

ORGASM HYPNOSIS INSTRUCTIONS

I am confident that if you carefully follow these simple instructions you will reach the level of deep relaxation required for the subconscious to absorb the powerful hypnotic instructions.

Introduction

To reach the subconscious mind you firstly have to be in a relaxed and meditative state. Just as all orgasms are not created equal, everyone's ability to reach this state is different.

This three-step program undertaken over seven days is designed to let you achieve deep relaxation even if you have never had any previous experience with meditation techniques or self-hypnosis.

Almost all meditation and relaxation disciplines require you to, close your eyes, relax, and then try to stop thinking of anything at all. With the busy lives we now all lead, this is often very difficult to do. When the mind does wander you are asked to keep repeating a word or Mantra over and over again in your mind until the mind goes blank and you become relaxed.

In this new breakthrough method we have used a repeating electronic tone combined with my powerful hypnosis that takes away the need for you to have to do anything what so ever.

So just find yourself a comfortable place, either sitting upright in a chair or laying flat down on your back on the floor. It is not recommended to listen to the program in bed, as you will more than likely settle down into a too deeper sleep for the program to be truly effective.

DO NOT LISTEN TO THE PROGRAM WHILE DRIVING A CAR

Content.

Brain waves or the electrical activity of the brain produces frequencies that can be measured by ECG machines. When we relax our minds and drift down into sleep, we pass through a number of brainwave states. During the daytime when we are going about our normal activities, the cycle is in the BETA or awakened state, which is between 14 and 21 cycles per second (CPS).

When we relax or daydream, the mind activity also relaxes and our brainwave frequency drops down to between 14 and 7 CPS) From there as we drift into sleep we pass into the THETA level (under 7PS) and from there into deep sleep or DELTA level at under 4 CPS.

Track One – THETA SOUND

20 minutes

7 cycles per second

Track one includes relaxation hypnotic introduction combined with twenty minutes of electronic metronome tones followed by a wakeup instruction.

Track Two – DELTA SOUND

20 minutes

4 cycles per second

Track TWO includes relaxation hypnotic introduction combined with twenty minutes of electronic metronome tones followed by a wakeup instruction.

Track Three – INDUCTION

25 Minutes

Track three contains the complete orgasm hypnosis hypnotic induction. Removing the blockage in your subconscious that has prevented you achieving orgasm. (No tones).

7-Day Hypnotic Program

While this is the recommended program to achieve the desired result, you may vary it to suit your own personal preferences. You will know within yourself if you need to repeat tracks one and two to get to the required level of deep relaxation needed.

The more times you repeat the induction the better it will be for you.

Day One

Track One (THETA)

Day Two

Track One (THETA)

Day Three

Track One (THETA)

Day Four

Track Two (DELTA)

Day Five

Track Two (THETA)

Day Six

Track Two (DELTA) And Track Three (INDUCTION)

Day Seven

Track Three (INDUCTION)