

Transform Your Life with a Personalized Hypnosis Recording by Alan Kirwan

Are you ready to break free from limitations and create lasting positive change? With a **custom-made hypnosis recording**, tailored specifically for your needs, you can unlock the power of your subconscious mind and achieve real transformation—easily and effectively.

Why Choose a Personalized Hypnosis Recording?


- **Designed Just for You** – Your session is crafted to address your unique goals, whether it's overcoming fears, managing stress, boosting confidence, quitting smoking, improving sleep, or achieving diet-free weight loss.
- **Created by an Expert** – Written, recorded, and edited by **Alan Kirwan**, a highly qualified hypnotherapist with extensive experience in **Hypnosis, EFT (Emotional Freedom Technique), NLP (Neuro-Linguistic Programming), and CBT (Cognitive Behavioral Therapy)**.
- **Flexible Listening Options** – You'll receive **two professionally recorded tracks**: one with a calming music background and another without, giving you the freedom to listen however you prefer.
- **Deep, Lasting Change** – Harness the power of hypnosis to reprogram limiting beliefs, ease emotional struggles, and step into a more confident, empowered version of yourself.

How It Works:

1. **Consultation:** Contact me before ordering to ensure your request aligns with what hypnosis can achieve.
2. **Customization:** Your recording is designed specifically for you, focusing on your personal goals and challenges.
3. **Professional Recording:** Your session is recorded and edited for optimal relaxation and effectiveness.
4. **Delivery:** Receive your two high-quality recordings within **14 days** after ordering.

Investment in Yourself:

Payment is required in advance to begin the process. Contact me today, and let's create a hypnosis experience that guides you toward the life you deserve.

 **Get in touch now to begin your journey to transformation!**

About Me – Alan Kirwan

I am Alan Kirwan, a dedicated professional in the fields of Hypnosis, Emotional Freedom Technique (EFT), Neuro-Linguistic Programming (NLP), and various psychotherapeutic disciplines. With a strong passion for helping individuals overcome personal obstacles and achieve their full potential, I have spent over a decade developing innovative self-help programs that provide practical and effective solutions for transformation.

Qualifications and Certifications

- **EFT Emotional Freedom Technique** – Advanced Certificate of Completion (2006)
- **Advanced Diploma** in Practical Hypnotherapy and Psychotherapy (2007)
- **Diploma** in Analytical Psychotherapeutic Counselling (2007)
- **Diploma** in Cognitive Behavior Therapy (CBT) (2008)
- **Certificate (with Distinction)** in the Theory and Principles of Indirect Hypnosis, Ericksonian Psychotherapy, and NLP (2009)
- **Certified Life Skills Consultant** (2010)
- **Diploma in Noesitherapy** (2013)
- **Certified NLP Master Practitioner & NLP Trainer**
- **Certified Life Coach**

Professional Experience

I have been a **Udemy Self-Help Program Creator since 2014**, and as of today, I have successfully trained over **141,521 online students**, earning **3,447 reviews** from individuals worldwide. My courses focus on **Hypnosis & EFT**, offering creative solutions designed to help people reprogram their minds, overcome challenges, and transform their lives in positive ways.

For several years, I ran a **private clinical practice in Ballyjamesduff, County Cavan, Ireland**, where I specialized in combining **EFT, Hypnosis, and NLP** to assist individuals in overcoming emotional disorders, quitting smoking, achieving diet-free weight loss, conquering fears, and managing pain. I have also helped clients resolve behavioral issues, build confidence, and make lasting changes through personalized hypnosis recordings.

My Mission & Passion

My passion is discovering and developing **new, effective, and easy-to-follow techniques** that empower individuals to make positive life changes quickly. By blending **Hypnosis, EFT, NLP, and CBT**, I create **self-help videos, audio programs, and personalized hypnosis recordings** that allow people to experience transformation from the comfort of their own homes—without the need for appointments or travel.

Benefits of a Personalized Hypnosis Recording

A personalized hypnosis recording offers a convenient, cost-effective, and highly tailored alternative to in-person hypnotherapy sessions. Here are some of the key benefits:

- 1. Convenience and Flexibility:**

With a personalized recording, you can access your hypnosis session anytime, anywhere. There's no need to travel to appointments or adjust your schedule to fit a therapist's availability. Simply press play whenever it suits you—whether at home, during a break, or before bed.
- 2. Comfort and Privacy:**

Some people feel more relaxed and open to hypnosis in the comfort of their own space. A personalized recording allows you to engage in the process without the potential discomfort of discussing personal issues face-to-face with a therapist.
- 3. Tailored to Your Needs:**

Unlike generic hypnosis tracks, a personalized recording is designed specifically for you. It addresses your unique goals, challenges, and preferences, making the experience more effective and meaningful.
- 4. Cost-Effective:**

Investing in a personalized recording can be more affordable than multiple in-person sessions with a hypnotherapist. You pay once and can use the recording as often as you need, making it a long-term resource for self-improvement.
- 5. Consistency and Repetition:**

Repetition is key to the success of hypnosis. With a recording, you can listen as often as you like, reinforcing positive suggestions and deepening the impact over time. This level of consistency can be harder to achieve with sporadic in-person sessions.
- 6. Empowerment and Independence:**

Using a personalized hypnosis recording puts you in control of your journey. You can work on your goals at your own pace, fostering a sense of empowerment and self-reliance.
- 7. Time-Saving:**

Eliminate the time spent commuting to and from appointments. A recording allows you to dive straight into your session, making it easier to incorporate hypnosis into your daily routine.
- 8. Immediate Access to Support:**

If you're facing a challenging moment or need a quick boost of confidence, your personalized recording is always ready to help. This immediate access can be invaluable for managing stress, anxiety, or other issues in real-time.

9. **Enhanced Relaxation:**

Listening to a recording in a familiar environment can deepen your state of relaxation, making it easier to enter a hypnotic state and absorb the positive suggestions.

10. **Long-Term Resource:**

A personalized hypnosis recording is a lasting tool that you can return to whenever you need reinforcement or a refresher. It grows with you, adapting to your evolving needs over time.

By choosing a personalized hypnosis recording, you gain a powerful, flexible, and deeply personal tool for transformation—all without the logistical challenges of traditional hypnotherapy appointments.

Truth About Hypnosis

"Hi there, and welcome. If you're here, you're likely curious about hypnosis but might have some concerns or fears about what it involves. That's completely normal! Hypnosis is often misunderstood, and today, I want to address those fears head-on, so you can feel confident and comfortable about exploring this powerful tool for personal growth."

1. Fear of Losing Control:

"One of the most common fears people have about hypnosis is the idea of losing control. Let me reassure you—hypnosis is not about someone else controlling your mind or making you do things against your will. In fact, hypnosis is a state of deep relaxation and focused attention. You are always in control. You can hear everything that's being said, and you won't do or say anything that goes against your values or desires. It's like daydreaming or getting lost in a good book—you're fully aware, just deeply relaxed."

2. Fear of Not Waking Up:

"Another concern is the fear of not waking up from hypnosis. This is a myth. Hypnosis is not sleep; it's a natural state of mind that you experience every day, like when you're driving a familiar route and realize you've arrived without consciously thinking about the journey. You can't get 'stuck' in hypnosis. If for any reason you needed to come out of the state, you could simply open your eyes and return to full awareness instantly."

3. Fear of Revealing Secrets:

"Some people worry that hypnosis will make them reveal secrets or private thoughts. Let me be clear—hypnosis doesn't force you to share anything you don't want to. You're always in charge of what you say and do. Hypnosis is a collaborative process, and your subconscious mind will only bring forward what feels safe and appropriate for you."

4. Fear of Vulnerability:

"It's natural to feel vulnerable when trying something new, especially something as personal as hypnosis. But hypnosis is actually a very safe and gentle process. It's a tool to help you feel more empowered, not less. Think of it as a guided meditation where you're in the driver's seat, and I'm simply helping you navigate toward your goals."

5. Fear of It Not Working:

"Some people worry that hypnosis won't work for them. The truth is, everyone experiences hypnosis differently. It's a skill that gets easier with practice, and even if you don't feel deeply hypnotized the

first time, you're still benefiting from the relaxation and positive suggestions. Trust the process, and know that your mind is always listening, even if it feels subtle at first."

6. Fear of the Unknown:

"Finally, fear of the unknown is completely valid. Hypnosis might seem mysterious because it's not something we're taught about in school or daily life. But it's a natural state that we all experience—like when you're so absorbed in a movie that you forget about everything else. Hypnosis is simply a way to harness that natural state to help you make positive changes in your life."

Closing Reassurance:

"Remember, hypnosis is a safe, gentle, and empowering process. It's not about losing control—it's about gaining more control over your thoughts, habits, and emotions. You're always in charge, and you can stop or pause at any time. My goal is to create a comfortable and supportive experience for you, so you can relax, let go, and trust in the process. You've got this, and I'm here to guide you every step of the way."

Call to Action:

"If you're ready to take the next step, let's begin. Find a quiet, comfortable space where you won't be disturbed, and let's explore how hypnosis can help you achieve your goals. You're safe, you're in control, and you're about to embark on a journey of positive change."

How to Get the Best from Your Personalized Hypnosis Recording

You have three ways to experience your hypnosis session:

1. **With the included music backing track** – For a fully immersive experience.
2. **Without music** – Allows you to focus solely on the spoken guidance.
3. **With your own relaxing music** – Play the version without music while using background sounds or music of your choice.

Best Practices for Effective Listening

1. Choose a Comfortable Space

Find a quiet, comfortable place where you won't be disturbed. Use headphones for deeper immersion, or speakers if you prefer.

2. Set Your Intentions

Before you begin, take a moment to set your intention. What do you hope to achieve with this session? Clarity and focus enhance results.

3. Relax and Let Go

Lie down or sit in a relaxed position. Close your eyes, take deep breaths, and allow yourself to fully engage with the experience.

4. Listen Regularly

Repetition is key! Aim to listen once or twice daily for at least 21 days to reinforce the suggestions and create lasting change.

5. Experiment with Different Versions

Try all three listening options and see which works best for you. Some people find music enhances relaxation, while others prefer silence or their own soothing background sounds.

6. Avoid Distractions

Don't listen while driving or doing activities that require full attention. Hypnosis works best when you can fully relax.

7. Trust the Process

Results vary for everyone. Some notice immediate shifts, while for others, the changes happen gradually. Stay consistent and trust in the process.

By following these steps, you'll maximize the benefits of your personalized hypnosis experience. Enjoy your journey to transformation!

Personalized Hypnosis Recording Questionnaire

What changes you would like?

What suggestions for change would you like?

Name or nickname your friends and family call you?

Hobbies or things you like to do?

People you admire or who inspire you?

Add as much background as you can?

all details are confidential and will only be used to create the most powerful Hypnosis session possible so give me as much specific details as possible.

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