

# How to listen to a **LIVE** hypnosis session on your phone



- Please use a headset or earphones if you have one (this is your best option).
- The second-best option is to use the speaker feature on your phone.

**The most important thing to remember**  
**is that an interruption of any kind**  
**will render your hypnosis useless.**

Hypnosis is about relaxed, focused attention without interruptions. If interrupted, we will need to start over from the beginning. Should this happen, this extra time will be charged at a rate of \$150 per hour, and since another client immediately follows your session, we will have to reschedule.

To avoid these additional charges, **BE ABSOLUTELY SURE** that you will not be interrupted. On the **next page is a checklist** to make your at-home hypnosis experience a pleasant success.

Please print this checklist and check off each one as you implement them.

Thank you.

Mike Proulx  
Certified Hypnotist

# Check list

1. Find a room in your home that you can close the door and be totally private.
2. **Tell others** that you are not to be disturbed, unless it is a life/death emergency.
3. To avoid “mistakes” by others, have a sign at the door reading: “I’m in a hypnosis session. DO NOT disturb unless it is a life/death emergency. **NO EXCEPTIONS!**”
4. **No pets** in the room with you.
5. Pets should be quarantined as far away as possible. They cannot see/access your door. They sense your presence and will scratch at the door, wanting to get in. No interruptions from pets!
6. **No one** else in the room with you. This is a solo activity. Others in the room, even if they are very quiet, will interfere with your session.
7. Find a comfortable chair – this will last between 1 & 1.5 hours. You must be sitting. Not lying down. Lying down will induce sleep. We need you awake.
8. **Be sure** you go to the washroom before the session. A full bladder will be disruptive.
9. Be sure you are hydrated. If you don’t normally drink water, have a glass of water at least 1 hour before your session starts. Dehydration interferes with hypnosis.
10. **Turn off** all TV’s and radios, even if they are in another room. If you can hear it, even just a little bit, this is distracting. **TURN OFF** all audios.
11. If you still have a telephone land line (plugged in to the wall), make sure to turn off the ringer during your session.
12. **Do you** have family, guests who come in unannounced? Let them know ahead of time, before they even see the sign at your private room door.
13. Regardless of where you live, make sure your exterior door has a note “do not disturb”. Doorbells going off is very disruptive.
14. **If you** have others living with you, make sure their cell phones are on vibrate mode. You don’t want to hear phones ringing.
15. **If your** cell phone signal is poor, and you have a landline phone, I would recommend that you use the landline phone for your hypnosis session.
16. Hypnosis tends to lower the body temperature (similar to sleep). Have a blanket or sweater on your lap for easy access and ready for use, just in case you need it.
17. **Ideally**, you should have a headset or earphones. This is preferred, as it muffles the sound from outside (cars going by etc.)
18. Have your smartphone plugged in during the call to insure full power for the whole session.

19. **Place** your phone on table next to you, not on your lap as you might move around while in hypnosis.
20. Make sure it is set on speaker phone if you are not using a headset/earphone.
21. **Get** your self ready 15 minutes prior to the phone call.

Meeting these guidelines is your individual responsibility.

Your success depends on it!

### Final instructions:

If you are using your smartphone for the hypnosis session, be sure to go into the settings tab and locate **\*\*\*notifications\*\*\***. Under this setting, click **DO NOT DISTURB**. Your phone will go silent. No rings. No email notification sounds, no 3-way conference calling alerts, no vibration. Your calls will automatically go to voice mail. We do not want to be interrupted during your session.

If you're not sure how to change your notifications, go on Youtube and type in the make and model of your smart phone and type: "how to change notifications on my phone" or "How to turn on the DO NOT DISTURB function on my phone". Practice turning on and off the **DO NOT DISTURB function**, until you are comfortable with it. You will need this skill just prior to your live session. (Note: This is a practical skill to have!)

### 10 minutes before your session:

**\*\*\*Click the DO NOT DISTURB function on your phone. Once done CALL ME.** I will not be able to call you because you have "DO NOT DISTURB" turned on and you will not hear your phone ring. So, you need to call me. When the session is over, remember to turn off the DO NOT DISTURB function, so you can go back to getting calls and other sound/ring notifications.

When ready for your live session, call me on my cell phone: (613) 749-5414

Please be on time!

*Thank you for your cooperation during this difficult time.*

*Looking forward to your success!*

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