

FAQ – Frequently Asked Questions -Hypnotherapy CD's and Audios

What is hypnosis? It is completely safe. You are always in charge of what happens. All hypnosis is 'self-hypnosis', that is you allow yourself to go into a trance state and you allow yourself to come up out of a trance state. Any queries not answered here can be addressed by emailing: help@balancedbeing.com.au.

Can I get stuck in Hypnosis?

This is just a myth. If a hypnotherapist walked out of the room during a session, or your CD player stopped working, you'd simply come up out of your trance state or drift off to sleep, depending on your state of mind.

How do I prepare for the listening?

Make yourself comfortable, Sit or lay down. Resolve to leave all the stresses behind you and slip on your headphones or listen to CD player through speakers.

What will I hear?

You'll hear an introduction by Allannah Bahnsen, a female hypnotherapist, followed by the main session.

Don't worry if you miss a step or lose track. It is totally ok. Your subconscious mind will follow along for you.

What if my Mind starts wondering?

Don't worry. It is a perfectly natural response. Just acknowledge it though and let go. Whatever happens is perfect for you. Towards the end of the session, the therapist will slowly bring you out of your trance state and you will feel relaxed and revitalised.

Our mind likes repetition, this is how we create new habits and each day you listen, the better results you will receive.

Are all your recordings, Hypnosis?

Some are audios you listen to while moving or relaxing and other are Hypnosis, the information will be in the title and description

Dedicated to helping people turn pain into success Allannah Bahnsen

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