

## FAQ about Pilgrim Recordings

### FAQ

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#### **How do I pay using cash or cheques.**

You may purchase Pilgrim products Using Cash, Cheque or Postal Orders.  
If this is your desired method of payment I will be happy to supply them to you.

Please send your order to me at the address below.

Mr Paul Hastings  
1 Nova Lodge  
49 Kenilworth Road  
Leamington Spa  
Warwickshire  
CV32 6JJ  
UK

Cheque, postal orders, money orders in UK Pounds please, made payable to

Mr Paul Hastings.

Please include your

- Full name
- Full address with post code
- Contact telephone number
- E-mail address

#### FAQ about Pilgrim Recordings

As soon as your money clears your order will be sent by first class post. The cost includes world wide shipping. Nothing more to pay.

Blessings  
Paul Hastings

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#### **What do Pilgrim Self Hypnosis Recordings Provide?**

The conscious hypnosis recordings may be played at any time as you sleep or relax.

The subliminal messages exclude relaxation suggestions and consequently these may be played at any time and even while studying and working. Improvements in creative and artistic skills are reported to us.

In both programs the suggestions pass directly to your subconscious control levels of mind and are implemented to the precise degree that they are appropriate to your particular needs.

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#### **How soon will I get my recordings?**

CD's are dispatched within 24 hours. As soon as an order comes in they are produced and sent out by next post in the UK this means that you can receive your CD the next day. International orders are handled the same way however they are sent by Royal Mail Airmail and delivery will depend on your location.

If you decide to purchase your recording in MP3 format you can download and begin to experience the beneficial effects in minutes.

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#### **How often will I listen to them?**

If you play your cd nightly at your normal bedtime and once or twice a week when you are not likely to fall asleep you will soon achieve the desired results. Specific suggestions are given in each CD.

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#### **Am I aware during hypnosis?**

Yes - it is not a state of unconsciousness. In fact thanks to this widely held misconception, many people find it hard to accept that they have been 'properly hypnotised', because it is a state of heightened rather than diminished personal alertness.

When you relax creatively, the superficial mind relaxes and the control levels become more aware. If you listen to a recording at bedtime you will usually drift, into a refreshing, natural sleep and the inner mind will be free to accept and respond to suggestions of a positively beneficial nature.

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#### **Do I use headphones?**

Headphones are not necessary for use however many clients do enjoy using them for a more intimate experience. It is normal to just have them playing near you. You can also use a sleep speaker under your pillow.

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**Will it effect my partner?**

All recordings are beneficial to anyone sharing in your healing or learning experience as a friend or companion.

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**Do you offer Personal Therapy?**

I practice in Leamington Spa Warwickshire UK. I have been in successful practice since 1991 and am qualified in Precision Therapy. Personally trained and supervised by Duncan for eighteen years. I conduct training in his system.

I am also highly qualified in Hypnosis, Hypnotherapy, Neuro-linguistic Programming and Emotional Freedom Therapy.

Contact me for a personal consultation.

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**Why are some "Therapist Only"?**

Duncan developed a range of specialised recordings for his precision therapy students and other therapists to use on and with our clients. They contain advanced material that allows both the therapist and client to achieve results faster and more completely.

Due to the nature of the content which does require an experienced therapist they are not sold to the public. Abreaction's are likely to be experienced and this does require knowledge and experience to deal with.

Certain self hypnosis recordings are also restricted to known clients due to the nature of the powerful content. A low stress level and deep personal insight and maturity is required to use these recordings.

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**Can I contact Duncan McColl?**

It is not possible to contact Duncan. At least not through the usual channels. My good friend and mentor passed away in 2007.

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**What benefit is increased self understanding?**

You will find plenty of useless thoughts and habit patterns to change. Being sorry for example, after you have a row with a good friend, is pointless. Awareness before the problem arises is what you need. Your friend's thoughts and actions will be confined to a fixed pattern that you can soon recognise.

Anticipating the repetition, you can focus your attention on the precise phrase or mannerism that triggers your habitual response and then explore what created your sensitivity. Once recognised, you will at least respond in a new way. Developing new behavioral patterns becomes a game, a creative game, which is perhaps all that life is intended to be.

A major causal factor in habit formation is stress and this often arises because we equate lack of success in our endeavors with our sense of self-worth. Our abilities are never better or worse than anyone else's.

Like our sense of taste, our abilities are different, that's all. Using conscious self

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hypnosis to enhance your awareness and find how best to apply your inborn talents is another part of the game of life you can choose to win. Though it may seem at first that you are unable to choose your activity in life, you can start the process of change by changing the way you feel about it.

The message of life is really a simple one: be a joy unto yourself. Then you will be a joy unto others. You can become daily more insight-oriented, no longer reacting to events with outdated behavioral patterns.

There is a framework, a pattern, a process to be learned and developed with practice. The way you adapt it to your needs is strictly up to you. Then, to the extent that you learn to accept personal responsibility for yourself and your actions, you will find fulfillment in life.

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#### **Can I use them with mind machines?**

Yes you can.

Set to the lower frequencies so that your subconscious control levels of mind will be more receptive.

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#### **Do you make special recordings?**

Yes I do. I continue the tradition of specialized and personal recordings for my clients.

Please contact me for personal requests.

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#### **Single play or all night?**

This is always a personal choice. Falling asleep to your recordings is a very powerful way to get the changes you desire.

My personal private clients are directed to sleep to them on continuous play all night. This is because they desire fast effective and permanent change. We are moving a lot faster.

Maybe for a week play them once as you sleep. Then if you want to play set them to continuous play. Your subconscious mind will make changes faster. This method of use does require practice.

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#### **How long are the self hypnosis recordings?**

Depending upon the subject matter, some provide about forty minutes play and others feature two tracks a night-time version and a shorter day-time program. Others also include a subliminal track.

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#### **Using hypnosis recordings as subliminals?**

You can use them as subliminal just turn the volume down so that it is just audible. Please Note if you do decide to do this the usual safety warnings are in place so your personal safety and responsibility for you in your environment rests with you.

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#### **Can I buy the subliminals separately?**

Many of Duncan's recordings contain subliminal material on them. This is a belt and braces approach that will ensure faster change. We do supply certain ones as

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subliminal only.  
Please look at the list.

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**How do I use the subliminal self hypnosis recordings?**

If your recording comes with a subliminal track just use as normal as you sleep. If you would like to enhance your healing set your player to continuous play and turn the volume down. Subliminal recordings do have instructions on them.

Certain healing recordings are just subliminal and are designed to be played 24 hours a day to initiate changes in your body mind systems.

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**What are subliminals?**

Audio subliminals are thousands of beneficial suggestions directed to your subconscious control mind designed to bypass your conditioned linear conscious mind.

Subliminals are delivered in many ways. On these recordings they are under the spoken word. Or as a separate track and often sound like chipmunks chattering. Just turn the volume down and play in the background.

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**Why do you always recommend the stress one first?**

The stress self hypnosis recording is always recommended for clients who are in a highly emotional state as it dramatically and quickly changes this situation and clears out many issues. The effects of stress on someone's life is vast and varied. This recording places you in a more stable condition for future recordings and allows for easier change.

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**Does hypnosis always work?**

It only works if you wish it to work. You can override suggestions at any stage. For hypnosis to work, a state of relaxation is essential. If anything disturbs you, you automatically lose the necessary concentration.

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**Can anyone learn to use self- hypnosis?**

As with any other skill, some people learn faster than others but anyone who can listen can learn. Most objectives can be accomplished in a light state of hypnosis which can be achieved with moderate practice.

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**What use is hypnosis?**

You may be so habituated to a particular state of existence that you become completely unaware of the unhealthy and self-limiting influences of tension and stress on your mind and body.

Since over 80 % of our problems are stress-related, one of the greatest benefits is in learning how to reduce the effects of tension during the day so that you sleep refreshingly instead of merely 'unwinding' or just dropping down to a lower level of tension during the night.

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**What is conscious self-hypnosis?**

Conscious self-hypnosis is just one of the four natural states of consciousness that you enter quite regularly every day. You drift, into it occasionally while reading, watching television or driving, whenever in fact, you find your attention has shifted from the events around you.

Daydreaming is actually a light level of self-hypnosis. With moderate practice, the skill can be developed to harmonise your creative mind-power, focusing your concentration from outer to inner awareness and reawakening those natural unifying and self-healing energies that past conditioning may have inhibited or suppressed.

Self-hypnosis is not a way of dropping out of life. It is a way of tuning-in. It can be developed to help you to understand the origin of your problems, to help you to resolve them and to avoid others in the future.

Like learning to read or to write, it is a natural talent that can serve you in hundreds of constructive, creative and life- sustaining ways.

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**Should I concentrate on one subject at a time?**

Every indication is that the capacity of the subconscious control mind is entirely unlimited, consequently you can play any cd in any sequence that you choose. The quality of your relaxation tends to improve with practice.

Many clients report that they seem to learn more from a cd each time they play it. My feeling is that their consciousness expands ... they learn more from themselves. The recordings are successful when you find that you are developing your own unique personal style. .. or rather. . . when you find that your own unique personal style is developing of its own accord. It could happen much sooner than you think.

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**How soon will I notice a difference?**

Beneficial influences will be apparent from the very first occasion on which you play your recording or they may become apparent to you over a period of thirty days.

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**How does sleeping to them work?**

When you sleep your conscious mind is the part of you that goes to sleep not your subconscious mind.

Think about it when you are asleep who wakes you up to go to the bathroom?

This part of you is still awake and working and monitoring your environment. Sleeping to the recording allows the messages and learnings to be more receptive to this area of mind.

Any conscious resistance is removed.

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**Why are people afraid of hypnosis?**

Firstly, because there is as much fictional nonsense written about hypnosis as there is about love and romance. Then there are critics who have no first-

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hand experience of it or who, like Freud, failed to learn how to use it. Others, to maintain their positions of power or to support outmoded beliefs, find it pays to promote superstition and fear.

Many experienced health-care specialists use hypnotic techniques effectively, if only to encourage relaxation as an essential part of the healing process. More would do so if they could find more time to devote to individual clients.

As millions of people throughout the world are learning how to use hypnosis, due mainly to the advent of audio cassettes, CD's and MP3 recordings we can expect to see a refreshing improvement in general understanding over the next few years.

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**What is the best recording to use for self esteem issues?**

The most useful self hypnosis recording to start with would be the [self confidence](#) and slow the [monkey subliminals](#).

Most problems with self esteem are caused by negative internal dialogue. Unconscious incongruence causes you to talk rubbish to yourself and because your critical factor is by passed you believe it.

The slow the monkey slows this down literally.

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