

WELCOME

Your guide on how to use mindset
guided hypnosis recordings



Welcome to a new Mindset

As a Psychotherapist I've seen many people struggle trying to create the type of change they want on their own. That's why I founded Mind over Matter and created Mindset audio downloads. They are designed to help you make the changes you desire in your life and maintain them.

Every day I work with clients to enable positive change at the subconscious level. The reason we work with your subconscious mind is because your subconscious mind is far more powerful than you can imagine. It is a fabulous servant but can be a terrible master.

If you are not actively influencing your subconscious with new thoughts to generate new behaviours, and therefore new results, it will simply run on the old 'software' and bring you the same old results. If you want to create positive sustainable change, then you will need to influence the subconscious mind.

Mindset programs support you to access your own inner resources to attract whatever it is you seek. They are designed to directly influence the subconscious mind and assist with habit change.

The Mindset Series for Life Mastery

The Mindset Series for Life Mastery is one of a number of programs which has naturally evolved out of my education in Psychology and Psychotherapy and from my experience as a Clinical Hypnotherapist. I have personally developed each of the titles in this program to provide you with a range of life changing programs you can use in your own time and at your own pace.

All of the titles in this series, if used as suggested, can help you make the changes you seek and attract the future you truly want. These changes can enable you to improve your self- image and self-confidence and teach you how to attract the happiness, peace, health, abundance and success you desire.

As you begin to adopt these new ways of thinking, your mind is far more productive, allowing you to function more efficiently and more intelligently. Your creativity and energy levels increase.

In effect, what you are doing is retraining your brain to fulfill your hopes and dreams. Wherever you are in the world, I want you to know. You truly can create the life of your desires.



How to Listen

The best way to listen a Mindset guided hypnosis recording is when you're about to go to sleep. As you listen and drift into a peaceful sleep, your mind will quietly take on board suggestions for manifesting more positive outcomes in your life on an everyday basis.

It's important that you don't use these recordings when you're driving a car or need to give your attention to any other task at hand. Use them only when you are lying down, comfortable and won't be disturbed.

There is no particular way that you 'should listen' and there is nothing that you need 'try' to do. Just allow yourself to comfortably unwind and let your mind drift. Falling asleep while listening to the recording is part of the process. Your recording is speaking to your subconscious mind which is always awake. Just let your conscious mind fall asleep while your subconscious mind does all the work for you.

How Mindset Recordings Work

Mindset recordings have been engineered to entrain your brain for positive change while you sleep. They incorporate hypnosis and other highly effective body & mind management techniques such as mindful breathing, conscious relaxation, creative visualisation and positive affirmation.

These practices are natural and safe. They work by tapping into the vast resources of your own mind. You can also remain calm in the knowledge that your subconscious mind won't accept a suggestion on any recording that is contrary to your personal beliefs.

The Right Results

To get the best results from your recording, listen once a day for at least a week before turning your attention to any other Mindset recording. You can also listen to your recording again if you experience broken sleep and want to easily get back to sleep.

If this is the only recording you're listening to, then continue once a day for the next 21 days and then 2 or 3 times a week thereafter.

You can of course listen to your recording as often as you like, as it will always be of benefit to you.



If you have been listening to multiple Mindset recordings, you can also choose the one you feel the most drawn to.

Ending the Mind Struggle

All change is created at the subconscious level. Mindset recordings work by supercharging the subconscious mind with new and positive ways of thinking and doing things. Your subconscious mind controls 95% of what you do.

A Mindset recording reprograms your subconscious thinking for the best outcome. It also ends the struggle between what your conscious mind wants and what your subconscious mind drives you to do.

Positive Change

If you are looking to bring about positive change into all aspects of your life, then you are on the right path. Mindset recordings are designed to improve your life and bring comfort to the restless mind. Your subconscious mind is more powerful than you can imagine and will hear every positive suggestion whether you are deeply relaxed or deeply asleep.

All the information is absorbed into your subconscious mind while you are in this relaxed and receptive state. In fact, just by relaxing and listening to each recording, you are already bringing about the habit change you want and ultimately the lifestyle you seek.

Attracting the Life you Really Want

It's all about helping you release old thoughts and habits that no longer serve you to embrace new and exciting possibilities in life. These possibilities can enable you to improve your self-image and self-confidence and help you to attract the peace, health, abundance and success you desire.

Our breakthrough series was created to help you realise your highest potential in all aspects of your life.

All of the recordings in the Mindset series if used as suggested, can help you make the changes you seek and ultimately create the lifestyle you want.



Your mind will subtly take on board all suggestions for positive change, reinforcing and leading the way for you to attract what you desire. When you allow yourself to think in this way, you create different thought patterns and ultimately, the profound changes necessary to obtain your desires.

Breaking Through for Good

With each recording, you can relax and enjoy all the benefits of letting go, as you listen and entrain your mind to reach your goals and realise your hopes & dreams. Each Mindset recording will help both at the conscious and subconscious level as you begin to release old thoughts and feelings around your self-image and ultimately embrace new and positive possibilities for what you really want in life.

Mindset recordings are highly effective; however they are not a substitution for any medical advice or medication and are for personal use only. If in any doubt at all, we recommend you talk to your medical practitioner and ask their advice before proceeding with any of our programs.

Book a Private Consultation

Mindset recordings help you to gain relief when you need a pause in your busy world. If you feel you need to connect more in depth then we are certainly here to help.

No more Isolation

You really don't need to feel alone facing obstacles in the way of your hopes and dreams.

Consultations are available at Mind over Matter either at our practice or you can book an online session (ie: Skype, Messenger, Viber, Zoom, Facetime) and stay in the comfort of your own home.

If you feel you would like to book a session then message [us here](#) and let us know what you would like.

Go After your Dreams Today

If you would like to speak with us in person about an appointment, then please phone for a complimentary chat on 0414 649 088.

Mind over Matter

We are here to help you experience pain free, drug free solutions for life. Engage with us today to free your mind.

“The mind is everything,
what you think, you become”