

Notes On The Recordings 2021

Recordings are for your personal use only and not to be copied or shared.

You can go to sleep to a recording if you want. If you prefer to wake up at the end, set an alarm to alert you about 5 minutes or so after the recording is completed.

You can also take time in your day to get comfortable and relax.

If you intend to drift off to sleep to this recording, make sure that you have it as the last recording on your playlist so that your digital device does not run into the next item on the list...you want to sleep!

Do not use recordings to go to sleep to if it is disruptive to your sleep in any way (because that's just annoying lol).

Do NOT use any of these recordings while driving or when you need to be alert.

By downloading any of these recordings, you agree to take full responsibility for the use of them.

These recordings encourage both hypnosis and deep relaxation. If you find that you drift off and do not hear much of what is on the recording, that is ok - your unconscious mind is always listening.

Directions on accessing recordings

Most large files like the hypnosis recordings cannot be downloaded directly to a phone.

You need to download to your computer first then transfer to the player of your choice.

Download and save onto your computer.

While I cannot cover the many variations available, most downloads can be accessed by right-clicking on the download button and then "save as." You can then specify where on your computer to save the recording/file.

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ANDROID/OTHER

If you have an Android device, connect it to your computer with a USB cord and then your device should pop up on your screen. With most devices (including mp3 players) you can then drag and drop.

Depending on the default settings of your computer, your recording may go to the "downloads" file or somewhere else. You can always do a search and right-click on "open folder location".

Most Android phones and digital devices utilize the mp3 format well. Request this option in your intake form.

iTUNES

If you use iTunes import the recording to your iTunes folder and then access the recording once your device is synched.

I suggest that you do not rely on the "cloud" to stream your recordings for a few reasons:

- it uses up your bandwidth each time you stream it
- the link may be removed at some point
- and it is best to not have a device accessing wifi/internet near your body all the time

Most Apple products utilize the m4a format best. Request this option in your intake form.

Wifi/EMF Safety

Research is still ongoing in regards to the safety of electromagnetic radiation. It is prudent to NOT sleep with a mobile device near you. If your cell phone needs to be turned on through the night, at least place it as far away from you as possible so that it is not beside your head all night long. The best option for telephone access is to use a corded landline phone (not cordless).

Additionally, devices should be put on "airplane" or "flight" mode whenever possible. You will not be able to access emails or use the internet when the wifi function is off, but usually, this function can be easily turned on and off. There are fairly easy ways to turn wifi off in your home especially for the times when you are asleep or out of your home.

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