

Mindvalley and Paul McKenna Offer Free Access to Hypnosis Masterclass, Highlights IMHO Reviews

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In response to growing public interest in mental wellness techniques, the online learning platform Mindvalley has announced complimentary access to a recorded masterclass with hypnotist and behavioral scientist Paul McKenna. The 1-hour and 48-minute session provides an in-depth look at hypnotic techniques for personal development.

The session, titled "Hypnotic Trance Bliss," was filmed during a live Mindvalley event. The content guides viewers through several demonstrations, including a full-body relaxation protocol and a hypnotic journey aimed at addressing limiting beliefs. The release of this material aligns with a broader trend in the wellness industry, which has seen increased exploration of complementary practices like hypnotherapy for stress management. Studies in publications such as the International Journal of Clinical and Experimental Hypnosis have examined the technique's potential applications.

Vitaliy Lano, author of the IMHO Reviews publication, commented on the practical aspects of the session.

"The masterclass teaches the 'State Control' technique, a method used by various professionals to shift their mindset," he stated. "It focuses on tangible methods for interrupting negative thought patterns." The recording will be available to the public at no cost until Sunday, September 14th, at 11:59 pm PST.

Alongside the free masterclass, Mindvalley is accepting applications for its 2025 Certified Hypnotherapist Program, which is also instructed by Paul McKenna. The program has a stated capacity of 800 participants for its 2025 cohort, and applications are being accepted until Monday, September 15th.

The certification is a 4-month curriculum that includes personal mentoring from Paul McKenna. Upon completion, graduates receive certification from the International Alliance of Professional Complementary Practitioners, an industry association for practitioners in complementary health fields. A spokesperson for the Mindvalley program noted that the course is structured to be practical for those considering a career in the field.

"The availability of the free masterclass provides a chance to experience Mr. McKenna's methods, while the certification program offers a more structured path for professional development," Lano noted.

For more information about the free masterclass and a discount on Mindvalley membership, visit the company's website.

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