

# HYPNOSIS SESSIONS



*"Royalty-Free"*  
**Scripts of the  
Month Club**  
**Business in a Box**

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## How to record your own audio MP3s or CDs in 200 words or less...

To create an audio MP3 or CD of a hypnosis session you will need:

**The Complete Session of Hypnosis Scripts** including the Induction, a Deepener, Script and Awakening: (all included in this program)

**A Microphone** to Record the Scripts to an Editing Program: I personally use the "Yeti Microphone by Blue", but virtually any microphone including built-in computer ones should work fine. Test it in advance to see.

**An Editing Program:** I use a free program that can be downloaded online called “Audacity” for my PC. If you have a Mac computer it has a program included called “GarageBand” that works wonderfully.

**A place to save your MP3 and store it:** If you don't have one you can download Filezilla which is a free FTP storage program.

Or you can record/burn the audio directly from Audacity or Garage Band to a blank CD on your computer:

Blank CDs can be purchased at any office supply store with CD labels and cases than can be printed on your computer as well.

We are not computer technicians but all of the programs for recording and editing have tutorials and instructions with them and you can also find additional instructions doing online searches on YouTube.

### **Computer programs you can use to record and edit Audios. *(Most are free)***

**Audacity:** <http://sourceforge.net/projects/audacity/>

**Garage band:** Free on Mac computers

**Filezilla:** <https://filezilla-project.org/>

### **Paces to market them... If you can't sell them they're just dust catchers!**

I personally think that the best place to sell your MP3s or CDs is right from your own website. If you don't have an online store then create one. As time goes on you'll come up with many other things that you can sell and having a central place to sell them is vital.

These are the three biggest choices if you'd like to sell in outside stores:

The Amazon.com E-store – for CDs and MP3s

Clickbank.com – for MP3s

iTunes.com – for MP3s

### **Advertising ideas?**

It's vital that you have a sales page/webpage where you can describe and display your products in order for people to buy them.

Once you have them advertised on your site display page then you'll want to start advertising them in as many ways as you can:

- Inform everyone in your social media such as Facebook, Google plus, LinkedIn and Twitter just to name a few.
- Advertise in e-mails to all of your followers.
- Writing blogs about your product.
- Create a YouTube video describing them or in the format of an “online review”.
- Ask others in the same field as you if they would be willing to advertise for you for a split commission as an affiliate.
- Offer a sneak peak, early bird offer or even an introductory offer to test the water.
- Offer contests to receive discounted or free product to get exposure.
- Think of exactly who your buyers will be for the product and find a way to advertise through venues that they see. Example: if your MP3 is on relationships you may want to advertise on dating blogs, associations, clubs etc.
- Find any “chat rooms or forums” on the topic and be a frequent poster there. Answer questions and act like the authority to attract interest to your products.
- Write Ezine articles about your product and post them in locations such as Ezinearticles.com or similar companies.
- Advertising on paid sites such as Facebook ads or Google ad words with a pre-defined budget can also be quite successful if research first.

### **Three Affiliate Locations where others can find your products to sell for you.**

[www.Amazon.com](http://www.Amazon.com)  
[www.Clickbank.com](http://www.Clickbank.com)  
[www.e-junkie.com](http://www.e-junkie.com)

### **The WORDING to record "*client instructions*" before each session starts.** (*This is the wording that I record on all my mp3s or CDs just before they start*)

Before you begin listening to this session be sure you give yourself enough uninterrupted time to sit and listen to it quietly for at least 20 to 30 min. This session is designed to be listened to while relaxing.

Do not listen to it while driving a motor vehicle or doing anything else that may be dangerous.

Now turn off any beepers or phones including cell phones.

Put any pets outside of the room that you're being hypnotized and as they may jump into your lap and disturb you during your session.

Now sit in a comfortable out-of-the-way seat supporting your neck and back preferably.

Be sure that there is nothing else in the area that may disturb you during a session.

### **Disclaimers to place on your packages or sales page.**

Notice: The Hypnosis Practitioner(s) that created these sessions are not medical or mental health professionals. At no time do they attempt to provide medical or mental health therapy. You affirm that hypnosis is appropriate for you and does not conflict with existing medical or psychiatric treatment. Always inform and follow the advice of your physician or other professional medical practitioners before listening to a session for health.

Methods Used. The Hypnosis Practitioner employs hypnosis techniques to facilitate the client's quest for self-improvement. Specific additional techniques may include: Body Relaxation, Directed Meditation, Age Regression, Guided Imagery and our copy written Total Habit Replacement System.

There are countless different systems and email programs that our clients have. We create hypnosis sessions and scripts and are not technicians. Please do not ask us how to download to your specific listening device as we will not know either. All sessions have been tested and are in working order.

### **What are Royalty Free Scripts?**

The scripts in this program are intended to be Royalty Free Scripts "only" to the Original, Registered Purchaser of this manual from the American School of Hypnosis.

To the legal purchaser of these scripts you have complete ownership rights, or express permission by the author to reproduce, record and sell such recordings or do whatever you please with one exception. You cannot resell the royalty free status to anyone else as you do not have resale rights. You have the right to record or sell the recorded sessions on cd or mp3 and use in your private sessions. Anyone who receives them from you would fall under the Standard Copyright Rules mentioned below.

To be considered the "purchaser" or owner of such scripts you must have your name recorded at the American School of Hypnosis as the "original purchaser" and keep your receipt to prove you are the rightful owner. Upon violation of use of our scripts we always ask the user to produce their receipt of ownership of

royalty free status (the receipt of sale) before beginning any reimbursement prosecution.

*“We wish you the very best of success in your creation of mp3s or CDs. Once you’ve created your end product, send us a copy of it to review. Will report back to you with our thoughts and if we feel it’s a quality product we can even advertise it to our listeners to give you a head start.*

*Enjoy your recording,”*

*Rene Bastarache, CI*