the subject is unaware of the hypnosis suggestions.

How deep can I go using hypnosis?

Depth of the hypnotic state varies for each individual. About 10% of the population can reach a very deep somnambulist state, where they feel no pain, and the rest of us can reach a medium trance, that deepens with practice. But anyway a deep trance is not necessary for most of the typical self-hypnosis affirmations.

Do many people use self-hypnosis or prefer one to one sessions?

More people should start using self-hypnosis, but many are wary, and some think that self-hypnosis appears very simple, too simple, and they think it's too easy to do any good. So they stop, thinking either it doesn't work or they're not doing it right, while others are being guided by subliminal messages. The big advantage of listening to audios at home is the price and the convenience. Many people feel much more comfortable at home alone, lying on the sofa with headphones and getting carried away on the journey.

How can I meditate with my eyes open using the meditation mp3?

It is possible..... The hypnotic mp3 can help to take away mind thoughts, help to relax, and achieve a meditative state. Meditation is also excellent for relieving stress, and for minimizing stressful thinking.

How do hypnotists put people into a trance?

There are too many hypnosis induction techniques to mention, thousands of tricks and methods. I have designed some self-hypnosis CDs that combine many of the traditional induction programs but also using many extra tricks such as shamanic drum rhythms, sound effects, isochronic pulses, binaural beats and progressive hypnotic suggestion script, the tone of voice is important, the words (always in the positive mode) and sometimes a story or fairytale journey with special sound effects to help relax the mind, while plugging in subliminal suggestions. Those who enjoy meditation prefer a quiet room without any sounds, or just plain rhythmic music or drumming.

Stress, and nerves?

The 30 or so minutes of laying down, relaxing, listening to tranquil sound effects and beautiful music enriched with a soothing voice and numerous induction tricks is enough to help stress, and then the new messages for the subconscious mind reinforce the already relaxed state.

Is Hypnotism Spiritual?

Hypnosis is a science and has nothing to do with religion, mysticism, witchcraft, magic, or any of the occult.

What Is Self-Improvement?

Self-improvement is the process of tapping into your own inner sources, becoming more aware and conscious of this power, and incorporating this knowledge into your daily life....stress free and tranquil.

Can positive change hypnosis be dangerous?

There is no documented case of anyone being hurt using self-hypnosis mp3s, and can only be used in a positive way. Some unprofessional hypnotists or psychologists have been known to plant false memories into subjects by their own ignorance of the science, by pushing their own ideas into the persons mind instead of letting the client tell the story how it really was.

What does it feel like to be hypnotized?

It feels very nice and relaxing. Hypnotized is a natural state that feels similar to that feeling you get just before you fall asleep at night. When you awaken, you feel refreshed, and just feel as if you are relaxing in a very comfortable place with your eyes closed. You can hear everything. Your subconscious mind uses the same set of ears that your conscious mind hears with; otherwise the self-hypnosis mp3s would be ineffective.

Is this just alternative medicine?

Hypnosis is an excellent alternative to dubious medicines and for achieving great success with weight loss, Depression, and general healing, without the need for a clinic. In the UK one can find free hypnosis on the social security system. Hypnotized subjects use a trance induction and relaxation or nlp gentle persuasion by a therapist using hypnotic suggestions, and sometimes massage.

How to use my Programs

Depending on which program pack you have the method will vary. The basic programs contain five albums ready to play and contain the inductions, affirmations for feminization, and the wake up track, while the more advanced user may download each track separately and use them as required.

The tracks are normally recorded onto a Cd, iPod, cell-phone or an mp3 player.

First the Induction, then the particular Affirmation (feminine walk) and finally the Wake-up track, in that order. e.g.

1. Tropical Beach hypnotic induction
2. Feminine Gestures
3. Wake up

Stereo headphones help achieve a deeper trance for the advantage of the binaural brainwaves. Your hypnotic trance maybe instant or progressive. Some people go very deep in their first session, while others need some time. This is purely genetic and has no placebo effect. Some people listen to the tracks in bed before going to sleep, but I personally get more results using the sessions during the day time, on the sofa.

To deepen any trance, listen to the tracks, and at the same time concentrate on your breathing, making each breath the same, try to breath using your diaphragm, easily, deep and rhythmic. The process of thinking about your breathing is very hypnotic, mainly because it relieves a major task from the subconscious mind. When listening to the tracks, try to avoid analyzing and questioning, and become more passive to enjoy the journey and the sounds. Turn off the telephones, and make sure that you won't get disturbed. If you're tense, to relax your body first starting with the feet, tense the foot muscles for a couple of seconds and then relax them, then onto the legs, then stomach, shoulders, back, neck, and head in this order, finally letting any negative tensions flow down the arms and fly off out of the hands.

A light to medium state of hypnosis is all that is necessary to effectively communicate the affirmations. Many people experience excellent results while in their own minds they are "still waiting to be hypnotized" because after the hypnotic session they remembered everything and don't "feel" that hypnosis really occurred. They may have only experienced a feeling of relaxation. Regardless of how deep the state of hypnosis, the success of the hypnotherapy is due to its ability to bypass the "door to change" that has been put up by the conscious mind. This bypass does not require deep hypnosis or somnambulism. Hypnotherapy does not require that the client be "put under" and or experience amnesia.

Deepening the Self Hypnosis Trance

If you want to go even deeper then you should practice with some visualization.

Try to imagine a butterfly or some other object and watch how it flutters, concentrate on the details. If you have difficulty at first you could watch a butterfly on YouTube, and then try closing your eyes now and again. Then using your others senses, try to imagine the smell of things, like a perfume, a salty sea breeze. etc. Imagine touching things with your eyes closed. Imagine how it feels like to touch a rock, or a slab of marble, putting your hand into a pale of water, a soft fabric, or caressing a pet.

You may be wondering why there is a scary terrific induction, which doesn't seem so relaxing, but this induction works by increasing adrenaline and alertness followed by the shock of the scream. Then in less than 1 second you hear the word "sleep". This is how some hypnotists use the rapid inductions such as the handshake. (They push the subject backwards to shock them, and shout "sleep")

Deepening methods:

It is supposed that, before realizing any deepening method, the subject must be at least taken into the state of a medium trance (Namely that he answers correctly to suggestions of the type: "Your hand is so tightly closed that you are not capable of opening it...")

Method of passive deepening

This method consists of alternating suggestion with periods of silence, which can change between a few seconds and some minutes, during which, it is supposed that the subject deepens his hypnosis state himself. It is always convenient to prepare the subject.

From time to time the hypnotist will make him breathe, more and more deeply, adding that to every new respiration the sleep sensation will increase. Gestures can be established with the patient, for example, to touch his hand on the shoulder, saying to him that in this moment he will submerge in a deep sleep and will hear neither sound nor noise until one does not touch him again. Such periods shouldn't, nevertheless, lengthen too much (no more than ten minutes every time), otherwise, there is danger of which the subject goes from the hypnosis state to a normal sleep.

1956 method of active deepening

We are going to achieve this deepening by making the subject believe that he has no bodily control.

Example:

"I am going to caress your arm. Little by little you will notice that it becomes heavier and heavier, up to such a point that you are not capable of moving it. I will count from one to five, and when I say five, the arm will weigh so much that it will be impossible to raise it."

The hypnotist counts slowly, with heaviness suggestions. Come to five, he will raise the arm of the subject dropping it again; if he is unable to support it, it means that he is in a deep situation and that it's possible to proceed to a further deepening of this state. If he

resists and supports his arm up high, it is necessary to begin again from the beginning, insisting that in the second test he will feel the arm much heavier than in the first one.

To obtain the cataleptic rigidity, the hypnotist raises the arm of the subject placing it horizontally at a height of the shoulder, and after three or four times having stretched it lightly, says:

"You will have noticed that your arm has become very heavy, like the lead. It will turn to steel or like a stone. While I caress your arm, you will see how the arm will become rigid; the muscles will contract and harden."

The hypnotist continues caressing the arm above and below, until he warns that the muscles are so rigid. Then he continues: "Here your arm is so hard that it is impossible to bend it. I am trying, but I cannot bend it. Try it yourself. Do you see? It does not bend".

If this test is positive, it is added:

"Now relax completely, relax the muscles of the arm. The arm either is not hard, it is already much more flexible, neither heavy. Everything is normal. If I want to bend it, it bends."

And he continues:

"Have you seen how the arm can bend? It relaxes the whole body and you sleep deeply, more deeply than before."

"Now sleep deeply, more and more, deeply."

History of Hypnosis

Hypnosis was discovered in its most primitive form by Franz Anton Mesmer, in 1778. ..Probably the very first hypnotist. Mesmer's method of inducing a trance was based on animal magnetism, the belief that living creatures had magnetic fields that influenced unseen forces. A patient would be immersed in a vat filled with chemicals, Mesmer believed he could alter their magnetism and clean them of whatever ailment they suffered. Then Dr. Sigmund Freud discovered more efficient ways to use the mind to overcome physical symptoms. Freud used hypnotism to discover traumas from the past and tried to change those old messages with some success. Later a well know Doctor Milton Erickson expanded work of **Freud** to create new methods of achieving trance and opening the door to the subconscious. Erickson pioneered the use of verbal techniques and hypnotic suggestions. His counseling works stands as the most popular text book, and his induction techniques are still widely used.

Students of the readings of Edgar Cayce, capable of showing us step by step the procedures to use hypnosis for personal change. The skills found can give you powerful hardware for the achievement of your spiritual, mental and physical ideals. The topic of hypnosis is controversial; we speak about clinical hypnosis administered by a professional.

These MP3's can help you to remove many of these fears, especially in the field of phobia hypnosis, which is the principal approach.

You will discover as your control of forces of change stimulated by the skills and knowledge of hypnosis. While hypnosis programs are consistent with many other therapies, it will be necessary to be free of fear, and afraid of nothing for this approach to work with the unconscious mind or subconscious.

In fact, you are developing a cooperation relation with your interior being, a relation that very probably will lead you to great rewards and to a major satisfaction for your life. Hypnosis has been a topic surrounded with mysteries that provoke certain fears and misunderstandings provoked by certain Hollywood movies.

The term "Hypnosis" originated with the work of the Scotch surgeon James Braid who worked in 1840. The term comes from the Greek word hypnosis (that means sleep). He refers to the state of conscience that in many ways is like the sleep, but allows a variety of behavioral and mental reactions that can be manipulated by stimulation.

In answer to suggestions of the unconscious, the conscious memory can also be changed. When the person is hypnotized it seems as if the person stops being his usual normal self, since in accordance with the given suggestions the fact is that one sees, feels, smells and tastes things in a different manner. Depending on the depth of the hypnotic state and of the force of the suggestions, the person can accept as real certain distortions of the memory and the perception offered by the hypnotist.

The hypnotic skills have been used since hundreds of years, certain curative therapies led by priests in ancient Egypt, Greece, and China, very similar to the current hypnosis skills. The modern rediscovery of hypnosis is attributed to Dr. Franz Mesmer (1734-1815) an Austrian doctor who worked in Vienna and Paris. At the end of 1700: he discovered that many sick people were obtaining progress when magnets were placed close to their bodies.

The patients were ordered to sit down in group near a container filled with water in which magnetized metal bars were placed. Occasionally it was possible to see that a patient was entering a sleepy state, and after recovering consciousness, he was much better and even cured.

Later Mesmer discovered that the magnets were unnecessary. He also thought that the results could be obtained, in some cases, simply by touching the patient or by touching the water. In his mind by touching the water "it was magnetized".

Mesmer theorized that he and another people had "animal magnetism". Since they had access to certain mysterious stored as "fluid" and it could be transferred to others, so the remedy was realized. Soon more than a hundred groups arose in France that realized similar remedies; they were called "The society of the harmony".

Benjamin Franklin and Dr. Joseph Guillotine were some of those who took part in this committee. His conclusion was that the mysterious magnetic "Fluid" did not exist and although any of the renowned remedies carried out by Mesmer and his followers could not be denied, the committee attributed the remedies as "Mere imagination".

Owed to a great extent to what found the committee, hypnosis, it fell into bad reputation and the scientific investigations were useless. In the early decades of the 19th century "The work of Mesmer kept on being practiced by some.

It was Dr. James Braid who first gave us the modern hypnosis term and contributed with his study in the hospital with which he came to critical ideas about the nature of the hypnotic skill. While he was remembering that the magnetic fluid was not involved in the process, he was reaffirming that a slightly significantly therapeutic value was involved. In his attempts to separate this phenomenon of the theory of magnetism, he imposed that the concentration and the attention in only one approach was the principal factor in the stimulation of the hypnotic effect. At the end of the century arose another big interest in hypnosis.

The Austrian psychologist Sigmund Freud learned of the skills during his visits to France and remained impressed by the various possibilities of hypnosis to treat neurotic disorders.

He used hypnosis to help some of his patients to remember some annoying events of their past. Nevertheless, since his psychoanalysis work began to take form, he pushed the state of deep hypnosis back in favor of the skill of the level of relaxation.

This could be partly for the difficulties that he found after certain patients hypnotized. In the century twenty there is an impressive quantity of experimental investigation on these hypnotic phenomena, nevertheless, a theory universally accepted by the practitioners does not exist. In general two fields exist between the professionals who work with hypnosis.

First those are that believe that hypnosis is a state different from the conscience mind; in many ways similar to the sleep. In this state of alert, the person answers mostly to the automatic

suggestion and not to the criticism. The approach of this theory is the one that proposes a weird reality of the states of conscience.

The effect of deep hypnosis is increased also to a certain extent if the subject feels that it can perspire during the hypnotic meeting and corresponds to his "desires". Another way of saying this is using a more familiar language of the readings of Edgar Cayce and that corresponds to "The ideals". The investigations also show that the appropriate preparation is important. The introduction of the procedure in an mp3 player can be as effective as "direct voice" or an experience with the hypnotist.

Stage Hypnotism

What would you do if you were called on stage? Would you spoil the fun, or play along and be a sport? Many volunteers are friends of the hypnotist or have been paid.

Turning such a wonderful alternative medicine and self-help into a circus show is in such bad taste and should be banned, or in some way controlled. The problem is that hypnosis works so well that clients don't need to return to the hypnotherapist, they stop smoking in a couple of sessions, or sleep like a log, so the business side of it suffers.

It's hard to make a living being a hypnotherapist so many will turn to stage hypnotism to earn a living. They make people laugh, and they also convince some that hypnotism is quite powerful, so looking at it that way we can see the benefits.

The problem is that the audience can perceive hypnosis to be frightening and controlling.

Binaural Beats

The Binaural Beats are often blended into the sounds of ocean waves, running streams, wind, and bird sounds. The brain waves are generated using a particular frequency e.g. 346 Hz sine wave, played into the right ear and a 339 Hz one, into the left ear, the brain is entrained towards the beat frequency (7 Hz, in the theta range) in mp3. This is the difference between the left and right channels. This effect was discovered in 1839 by Heinrich Wilhelm Dove. The frequency following response of the brain to the audio inputs helps us to convert our own brain frequency into the desired effect of gamma, theta, alpha, beta or delta brainwaves.

I have a video on YouTube using beta brainwave binaural beats as an experiment, and the response has been incredible. 90% of all listeners have boosted their energy levels and sense of alertness, and many have become very hyper.

The physiological response to binaural beats are supposed to stimulate the superior olivary nucleus part of the brain. This is the part of our brain which is associated with listening to sounds and in particular moving noises and sounds. The isochronic pulses work in a similar way but using a difference of two beats to produce the desired effects.

Delta waves have a frequency less than 4hz and are associated with deep sleep.

Theta waves have a frequency between 4 to 7hz and produce sensations of deep relaxation, sleep, and meditation and states of trance.

When the brain is entrained with Alpha waves there is a frequency of between 7 to 14 hz. The brain reaches the alpha state during REM sleep, dreaming, and certain trance states.

Gamma waves are higher than 40 Hz and produce adrenaline, energy, higher perception, and concentration.

Isochronic Pulses

Isochronic pulses of sound are used to improve and optimize your brain chemistry. This technology has been scientifically proven in numerous studies to alter the brain's natural function. The root of this of this technology was developed by a method called binaural beats. The beat is created by turning the tone on and off at regular intervals. Isochronic tones and tone based pulses provide a very consistent, clear cut rhythm; they stop and start exceptionally fast allowing the brain to synchronize more easily and precisely. They produce an extremely strong response and can provide the most effective way to stimulate the brain. This is also referred to as Amplitude Entrainment. Isochronic beats are significantly more obvious and stronger. The resulting entrainment effect is much more powerful than Binaural and Monaural Beats. The intensity of the binaural beat is very small as compared to the intensity of the beat produced by the on-off switching.

The simple method behind binaural beats is to play two very similar tones, one into each ear, and the brain will be able to understand the difference between the two tones. For example, if one ear hears 400 Hz and the other ear hears 410 Hz, the person listening will create his own brainwaves towards 10 Hz a relaxed state ideal for self-hypnosis.

Isochronic tones involve a single tone, which is turned on and off in a precise pattern to get the required results. Isochronic tones use a rhythmic pulse which is very effective and gives a fast response unlike usual binaurals which are more subtle. Isochronic Tones have deeper waveforms this means that they penetrate deeper into the brain. The main advantage over binaural beats is that we can do without stereo headphones.

Another feature of isochronic tones is that they allow you to address individually each brain hemisphere, with a different frequency, which is needed in some specific therapies and for hypnotherapy or hypnosis.

The word "isochronic" means: "same time" (or repetition).

Hypnotic Affirmations

Affirmations are messages or phrases directed at the subconscious mind.

e.g. "I hate sweet sugary food"

Affirmations work better if they are short, precise and always positive. A negative suggestion such as

"You will not smoke"

Will only confuse the subconscious mind, and may have the opposite of the desired effect, as the mind in trance is not capable of understanding the meaning of "not". The mind works at its best using images, and it would be almost impossible to visualize not doing something. The correct affirmation would be

"I hate smoking" or "I love to have clean, healthy lungs".

An affirmation may take the form of a repeated phrase, or even better with some visualization. An actor may perform a dress-rehearsal one day before the actual theater show. The subconscious mind doesn't care if your actuation was real or just your own imagination, the result will be the same. So the same way goes for someone who is afraid of a driving test. When someone has visualized taking a test in a calm peaceful manner, then when it comes down to the real day of the test, one is more relaxed.

Someone who becomes shy and afraid while trying to date men, can overcome this problem in two ways, by going on as many dates as possible to gain experience, or to visualize going on a date. The sub. mind will gain experience from these fantasy dates just like we do while dreaming.

I have tried to include as many methods as possible into my hypnosis recordings, to reprogram the subconscious mind, to replace old unwanted thoughts with new fresh healthy messages.

Hypnotic Inductions

An induction to trance is a particular method of producing a state of trance which can be later deepened. The idea is to make the person very relaxed, and divert his attention, to tap into the right hemisphere of the brain (the area involved with dreaming, art, creativity, music,) while the analytical left-hand side of the brain is turned off. In this state, you are highly suggestible, but this doesn't mean stupid or submissive, you still have full control. In a trance state you seem to have a better understanding of your life, problems, and performances, especially when it's spelled out to you. The hypnotist is a guide, opening a door, or showing you the right road. There are hundreds of different methods and techniques; some are rapid and instant, while others may take 30 minutes. The most popular inductions are the handshake method, the progressive journey, counting backwards, spirals, and breathing methods, walking down a staircase, direct gaze method, favorite place, and the arm drop method.

My self-hypnosis inductions are very advanced, containing several different methods. The sound effects make it easier to visualize each situation. The journeys contain many techniques to persuade the listener to relax, and slowly sink into a soothing state of mind. Some people go very deep with just one session, while others may need to practice. After experience, the subconscious mind learns from certain cues and triggers when it's time to go into trance, and especially if the hypnotist has placed a key anchor word.

At the moment I have several different types of hypnosis inductions:

- The Tropical Beach,
- The Secret Garden,
- The Spring Meadow
- The Cosmic Voyage
- The Military Bootcamp
- The Lighthouse
- The Amazon Rainforest
- The Scary Tunnel

Questions about me

How did you discover hypnosis?

1980, I was at college when I bought a book called Mind Games and found the hypnotic scripts very interesting. I bought three tape recorders, and used one to play music such as Pink Floyd, and the other were sounds of nature (I used to go out into the forest and record the birds) and the other track was for my voice. Then I mixed all three together to produce some cool tape recordings. We all enjoyed the recordings and often used them in a group session, where we would all be riding on a giant tortoise or taking a boat trip down a river. A thousand thanks to Robert Masters and Jean Houston for writing this amazing book back in 1973, it was my inspiration and gave me and my neighbors so much fun.

When did you start practicing hypnosis?

I started helping others with therapy and past life regression in 1985, I had an office in south Spain mainly for the English expat community, but two years later I decided that one-on-one hypnosis was too uncomfortable and expensive. My idea was, and still is that a self-hypnosis CD can be used every day without any extra cost, easier, and more comfortable, in your own home. With the advance in new technology such as mp3 players the difference is now my recordings are very flexible unlike a CD, tape, or video, each track has been designed to be mixed with the other tracks which makes them so much more personal.

Which is your favorite hypnotic induction?

That depends on which theme I use. If I need something for relaxing I love the Tropical Beach, but when I need some motivation for sport I use the Amazon Jungle. Each time I get to the part with tropical rain I just go so deep into trance.

I often use the "Max Out" audio just before going to the gym, and this gives me an incredible workout.

Do you use hypnosis on yourself?

Yes, I listen about three times per week. I have used "stop nail-biting" which wears off after about 3 months and needs a top up. I have also used the "Drive carefully CD" for my safety and that of others and to control road-rage. The Karma Cd helps me to be more compassionate and generous. I used the "love salads" only once and then I was eating very healthy, filtered water, gluten free, and really bland food tasted delicious...that worked very well, I need to use it again, because the effects have worn off, and I'm back on beer and curry. My wife has used the "Easy Child birth" and our baby son came out in a record 10 minutes.

Something curious happens to me when I record the audio sessions, sometimes I get hypnotized. I remember being obsessed with playing chess for 6 months, just after recording an audio for my elder son.

What is the most important aspect of your success?

I believe that the induction to trance is the most important part of the therapy, and this trance has to be deep enough. I know that we are all different, so I have compiled an induction which would cater for all types of minds, whether they may be logical, creative, or dominant, etc. I had to use many different methods to get the perfect trance induction, including the shamanic beats to help to deepen the trance. I don't believe that a light trance would be effective enough, but in saying that, a medium state of trance is just as good as a very deep trance.

Website Paul Clinton