

The problem with hypnosis recordings (and yes, that includes my super amazing sleep recording too)!

There are thousands of hypnosis recordings on YouTube.

Recordings for sleep (*cough* like mine *cough*). Stress. Burnout. Overwhelm. Depression. You name it, there's a recording for it.

"Wait," you might be wondering, "why are YOU telling ME this? You're running a hypnosis business. Surely you'd want to hide all those FREE RECORDINGS ON YOUTUBE from me. If I listen to them, I have no reason to ever buy your services! What're you up to?"

Concrete question.

Because indeed I am up to something. Something sinister. Dark. Dangerous even.

I'm going to break an unspoken rule of hypnotists.

I'm going to reveal the dirty secret behind the recordings. A secret affecting EVERY recording by the way. Even the "sleep so deep, you'll wake up in a coffin" sleep recording made by yours truly (which is a bribe you can listen to after [joining my newsletter](#)).

However (and this is important),

To help drill this secret inside your skull, I'm giving it to you in story form.

clears throat

I stabbed a woman!

We were practicing a technique called glove anesthesia. The aim was to make the woman's hand completely numb.

"Imagine your hand is getting colder," I said, "Colder. And even more frozen. . ."

Everything LOOKED fine.

So, logically, I shanked her with a toothpick to test my work (with her consent, obviously). She FELT that. And was NOT happy. She looked at me with death in her eyes. Which I proceeded to ignore as I tried to figure out what went wrong.

And the answer slapped me in the face like a sledgehammer: Numbness means something different to everyone.

After I convinced the woman to give glove anesthesia another go, I asked her:

"What does numbness mean to you?"

"Well," she answered, "You know when you get a cavity the dentist injects you with lidocaine. Suddenly your mouth and half your tongue are tingly. That's numbness."

And suddenly I realised the problem.

"As you pay attention to that hand, it's easy to imagine it becoming more tingly. To think about lidocaine being injected into it. And feel the tingly numbness starting to spread. . ." I said, starting the hypnosis again.

When her hand was ready, she placed it on the table and. . . never felt the toothpick. Even when she was looking at the toothpick being hammering into her hand!

So did you catch it?

The effectiveness of hypnosis changes depending on who you're working with!

Numbness meant “cold” to me. But “tingly” to her. Our brains represent the same word in different ways.

That’s why hypnosis recordings can be broken down like this:

- 20% of people have a super amazing effect. Profound change at a deep level. Sometimes it might even be a permanent change. They enjoy telling their stories in the comment sections where people can give them likes.
- 60% of people have a bit of an effect. But the effect is often temporary.
- 20% of people get nothing.

In reality, the best hypnosis . . . is tailored to YOU!

Customised to your exact person. Your exact situation. Working WITH you instead of a script being read TO you.

And when hypnosis is perfect for you, magic happens! Because the hypnosis will click with your brain’s operating system. Meaning changes get installed at the deepest level.

If you want to experience hypnosis that works with your brain. . .

Get a hypnotist.

Because a script made for the public, by definition, can’t click 100% with you.

If you want to learn more about hypnosis. . . or you want to experience the beautiful bribe I mentioned earlier, join my newsletter: lawrencebartley.com. Because, who knows, maybe my bribe will be the perfect recording for you?