



# Therapies For Health

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I began listening to the Personal Improvement/Self Enhancement CD and the Weight Management CD every night. I turned the CD player so it would play all night long and I would switch the CD's every few nights. In the beginning, I had trouble sleeping for about the first three nights. I kept waking up and was having weird dreams. I think I would wake up when I came to a point in the CD that had significance for me and I was coming to a more conscious level to help work through the issue needing attention. One night when I was awakened from a dream, I immediately knew that the dream had some significance for me. As I pondered the dream in the early morning hours, I realized the symbolic meaning of my dream. I was able to then work through the issues with self hypnosis and apply the new truths to my life. Soon, I was able to sleep undisturbed while listening to the CD's. I didn't notice much other change for a time and then while talking to Dennis Parker, the maker of the CD's, I mentioned this concern to him. He asked me if I was doing such and such and if I was doing this and that. As I responded yes to his questions he suggested that I was doing those things because they were in the CD programming. So I had experienced change in my behaviors for the better without even knowing why until then.

Some months later I learned that in addition to listening to the CD's all night long and rotating the CD's each night, I was also supposed to be listening to the CD's on a conscious level at least twice a week. I had been falling asleep while listening to the CD's and had never made the time to listen on a conscious level through the entire tape. I decided to listen to the CD consciously all the way through. I wasn't sure when I would do this though. I felt that my morning "wake-up time" was already early enough but I decided I would try waking up earlier to listen to the CD consciously. The first night I woke up earlier but fell asleep again while attempting to listen consciously. I decided to instruct my subconscious to just make it happen and trusted that it would. The following night I awoke around 2-4 a.m. As I lay there I listened to the complete CD at a conscious level. I then went right back to sleep and awoke at my normal time feeling rested. I was excited and decided that I would instruct my subconscious a few times a week to do this and I would be able to fit into my schedule the time needed to listen consciously to the CD's. I listened to the same CD the next night and then switched CD's the third night. I automatically awoke sometime around 2-4 and listened consciously to the complete CD and then went right back to sleep and awoke refreshed. I listened to the same CD the following night. The next night I changed to the Understanding Hypnosis CD. I had not included this CD in my listening program on a regular basis but knew I was supposed to be. Every time I switched CD's I would automatically wake up in the early morning hours and stay at some conscious level long enough to listen to the entire CD and then go back to sleep. I now switch CD's every other night instead of every night and have seen wonderful results as I listen to each CD on a conscious level about three times a week and take in subconsciously through the entire night. I have noticed a more conscious ability during the daytime hours to "crush the thought" and have the word "white" come to my conscious mind more. This has resulted in a decrease in my cravings for unhealthy foods and I have been able to see significant improvements in my health and weight management program.

I know that the CD's by Dennis Parker are a wonderful, and sometimes necessary, addition to a person's progressive achievement for healthy body and mind. If listened to according to the recommendations, the CD's give an individual the support they need between hypnosis sessions at Therapies for Health and also help to "fine-tune" the work that the individual has received. I highly recommend the hypnosis CD's for anyone who desires to better themselves and become the person they want to become.

*Debbie Parker*