



About Subliminal 4U hypnosis audios



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Combining the power of hypnotherapy and audio subliminal messages, Subliminals 4U brings high quality successful subliminal hypnosis audios to the UK. This is an innovative complementary therapy technique that's [scientifically proven](#) to help the body and mind. Read more about [subliminal hypnosis](#).

We'll add inaudible positive affirmations, for [whatever self-development you want to achieve](#), to a track of relaxing music and soothing sounds. While your conscious mind won't hear the subliminal affirmations, your subconscious will. And when your subliminal hypnosis audio recording is listened to regularly (preferably during sleep or meditation), over at least one month, the results can be truly life changing.

Whether you want a fast and effective [weight loss solution](#), you want to [quit smoking](#) and lead a healthier lifestyle, you want to [leave anxiety and negative thoughts in the past](#), you want to [work on your focus and memory skills](#) or you want to beat pain and [boost your immune system](#) - Subliminals 4U can help you to help yourself. Safe and restful easy listening, all you've got to do is sit back and relax. Let our subliminal hypnosis audio recording do all the work to change your mind so you can change your life.



About qualified hypnotherapist David Carson

"I'm David Carson, Subliminal Hypnotherapist, EFT Reimprinting Matrix Practitioner, Reiki Master and all-round Zen Dog!"

With a drive for self-development and a calling to encourage and nurture it in others, I'll help you to empower your thoughts and improve your life.

GET IN TOUCH



The path to subliminal hypnosis

Passionate about and active in self-development for over 25 years, David Carson became a qualified hypnotherapist in 1992. To make the most of his energy and talent in hypnotherapy, David progressed to Bodily Healing seven years later.

While exploring all hypnotherapy has to offer, David discovered the power of reiki healing, an energy enhancing natural therapy that works wonderfully alongside subliminal stimulation. In 2019, EFT tapping joined David's complementary therapy arsenal, which he continues to grow so that you receive the best possible treatments and experiences.

"Two years. Eight hours a night. 5000+ hours of subliminal programming. Hours of listening to subliminal messages while I sleep has rewired my brain - in not a good way, a GREAT way. Feeling good is now my normal"

- David Carson, Founder of Subliminals 4U.



David Carson's Hypnotherapy, Reiki, EFT therapy and NLP qualifications

- International Association of Hypno-analysts (Diploma) - 1992
- Howard College of Holistic Hypnotherapy (Bodily Healing) - 1998
- Usul System of Natural Healing (Reiki Degree) - 1997
- Usul System of Natural Healing (Reiki Master) - 1999
- With Karl Dawson EFT Founding Master (EFT Practitioner) - 2019
- With Karl Dawson EFT Founding Master (EFT Reimprinting Matrix Practitioner) - 2019
- The Academy of Modern Applied Psychology (NLP Practitioner) - 2020



...Via the path to Enlightenment

The discovery of Subliminals 4U wasn't just based on theory and certificates. David's lived a spiritually enlightening life that's enriched by experience. In 1999, admiration for Indian spiritual guru Sri Sri Sri Sai Baba led him on a pilgrimage to Prasanthi Nilayam, Puttaparthi. At the great yogi's main ashram located in his birthplace, David spent six months practising daily meditation and gaining as much nourishment from Sai Baba's presence and wisdom as he did from the delicious vegetarian meals.

Like the 7.8 million people globally that chose to visit Sai Baba over the years and connect with a higher consciousness, David had a burning desire to spend time within and discover his true self. He started regular practise of positive affirmations too, the bedrock of subliminal hypnosis audios.



Self-development for the WIN

Since embarking on a personal journey of listening to subliminal messages every night in 2018, David's eager to share the positive impact their power brings. Starting with a [popular subliminal affirmation](#) for self-confidence over a period of months - that turbocharged his confidence - he moved on to get further subliminal results including [increased focus and memory](#). For the next two years, David listened to an array of subliminals that have turbo-charged all positive aspects of his life.

Through his own self-development, David's the perfect person to guide you on your own journey to clear your subconscious of negativity, focus your mind on positive thinking and get you what you really want.

Whether you want to [feel healthier, bring love into your life or reach for that new job opportunity](#) Subliminals 4U is your path to success. As one of the UK's first subliminal hypnosis audio specialists, we can also create [customised subliminal hypnosis downloads](#) packed with life-changing subliminal affirmations for anything you want to achieve.



"When I started to access new information and thoughts within, I instantly understood the power in them"

- David Carson on his experience at Puttaparthi Ashram, his inspiration for Subliminals 4U.



Why Choose Subliminals 4U

- We're one of the UK's leading subliminal hypnosis audio providers.
- Subliminal hypnosis affirmations can improve your self-development.
- David is a qualified hypnotherapist and uses subliminal stimulation himself.
- Each audio starts with a spoken hypnotic induction to prepare the brain for the subliminal messages.
- David, also a Reiki Master, adds his healing energy and passion for positive thinking to each subliminal audio.
- Our recordings make the most of a range of subliminal audio technologies and techniques.
- All audios include isochronic tones for brain entrainment to aid the acceptance of subliminal affirmations.
- On all custom personalised audios you can choose from a silent subliminal, a background of relaxing meditation music or a background of soothing sounds.
- We offer a wide range of best-selling [instant subliminal hypnosis downloads](#) for your convenience.
- David can [personalise your subliminal hypnosis audio](#) for optimum results.
- We have a wealth of testimonials proving subliminal results. - With a caring and personal approach, we're dedicated to customer service.
- Our subliminal hypnosis audios will help change your life.

Is it time you changed your mind and your life?

Get in touch with Subliminals 4U today.

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